



## Case Study – Alpine

### Local Alpine midwives implement INFANT to support healthy eating and active play from the start of life

#### INFANT snapshot: Alpine

- LGA location: Regional
- Births per year: around 100 (as of 2020)
- INFANT model: Lead organisation – Alpine Health Maternity and Newborn Services; Session facilitators – Midwives (Community Health)
- INFANT funding model: uses funding from Alpine Health for midwives to facilitate four INFANT sessions

***In a dynamic implementation, Alpine INFANT is harnessing community health enthusiasm, through their small team of midwives, to drive healthy lifestyle habits from the start of life.***

Located in northeast Victoria near the picturesque Mount Hotham and Bogong High plains, Alpine Health has recently commenced INFANT implementation, connecting community health and families through this successful early child health initiative. Uniquely in Alpine, the four face-to-face INFANT sessions are delivered by a highly skilled team of local midwives to promote positive health behaviours from start of life.

Community support has been vital in the implementation of Alpine's INFANT, which has enabled midwives to support healthy eating and active play in baby's first 1000 days. Alpine Health has been fortunate to collaborate with a wide range of health experts and professionals in the local area, giving their time and resources to support INFANT. These partners include local Maternal and Child Health (MCH) services, GP practices, Alpine Children's services and more.

#### Community enthusiasm shapes INFANT delivery

From the beginning, Alpine Health was keen to harness the energy and enthusiasm of local midwives in supporting evidence-based community initiatives, like INFANT. "Our implementation and delivery is led by the Maternity and Newborn Services Coordinator and a small team of local midwives," said the Alpine INFANT team.

Held across three towns, at Alpine Children's Services and Shire Libraries, INFANT is being run by midwives over four face-to-face sessions for local families, filling a pre-identified gap in child nutrition and active play support in the community.

The contributors to INFANT implementation include:

- Alpine Health's midwifery team will coordinate, deliver and evaluate the program, with INFANT sessions to be delivered by midwives.



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- Alpine Health’s midwives are working with MCH Services and GP practices to engage in recruitment via referrals and promotion from existing and new families.
- Alpine Children’s Services and Shire Libraries provide a space for the sessions to be delivered.
- Importantly, INFANT has connected Maternity and Newborn services with Alpine Health’s early intervention team in a community-first collaboration.

### Set-up for success

In the journey to set-up, Alpine INFANT participated in free expert-led facilitator training offered by INFANT researchers.

Using local connections, Alpine INFANT were able to offer sessions to families in a supportive learning environment. Families are invited to join INFANT by community health professionals they are already connected with.

“So far, we’ve found it really important to connect local families, maybe even more so since the bushfires and pandemic. INFANT is providing us with a new opportunity to bring Alpine families together,” said Alpine’s INFANT team.

Significantly, offering INFANT as routine practice within local health services maximises the opportunity to support families at this critical time of their baby’s life.

### Local funding with a difference

Alpine’s INFANT is funded by Alpine Health. This funding is integrated into the existing role of the Maternity and Newborn Services Coordinator. Additionally, Alpine Health fund INFANT session facilitation. There is also in-kind support for a venue through Alpine Children’s Services.

Notably, Alpine Health recently received a Primary Care Partnership grant to develop a ‘Healthy Start to Life in the Alpine Shire’ action plan.

“This work will allow our team to understand how to better support breastfeeding and healthy eating in Alpine,” said the Alpine INFANT team. In the future, Alpine’s INFANT team hopes to integrate INFANT into other relevant council plans.

### Key takeaways

- Uniquely, four face-to-face INFANT sessions are delivered by a small team of local midwives to promote positive health behaviours from start of life.
- Alpine Health has been fortunate to collaborate with a wide range of health experts and professionals, giving their time and resources to support an initiative with significant impact for all.



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- Alpine’s INFANT is funded by Alpine Health. This funding is integrated into the existing Maternity and Newborn Services Program.

Want to implement INFANT in your LGA? Start [here](#).

### Get in touch with Alpine

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