NORTHERN GRAMPIANS SHIRE COUNCIL
MUNICIPAL PUBLIC HEALTH AND WELLBEING PLAN 2017-21
The Northern Grampians Shire Council has worked closely with the community and various organisations in the development of Northern Grampians Shire Council’s Municipal Public Health and Wellbeing Plan 2017–2021 (the Plan).

We would like to thank our partners, the Northern Grampians Shire Planning Group and the community who have worked collaboratively to support the development of this plan:

- Department of Health and Human Services
- East Wimmera Health Service
- Grampians Community Health
- Grampians Pyrenees Primary Care Partnership
- Stawell Regional Health
- Women’s Health Grampians
- Wimmera Regional Sports Assembly
- Parks Victoria
- Community Organisations and Representatives
The Northern Grampians Shire Council Municipal Public Health and Wellbeing Plan is a vital piece of planning which maps out the direction our community takes in terms of its health and wellbeing for the next four years. As the links between good health and improved community wellbeing become more and more prevalent, so too does the need for an established plan for the future such as this.

Throughout this planning process, we have engaged the appropriate community organisations and individuals to ensure that this plan is reflective of the wants, needs and concerns of the wider NGSC community.

Using the latest data, we have also identified what the planning group believes are the four priorities which are key to ensuring the ongoing health and wellbeing of our residents. These priority areas are the foundation for this plan and the associated strategies and outcomes.

For a second consecutive edition of this document, we have also included an objective based around the needs of our children. No asset more accurately reflects the concept of the future than our children, who will grow to become the leaders of our Shire. Therefore, it is imperative that we ensure they inherit a shire which is focused upon our collective health and wellbeing.

Northern Grampians Shire Council Mayor, Cr Tony Driscoll
The Health and Wellbeing of our community is determined by not only physical and psychological factors, but also by the way we live and work, our social networks, friends and family, how we access leisure or recreation facilities, availability of services in our area and laws and regulations governing our community.

The purpose of the Plan is to demonstrate how the Northern Grampians Shire Council will support initiatives to "protect, improve and promote public health and wellbeing within the municipal district."

The plan aims to capture the health and wellbeing status of our community and present this plan in partnership with local health providers, community organisations to ensure the health needs of the community are addressed.

Public health and wellbeing in Victoria is guided by a range of legislation, not all of which is health focused, the Plan:

- Includes an examination of data about health status and health determinants in the municipal district.
- Identifies goals and strategies (objectives) based on available evidence for creating a local community in which people can achieve maximum health and wellbeing.
- Provides for involvement of people in the local community in the development, implementation and evaluation of the Plan.
- Specifies, through a developed action plan, how the Council will work in partnership with the Department and other local organisations and agencies undertaking public health initiatives, projects and programs to accomplish the goals, strategies and objectives identified in the Plan; and
- Has regard to the Climate Change Act 2010 through strategies addressing the health impacts of climate change on the community.
The Northern Grampians Shire Council Municipal Public Health and Wellbeing Plan (the Plan) is a key part of Council's Planning Framework.

The plan is informed by local health and wellbeing data, the Victorian Public Health and Wellbeing Plan 2017–2021 and the Council Plan. The strategic directions of this plan will lay the framework for the development of detailed implementation plans and service plans resulting in a collective impact approach to improving the health and wellbeing of the Northern Grampians.

The Council Plan has five strategic objectives (below) which describe how we want Northern Grampians to be in the future. The Health and Wellbeing Plan aligns with Council's Strategic Objectives.

Importantly, the Plan takes account of the Charter of Human Rights and Responsibilities Act 2006 which sets out the basic rights, freedoms and responsibilities of all Victorians.

The Plan supports, informs, and leads work across the organisation and demonstrates an understanding of a broader social model of health and a clear line of sight between the Council Plan Objectives.

This Municipal Strategic Statement illustrates the desired land use planning framework for the Northern Grampians Shire. The statement aims to provide strategic direction for the development of the municipality, considering the range of environmental, social and economic factors influencing the Shire. This plan aligns with and informs parts of the Strategic Statement and its outcomes.

NORTHERN GRAMPIANS PLANNING RELATIONSHIPS

OBJECTIVES
1. Enhance lifestyles and community
2. Boost economic growth
3. Provide sustainable infrastructure
4. Improve organisational effectiveness

PRIORITYs
1. Healthy Eating
2. Active Living
3. Improving Mental Wellbeing
4. Preventing Physical Violence and Related Injury

PARTNER PLANS
DHHS
EWHS
GCH
GPPCP
SRH
WHG
WRSA
Parks Victoria
St Arnaud
Strengthening Families

Other policies, strategies service and action plans.
METHODOLOGY

Northern Grampians Shire Planning Group

To ensure a collaborative and integrated plan the Northern Grampians Shire Planning Group was established. This group comprised of internal and local external stakeholders who were identified as having high interest/high influence in the development and implementation of the Plan. It is intended for this group to continue once the Plan has been endorsed to support, drive and monitor the implementation of action.

The development of the Plan has involved extensive community engagement, analysis of demographic and health data and research including:
- The collation and analysis of current health and wellbeing data to develop a Northern Grampians Health Profile
- Review of related Council plans, strategies and policies

Regional Planning Context

The Northern Grampians Shire Health and Wellbeing plan will link directly into the Grampians Pyrenees catchment wide Integrated Health Promotion Plan. With the same health and wellbeing priorities, the Northern Grampians Shire health and wellbeing plan will be consistent with the goals and objectives of the Integrated Health Promotion plan with specific, localised actions created for the Northern Grampians Shire.

Community Engagement

Community Consultations were facilitated by the Grampians Pyrenees Primary Care Partnership and attended by Council Officers and members of the Northern Grampians Shire Planning Group to assist in the gathering of important and relative information. Results from interviews and surveys were also collated and compared with key health issues identified from Grampians Pyrenees PCP Population Health and

Workshop attendance - There were over 50 participants representing the community, service providers, health advocates, local Government, education sector, aged care and businesses from the Stawell and St Arnaud areas. Smaller consultation groups were held at Neighbourhood Houses in Stawell and St Arnaud with 90 participants in total attending.

Surveys - ‘Your Health Your Say’ provided 159 returned surveys with key themes of Healthy Eating, Active Living, Mental Health, Health Service Improvement, Promotion of and access to available services and Education/Support

The final chance for public comment is available for 28 days providing the opportunity for public consultation when the Plan is in Draft form prior to being adopted by Council at their October Council Meeting.

The plan can be found on council's website - www.ngshire.vic.gov.au
OUR HEALTH PROFILE

DEMOGRAPHICS

In 2011, the population of the Northern Grampians Shire was 11,719. 184 residents identified as Aboriginal, while 88 per cent were born in Australia.

In 2011 27.1% reported having a transport limitation (Vic 23.7%) 7.8% of households did not have a car (Vic 8.4%)

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In 2011 7.9% of the population had a severe disability (Vic 4.8%) 7.5% Male & 8.2% female

In 2014, 27.1% of households had an annual income less than $40,000 (Vic 18.7%)

In 2015, Stawell (3380) and St Arnaud (3478) were identified as two of the 40 most disadvantaged postcodes in Victoria

In Sept 2016, 70% of people aged 15–64 years participated in the labour force (Vic 72%) and 4.6 % were unemployed (Vic 5.8%).

HEALTH CONDITIONS

In 2014 18.9% of respondents rated their health as fair or poor (Vic. ave. 20.3%)

45.5% were pre-obese or obese Vic 50% (46.7% Female (Vic 44%) – 43.5% Male (Vic 60.1%)

In 2014, 60.4% of respondents had at least one chronic disease. Vic 47.1% 43.5% Male (Vic 60.1%) 46.7% Female (Vic 44%)

In 2012, 9% rated their dental health as fair or poor Vic 5.7%
PRIORITY SETTING

The criteria for priority setting in relation to key health issues considered:

The prevalence and impact of preventable diseases
Data related to risk factors such as smoking, healthy eating and physical activity levels
Data related to the broader determinants of health including access to employment, education, amenability to change, social connection and civic participation opportunities
Whether the issue disproportionately affects some members of our community more than others
Alignment with community priorities identified through the community consultation and engagement process
Partnerships and opportunities in resource sharing, capacity of Council and partner organisations on whether to act on a priority or whether to undertake an advocacy role

The State plan also sets six priorities to guide action over the next four years including healthier eating and active living, tobacco free living, reducing harmful alcohol and drug use, improving mental health, preventing violence and injury, improving sexual and reproductive health. Our planning considered all of these areas and the priority setting process was mindful that relationships are often identified between multiple priority areas, offering opportunities for synergies across preventative strategies through the action plan.

Four key priorities have been identified and align with State and Regional outcomes. These priorities will form the lens through which Council views all our activity in this strategic plan.

The health profile, data sources, consultations and workshops identified the four key health areas for Northern Grampians Shire as:

- Healthy Eating
- Active Living
- Improving Mental Wellbeing
- Preventing Physical Violence and Related Injury

- The HW Plan will assist council and all health industry providers within the shire to use this plan as an advocacy tool with the recruitment and retention of local GPs, Allied Health, nursing and other health personnel to the region.

- Consideration will be given to partnership opportunities for Sexual and Reproductive Health Initiatives with local organisations.
GOAL - WE ARE COMMITTED TO CREATING OPPORTUNITIES AND PROMOTING CONSUMPTION OF HEALTHY FOOD CONSISTENT WITH THE AUSTRALIAN DIETARY GUIDELINES.

17.9 per cent of residents drink sugar sweetened beverages daily.

52.9 per cent of residents do not eat the minimum recommendation for fruit and vegetables.

6.2 per cent of residents eat takeaway 1-3 times a week (Vic. average - 10.2 per cent).

3.8 per cent of residents did not consume any water per day (Vic. average - 3.8 per cent).

WHAT OUR RESIDENTS TOLD US

“We have a poor eating and drinking culture.”

“I’m lucky I can get fresh fruit and veg at the community house to feed my son.”

“I’d like to see a wholefoods cooperative/store with wholesome, bulk, local foods, organic”

“Getting a good quality and inexpensive variety of fruit and veggies can be difficult”
PRIORITY ONE

HEALTHY EATING

STRATEGIES

• Support and promote the use of the Healthy Choices Framework for various environments

• Encourage more opportunities for water to be the first drink of choice in the natural, built and consumer environments

• Supporting the development of sustainable food production and protection of valuable agricultural land

• Encourage “grow your own” initiatives and support local producers.

OUTCOMES

• Healthy food and drink options widely and strategically available.

• Increased proportion of adults consuming fruits and vegetables

• Increased promotion and consumption of water

• Support the provision of infrastructure to strengthen local food production

• Increased promotion, production and consumption of home-grown and local produce
PRIORITY TWO
ACTIVE LIVING

GOAL - WE WILL WORK WITH THE COMMUNITY TO BE CONNECTED WITH EACH OTHER IN INCREASING PHYSICAL ACTIVITY AND REDUCE SEDENTARY BEHAVIOUR IN ALL ENVIRONMENTS.

- **8.1 PER CENT OF RESIDENTS ENGAGED IN PHYSICAL ACTIVITY FOUR OR MORE DAYS PER WEEK**
  - (Vic. average - 41.3 per cent.)

- **56.2 PER CENT DID NOT UNDERTAKE SUFFICIENT LEVELS OF PHYSICAL ACTIVITY**
  - (Vic. average - 3.6 per cent.)

- **4.1 PER CENT OF RESPONDENTS WERE CLASSIFIED AS SEDENTARY**
  - (Vic. average - 41.5 per cent.)

- **66.2 PER CENT PARTICIPATED IN NON-ORGANISED PHYSICAL ACTIVITY**
  - (Vic. average - 70.5 per cent.)

WHAT OUR RESIDENTS TOLD US

“I want to be able to stay in my home as long as possible.”

“I enjoy walking in our parks and gardens.”

“It’s hard to find time to exercise with a busy lifestyle.”

“There is a limited availability of affordable exercise programs.”
PRIORITY TWO
ACTIVE LIVING

STRATEGIES

• Partner with community groups to activate local spaces.
• Promote existing and new environments that encourage physical activity for all community members.
• Overcome barriers to participate in physical activity.
• Create and diversify physical activity options.
• Advocate for improved transport access for all.
• Facilitate greater pedestrian connectivity between activity centers, residential development and public open spaces.

OUTCOMES

• Increased opportunities for passive and active recreation in open spaces, sport and recreation places.
• Increased participation and range of activities available.
• Co-ordinated approach to the inclusion of all through the development of sustainable activities.
• Development of innovative and sustainable activities for a diverse community.
• Increased awareness and improved transport options.
• Provision of appropriate infrastructure required to facilitate access and movement between activity centers, residential development and public open space.

Deliver actions that align with the inquiry into Women’s and Girls in Sport and Active Recreation.

Council will actively seek opportunities to improve facilities and programs to encourage women and girls to participate where possible. Seek funding to provide free or low cost activities across the shire.
PRIORITY THREE
MENTAL WELLBEING

GOAL - WE ARE COMMITTED TO TAKING ACTION TO BUILD RESILIENT AND
SOCIALLY CONNECTED INDIVIDUALS AND COMMUNITIES.

WHAT OUR RESIDENTS TOLD US
“I would like to see people of all ages exercising together, as well as meditation
groups, walking tracks around town and newcomers welcoming groups.”

“Having groups available that cover a variety of activities goes a long way toward
better mental and physical health of people.”

“It would be good to see more support for our local youth.”

“Establishing mental health support groups would assist a lot of people.”
**PRIORITY THREE**

**MENTAL WELLBEING**

**STRATEGIES**

- Reduce the stigma surrounding mental health
- Develop resilience with and within all the community life stages
- Provide connections/pathways through promotion of services available to people needing support with improving mental health.
- Support our community to develop strategies for empowerment in social enterprise, health and wellbeing opportunities

**OUTCOMES**

- Increased promotion and education
- Community members supporting each other and services
- More people accessing services, support groups, formal and informal developed across the shire
- More youth engaged and participating in community decisions and actions.

Encouraging interaction in the natural environment reduces levels of stress and improves mental health.
PRIORITY FOUR

PHYSICAL VIOLENCE AND RELATED INJURY

GOAL - WE WILL WORK WITH AGENCIES, PARTNERS, PROFESSIONALS AND COMMUNITY MEMBERS TO HIGHLIGHT THAT VIOLENCE AND RELATED INJURY ARE NOT ACCEPTABLE IN OUR SOCIETY

WHAT OUR RESIDENTS TOLD US

“It would be nice to be able to go out for walks and feel safe”

“Increased free community activities for at-risk children and adolescents would provide assistance to those not going to school or who are dealing with complex social issues”

“Equality is a big issue.”
PRIORITY FOUR
PHYSICAL VIOLENCE
AND RELATED INJURY

STRATEGIES

• Council to support programs and agencies that facilitate awareness in the community aimed at preventing violence against women and children.

• In partnership develop opportunities that promote community safety and preventing violence in the community and address gender inequality.

• Council to lead and support the fostering respectful community that embraces diversity and positive relationships

OUTCOMES

• Council to implement the Regional Communities of Respect and Equality Plan into everyday business across the organisation.

• Whole of community understanding and helping to promote the non-violence message to their community, by working with organisations to promote equality everywhere.

• Co-ordinated approach to diversity, violence and injury
INCLUSION OF THE MUNICIPAL EARLY YEARS PLANNING INTO 2017-2021 MPHWP

While Municipal Early Years Plans are not mandated, Council continues to recognise the need for relative data that informs Council in planning universal development, delivery and support of early childhood services and strategies in the municipality.

To strengthen the implementation of key outcomes for early years, a working “live” Action Plan will include strategies and actions during the life of the plan that will be highlighted to indicate if they include a component of Early Years needs and strategies. These will be reviewed and evaluated annually in line with the whole of the Plan.

WHAT OUR RESIDENTS TOLD US

“Poverty is having a negative impact on the lives of young children in our shire and their ability to learn.”

“Kids under the age of five are not being given the opportunities to develop their imagination, which has a direct impact on their ability to learn at Kindergarten and school.”

““As a parent of young children, I would like to know what activities there are to do each day in the Shire”

“I don’t know when I have to enrol my child into kindergarten?”
INCLUSION OF THE MUNICIPAL EARLY YEARS PLAN INTO 2017-2021 MPHWP

WHAT THE DATA TELLS US

The Australian Early Development Census (AEDC) is a reliable measure of child development over five levels. Children are interviewed in their Prep Year to measure their strengths in each of the following areas:

- EMOTIONAL MATURITY
- SOCIAL COMPETENCE
- LANGUAGE AND COGNITIVE SKILLS
- COMMUNICATION SKILLS AND GENERAL KNOWLEDGE
- PHYSICAL HEALTH AND WELLBEING

HOW OUR KIDS FARE

Rates of AEDC vulnerability in Northern Grampians are higher than the state and national averages on the physical, social and emotion AEDC domains.

In the Northern Grampians Shire the number of children that are developmentally vulnerable in the relative domains are:

- 11.8 per cent - Physical (Vic 7.9 per cent, Aust 9.7 per cent),
- 15.1 per cent - Social (Vic 8.7 per cent, Aust 9.9 per cent),
- 11.8 per cent - Emotional (Vic 8.4 per cent, Aust 8.0 per cent).

More than one in five children in our shire are vulnerable in at least of two of the five developmental domains as measured by the AEDC.
EARLY YEARS PLAN

STRATEGIES

• In partnership, develop and adopt programs to address the needs for increasing literacy levels for all children in NGSC.

• Provide opportunities for families to be informed about early years services in NGS.

• Provide a voice for families within the shire to tell us what their needs are.

• In partnership develop, promote and support low-cost activities for families in the shire.

OUTCOMES

• Partner approach to implementing Let’s Read Program, including “Pop-up Library” boxes in Shire to support children starting school with improved literacy and oral skills, and promote the value of imaginative skills.

• Develop, promote and update a calendar with events for families and young children available through Children’s Precinct, Maternal Health Staff, Website and share with other agencies.

• Actively survey families to ascertain what the gaps are using various methods, utilise feedback to plan provide direction for 2018 onwards.

• Work with groups to promote annual activities and support the introduction of new events encouraging families to take part in various sporting activities and events.
EVALUATION AND REPORTING

Purpose of Review and Evaluation

By reviewing and evaluating the Plan we will:
• Ensure we are working with the right partners to improve our communities health and wellbeing and develop more partnerships if needed
• Ensure that our strategies remain flexible and relevant to the health and wellbeing needs of our community
• Improve and continue to build on our identified programs activities and policies identified in the Action Plan
ACRONYMS & REFERENCES

COAG - Council of Australian Governments
DHS - Victorian Department of Human Services
VICHealth - Victorian Department of Health
EWHS - East Wimmera Health service
GCH - Grampians Community Health
GPPCP - Grampians Pyrenees Primary Care Partnership
HACC - Home and Community Care
MAV - Municipal Association of Victoria
MCH - Maternal and Child Health
MEMP - Municipal Emergency Management Plan
MPHWP - Municipal Public Health and Wellbeing Plan
MSS - Municipal Strategic Statement
NGS - Northern Grampians Shire
NPAPH - National Partnership Agreement on Preventive Health
SEIFA - Socio Economic Indices for Areas
SDoH - Social Determinants of Health
SRH - Stawell Regional Health WHG
WHG - Women’s Health Grampians
WHO - World Health Organisation

References
Grampians Pyrenees PCP Profile 2016
Small Area Labour Markets - Sept 2016
VPHS 2014 - Modifiable Behaviours Snapshot
Dropping the Edge 2015
VPHS 2014 - Wellbeing & Chronic Conditions Report
VPHS 2014 - Modifiable Behaviours Report
DHV LGA Oral Health Profiles 2015
VicHealth Indicators 2015
VPHS Selected risk factors by LGA: 2008-2014
WHG - Crime Statistics Agency Family Incident Data
WHG - Sexual & Reproductive Health Snapshot
Australian Early Development Census
Victorian Health and Wellbeing Outcomes Framework - October 2016
NGSC Council Plan - 2017-2021
Municipal Public Health and wellbeing Planning - Having regard to climate change - December 2012