



MOORABOOL HEALTH AND WELLBEING PLAN

2021-2025



Moorabool – where health and wellbeing is at the heart of our community





EXECUTIVE SUMMARY

Moorabool Shire Council acknowledges the Traditional Owners of the land on which Moorabool Shire sits, the Wadawurrung, the Wurundjeri Woi Wurrung and the Dja Dja Wurrung Peoples. On behalf of the municipality, Council pays respect to their Elders, past, present and future. Council commits to celebrate our region's rich First Nations history, the diversity of its people and their important ongoing connections to Country.

Acknowledgement and Appreciation

Moorabool Shire Council has worked with the community and organisations of Moorabool in the development of the Moorabool Municipal Public Health and Wellbeing Plan 2021-2025. Council would like to thank its health and wellbeing partners, Health and Wellbeing Advisory Committee and community members for their input into the development of this plan. Council looks forward to working together to enhance and improve health and wellbeing within the Shire.

Council would also like to acknowledge the work of the Central Highlands Primary Care Partnership for their work on the Community Health and Wellbeing Profile that has provided a significant data set to support the development of the Plan.

Moorabool's Health and Wellbeing Partners include:

- Moorabool Shire Council
- Department of Families, Fairness and Housing
- Department of Justice and Community Safety
- Central Highlands Primary Care Partnership
- Djerriwarrh Health Services
- Ballan District Health and Care
- Women's Health Grampians
- Sports Central



TABLE OF CONTENTS

Message from the Mayor

Executive summary

Moorabool profile

Introduction

Health promotion and prevention

The Social Determinants of Health

Council's planning framework

Legislative requirements

Consultation

Overview of health themes

The Action Plan

Appendices

- Data infographics
- Additional Data informing the Plan
- Demographic Data



MESSAGE FROM THE MAYOR

The Moorabool Shire community has worked together to develop its Community Vision for 2030 and its Council Plan 2021 – 2025. This Health and Wellbeing Plan complements this plan and vision by strengthening Council's commitment to building healthy, connected and inclusive communities. Our Health and Wellbeing Plan vision is for a **Moorabool – where health and wellbeing is at the heart of our community.**

This Plan has been developed based on key data, consultation and engagement with local community members, organisations and service providers to ensure that the health of our community remains strong and progressive. As a growing community, it is imperative that Council develops a Plan that reflects the current

challenges faced by our community, particularly given the stress that the global COVID-19 pandemic has placed on individuals and families. Collaboration is at the heart of this Plan which will require us to work together to realise the strategies, visions and actions detailed within it.

I am proud of this Plan and for the ambitious actions that will support the health and wellbeing of our community into the future.

Cr Tom Sullivan
Mayor

EXECUTIVE SUMMARY

The Public Health and Wellbeing Act 2008 recognises the significant role of Councils in improving the health and wellbeing of people who live, work, study and play in their municipality.

The Act requires Councils to develop a Municipal Public Health Plan every four years, within 12 months of each general election of Council. The Plan must be established in accordance with the required State Government directives, local and State-wide data review, and community and stakeholder consultation.

The Moorabool Health and Wellbeing Plan 2021-2025 (MHWP) is a four-year plan for enhancing the health and wellbeing of our residents. The plan draws upon localized and other health data, and current research to capture the health and wellbeing status of our communities. The MHWP is also developed in recognition and response to key health issues as identified through the Victorian Public Health and Wellbeing Plan 2019-2023.

The MHWP is developed in consultation with the community and stakeholders, and in partnership with local health providers and community organisations to improve the health and wellbeing of the Moorabool community. The Health and Wellbeing Steering Committee provides oversight and input into the progression of actions within the Health and Wellbeing Plan, with Action Groups established to progress specific health areas within the Plan. Committee membership includes internal and external stakeholders, identified through the consultation period, who commit to participating in the Committee throughout the life of the Plan.

The MHWP provides a strategic direction for Council, local health providers and community organisations in improving the overall health of the Moorabool community. Whilst Council has the primary lead role in developing the plan, the delivery of strategies and actions are undertaken in partnership with organisations and the community. This ensures that a collective impact approach is taken to improving the health and wellbeing of the community.





MOORABOOL PROFILE

Moorabool Shire is located west of Melbourne and is a growing peri-urban municipality. The Shire provides for a mix of lifestyles including urban, rural and farming, alongside state forests, parks and waterways and areas of historical significance. Moorabool Shire provides many opportunities for the community to be active and connected to others and the natural environment. Access to open spaces, playgrounds, walking tracks and recreation facilities, community groups, services, programs and events all contribute towards health and wellbeing outcomes.

Challenges faced within Moorabool that impact upon health and wellbeing include:

- A rapidly growing population (projected 14,000 new residents by 2030)
- Delivering growth whilst retaining the rural charm of the municipality
- An ageing population
- Geographical location and access to services
- A large commuter community
- Climate change impacts
- Increased cultural and other diversity

Moorabool Shire snapshot

Council



Providing 200 services



50 play spaces



23 recreation reserves

Services for all



2 libraries – Bacchus Marsh and Ballan



2 hospitals – Bacchus Marsh and Ballan



12 early years service providers



4 aged care facilities



60-plus sporting groups



16 Schools

Location



45 mins to Melbourne



64 localities and towns



State forests and waterways



2,000ha of public open space

Jobs and growth



16,750 employed residents, 66% work outside Shire



2,800 businesses and 9,000 jobs



Parwan Employment Precinct



Population tipped to double over next 40 years

INTRODUCTION

Health promotion and prevention recognise that a healthy community is not just one with an absence of disease and infirmity, but one which strengthens people's protective factors such as their sense of belonging, their resilience, the availability of economic and social opportunities and a clean environment. There are a wide range of factors influencing health and wellbeing which include individual, social, cultural, economic and environmental impacts.

The MHWP addresses the broad determinants of health and aims to reduce barriers to preventative health measures, whilst empowering individuals and communities to make positive decisions about their health.

In addition to the MHWP Council supports and delivers a range of programs, services and facilities that support the health and wellbeing of the community, including parks and leisure facilities, walking and bike paths, playgrounds, immunisation programs, Maternal and Child Health Services, youth and early years and older persons programs and services, social connection programs, environmental health and library programs.

The Aims of a Health and Wellbeing Plan

- Address the broad determinants of health
- Reduce barriers to preventative health measures
- Empower individuals and communities to make positive decisions about their health
- Provide a strategic direction for Council, local health providers and community organisations

The Vision of a Health and Wellbeing Plan

- Support a health prevention focus
- Reflect community need
- Strengthen existing activities and actions
- Recognise and identify gaps and opportunities
- Recognise and embed collective impact strategies

The Vision of Moorabool's Health and Wellbeing Plan

Moorabool – where health and wellbeing is at the heart of our community





HEALTH PROMOTION AND PREVENTION

Municipal Health and Wellbeing Plans have a focus on preventative health measures rather than treatment.

The Ottawa Charter and the Social Determinants of Health identify factors that contribute to health outcomes and help to focus our prevention work on strategies and actions to improve health outcomes at individual and community levels.

THE OTTAWA CHARTER

The Ottawa Charter (1986) acknowledges that there are fundamental conditions and resources that are required to enable health and health equity (**peace, shelter, education, food, income, sustainable resources, social justice and equity, a stable ecosystem**), and a number of strategies and actions that are required to achieve them.

The Ottawa Charter identifies three basic strategies for health promotion:

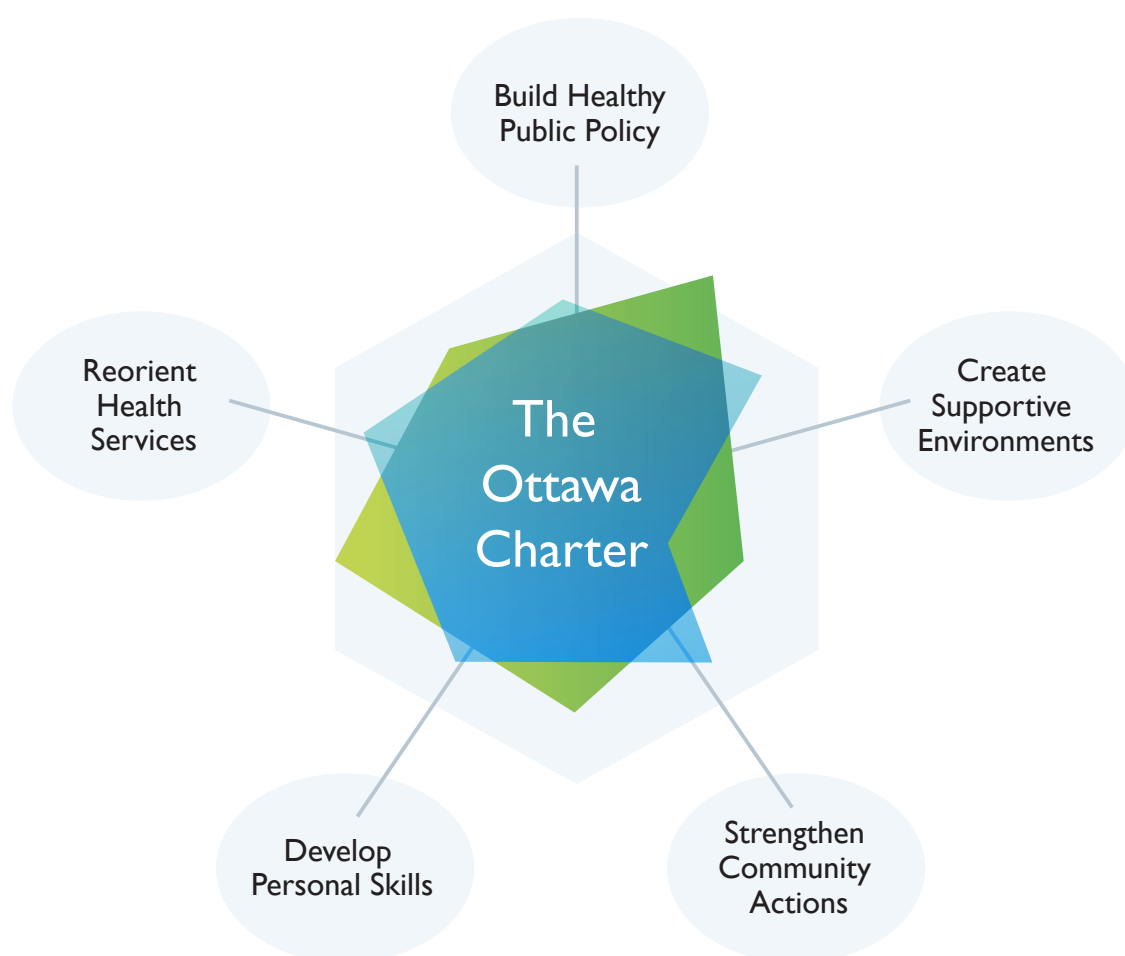
Advocate – Political, economic, social, cultural, environmental, behavioural and biological factors can all impact upon health outcomes. Health promotion aims to make these conditions favourable, through advocacy for health.

Enable – Health promotion focuses on achieving equity in health, reducing differences in health status to ensure the availability of equal opportunities and resources. It focuses on supportive environments, access to information, and opportunities to allow people to make healthy choices.

Mediate – Health promotion requires action by governments at all levels, health services, non-government organisations and others.



Health promotion priority action areas identified in the Ottawa Charter are:



- **Build healthy public policy** – Identify opportunities and remove barriers to health through the adoption of healthy public policies
- **Create supportive environments** – Focus on and improve the natural and built environments, and the conservation of natural resources
- **Strengthen community actions** – Enhance self-help and social support, and develop systems for strengthening participation in actions to improve health outcomes
- **Develop personal skills** – Enabling ongoing learning throughout the lifespan to prepare for changes to health.
- **Reorient health services** – Reorient the health sector towards increased health promotion and prevention action.

SOCIAL DETERMINANTS OF HEALTH

The social determinants (SDH) of health are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. Addressing SDH appropriately is fundamental for improving health and reducing longstanding inequities in health, which requires action by all sectors and civil society. (World Health Organisation).

In the development of the MHWP we consider the social determinants of health and how these may be barriers or enablers to accessing the environments, services, systems and structures that are in place to support optimal health.

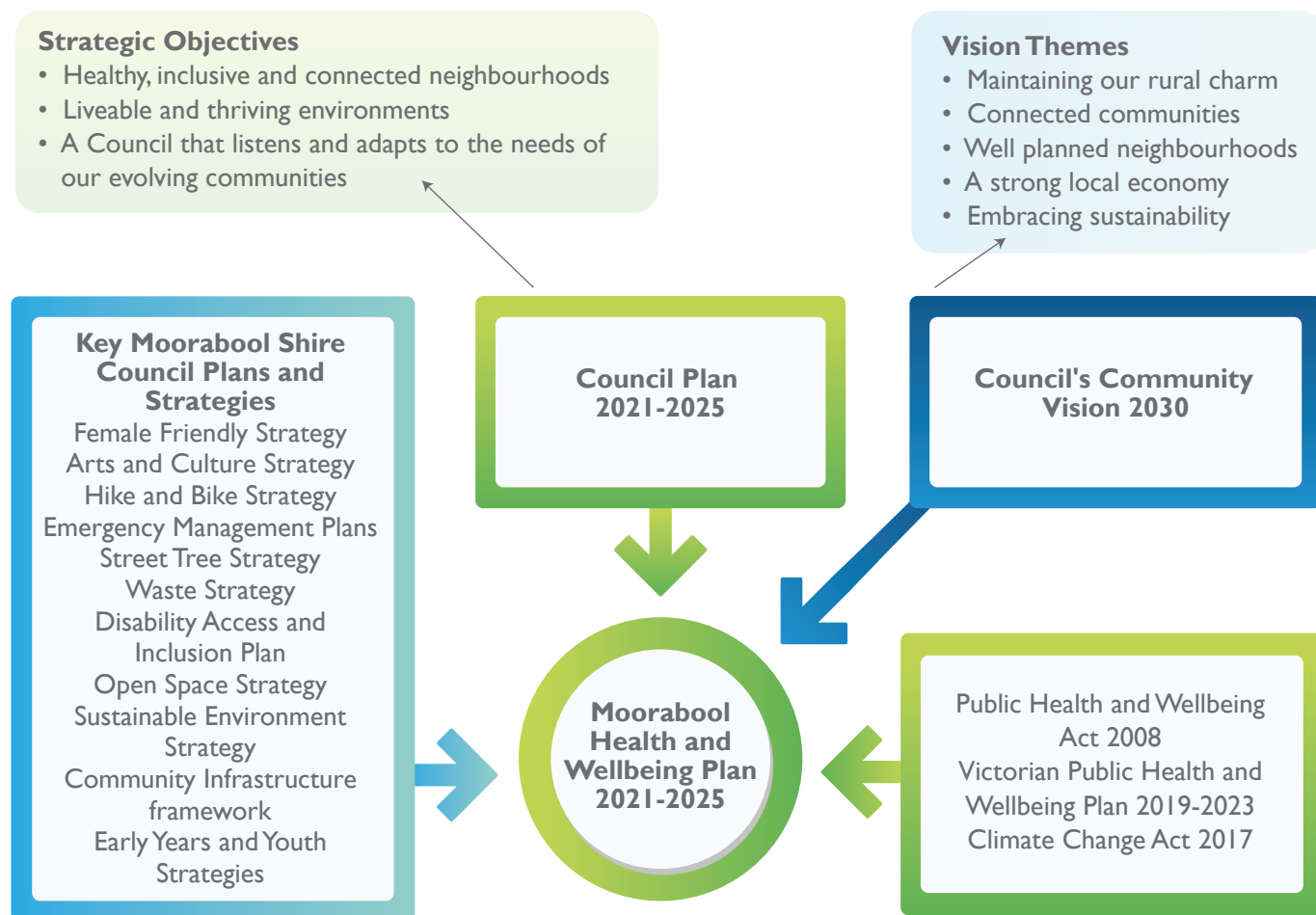


COUNCIL'S PLANNING FRAMEWORK

The Moorabool Health and Wellbeing Plan 2021-2025 is a key part of Council's planning framework. It has been developed to align with the Council Plan 2021 - 2025 and Community Vision to form Council's Strategic Planning Framework for the next four years. It aligns with relevant frameworks, strategies and policy documents across Council and will inform future policy and strategy to address emerging trends across the social, built, natural, cultural and economic environments for health.

In addition to these, Council provides leadership towards health and wellbeing outcomes including:

- Advocacy for improved local service provision
- Accessing State and Federal Government funding to improve and provide new community facilities and infrastructure
- Community Engagement to determine current and future health needs
- Providing a range of services to the community that support health and wellbeing outcomes
- Planning for new communities and public spaces





LEGISLATIVE REQUIREMENTS

The Victorian Public Health and Wellbeing Plan 2019–2023 is the overarching policy framework for improving public health and wellbeing in Victoria. Section 26(3) of the Public Health and Wellbeing Act requires councils to have regard to the Victorian Public Health and Wellbeing plan in developing their Municipal Public Health and Wellbeing Plan.

Ten Victorian priorities are identified, based on the issues that are the greatest contributors to the burden of disease and health inequalities and emerging threats or challenges to the public's health and wellbeing and where a lack of action is likely to result in significant future health burden.

Four Victorian priorities are highlighted for particular focus over the four years of the plan. Councils are encouraged to focus on these areas in the development of the new municipal public health and wellbeing plans.

These focus areas are:

- tackling climate change and its impact on health
- increasing healthy eating
- increasing active living
- reducing tobacco-related harm

Whilst these themes are included and considered within the development of the MHWP, they are not exclusive. Following the consultations and data review, other themes emerged for inclusion.

MHWPs must reflect the following legislated requirements:

- The Public Health and Wellbeing Act 2008 requires Councils to develop a Municipal Public Health and Wellbeing Plan every four years, within 12 months of each general election of Council.
- Section 26 (2) (ba) of the Public Health and Wellbeing Act requires councils to specify in their MHWP measures to prevent family violence and respond to the needs of victims of family violence in the local community.
- Section 9 of the Gender Equality Act 2020 requires Councils employing 50 or more staff to undertake a Gender Impact Assessment when developing or reviewing any policy, program or service that has a direct and significant impact on the public. This includes the MHWP.
- Section 17 of the Climate Change Act requires Councils to have regard to climate change in preparation of their MHWP. The MHWP will focus on the effects of Climate Change on health and wellbeing within the community.

CONSULTATION

Data was compiled from a range of sources including the SEIFA index, Census data, local community health data, State / Federal Government data, peak organisation data, and internal Council data.

Disaggregated data has been used where available to indicate where specific genders and demographic groups require more specific health prevention interventions. Diversity and intersectional lenses were also applied to identify specific demographic groups who may experience additional health impacts or inequity, to inform more targeted health prevention measures.

A series of infographics and more expansive data sets were developed and used within our consultation activities to provide data relating to 6 key themes that emerged following data analysis. These included:





Consultation with community & health organisations, community members, internal and external stakeholders

Consultation was held with local and regional community and health organisations, community members, internal and external stakeholders. Consultation was predominantly conducted online in recognition of the restrictions in place due to Covid 19. Additional questions were added to consultation with school children through the Council Vision consultation to provide further feedback from children on key issues.

Consultation was undertaken via the following forums:

- Surveys
- Have Your Say online portal
- Postcard Feedback
- Pop Up Sessions
- Stakeholder Consultations
- Phone Consultations
- Surveys via Have Your Say (114 responses)
- Postcard Feedback (34 responses) Facebook (5 responses)
- Phone calls – disability clients (3)
- School feedback – Two schools (Ballan and Dunnstown)

A series of workshops were held which targeted internal and external stakeholders to ensure that the needs of the community are broadly represented throughout the development of the plan.

Stakeholder workshops

- Two online workshops - internal MSC stakeholders at manager/coordinator and officer levels to identify current strategies, plans, programs and policies, and identify gaps and opportunities.
- Two online workshops - external stakeholders and service providers including health services, sports bodies, Primary Care Partnership, women's health services, Department of Justice, Neighbourhood House, and Victoria Police.
- Two workshops were undertaken on 15 April and 5 May, attended by the Health and Wellbeing Committee, key stakeholders and Councillor representatives. These workshops initiated the identification of key health data and outcomes for the draft plan, and related strategies and actions to achieve these with a focus on health prevention measures.
- Councillor and Executive briefings and workshop.
- Further refinement meetings with committee and stakeholders



OVERVIEW OF HEALTH THEMES IDENTIFIED

Through data analysis, community consultation and stakeholder engagement the following key health themes were identified:

Healthy Minds emerged as a high priority with a key focus on the following areas:

- Social isolation and community capacity building
- Youth mental health and social connection
- Service gaps, accessibility, and advocacy
- Inclusiveness for diverse communities (CALD, ATSI, LGBTQIA+)

Being Active emerged as a priority with a key focus on the following areas:

- Increase physical activity for all ages
- Increase opportunities for women and girls to engage in physical activity
- Provide safety for participation in physical activity
- Provide and increase accessibility to enable participation in physical activity
- Support and promote active travel

The food we eat emerged as a priority with a key focus on the following areas:

- Reduction in sugary drink consumption
- Exposure of children to healthy food environments
- Increase access to healthy food – food security
- Increase healthy food options within community and sports facilities
- Increase breastfeeding rates

Keeping Ourselves Safe emerged as a priority with a key focus on the following areas:

- Gender Equality Act Requirements
- Awareness of drivers of violence against women and training to recognize the signs of violence against women
- Increased media and communications regarding awareness of violence against women
- Awareness of support services available to victims of violence
- Capacity building for community groups and organisations
- Elder abuse awareness and support
- Public safety and perceptions of safety
- Women's Health
- Men's Health

Reducing Harmful Addictions emerged as a priority with a key focus on the following areas:

- Awareness of support services for addictions
- Advocacy for localized and increased services for treating addictions
- Policy development regarding alcohol and other drugs
- Education for young people on addiction prevention
- Enforcement related to tobacco
- Policy development regarding Gambling



Liveability emerged as a priority with a key focus on the following areas:

- Improve community resilience to extreme weather events
- Awareness and advocacy
- Enable people to live environmentally consciously
- Food Security

In the development of the MHWP it was recognised that strategies across key themes also have impacts on other areas of health. To highlight these impacts symbols have been added within the action plan.



**Being
Active**



**Mental
Health**



**Keeping
Ourselves
Safe**



Liveability



**Reducing
Harmful
Addictions**



**The Food
We Eat**

HEALTH THEME: MENTAL HEALTH





OUTCOMES	STRATEGIES	ACTIONS	ACTION YEARS	Lead Organisation Stakeholders/Partners
Increased Social connection in our communities	Implement social prescribing to improve mental health outcomes	Implement Social Connector Program in Libraries and engage with GPs/hospitals/ medical services to refer for connection to social activities (social prescribing) in accordance with funding agreement	2	MSC - Libraries Medical services Community Groups Customer Service
	Activation of places and spaces to enable social connection	Activate under-utilised community halls through engagement with community groups, outreach services to foster social connectedness	1-2	MSC- Connected Communities Active Ageing and Diversity Arts and Culture
		Undertake welcoming neighbour projects in rural towns to assist people to connect into communities - open days, activities, welcome packs	2-3	Community Organisations Neighbourhood Houses MSC- Community Strengthening
Increased capacity for community groups	Increase support and capacity building for volunteers	Develop community volunteer capacity through provision of training and networking opportunities	2-3	MSC- Connected Communities Djerriwarrh Health Services Neighbourhood Houses
	Build capacity for individuals and community groups in the use of technology	Provide training and resources for community groups and individuals to support online capability including the Be Connected program	1-2	MSC - Libraries Be Connected Neighbourhood Houses U3A
Young People are socially connected across Moorabool	Reduce barriers for young people across Moorabool to access activities	Engage with young people in rural areas of Moorabool to identify and facilitate youth activities to support social connection	1-4	MSC- Youth Services Youth Action Group Freeza/YAG Libraries outreach Community groups
		Provide quick response Youth Grant rounds to community groups and organisations to increase community driven social connections for young people	2-3	MSC- Community Strengthening Youth Services Community groups
Young People are supported with education and employment pathways	Support for local pathways for young people	Identify and promote skill development opportunities for young people to support education and employment	1-4	MSC - Youth Services The Laurels Schools Employment services MAST
		Identify opportunities and actions to support the mental health of young people at important transition points within education settings to build school and social connectedness	1-3	MSC- Youth Services Schools Agencies

MENTAL HEALTH [CONTINUED]






OUTCOMES	STRATEGIES	ACTIONS	ACTION YEARS	Lead Organisation Stakeholders/Partners
Moorabool values inclusiveness as a key strength of its community	Diverse communities are considered within Council plans and strategies	<p>Develop a strategy to plan for and engage with Moorabool's growing diverse community</p> <p>Provide unconscious bias, cultural awareness and mental health training for Council staff</p> <p>Audit and provide inclusive and diverse representation within book collections and storytime in Early Years and Library Services</p>	<p>1-2</p> <p>1 and 3</p> <p>2</p>	<p>MSC- Active Ageing and Diversity MSC - Social Planner</p> <p>MSC – People and Culture MSC- Active Ageing & Diversity</p> <p>MSC- Libraries MSC- Early Years</p>
Moorabool's diverse and cultural communities are recognised and celebrated	Moorabool's diverse and cultural communities are recognised and celebrated	Recognise diverse and cultural days of significance	1-4	<p>MSC- Arts and Culture Libraries First Nations Peoples</p>
Mental Health support services and groups are locally available and accessible	<p>Improve local access to Mental Health Services</p> <p>Support and advocacy for services and activities within Moorabool that target child and youth mental health</p>	<p>Promote mental health services, helplines and campaigns</p> <p>Advocate for increased local mental health and outreach services identified through service mapping</p> <p>Provide support and advocacy for the continuation of the Van Go program within Moorabool</p>	<p>1-4</p> <p>1-2</p> <p>1-2</p>	<p>Health Services MSC – Health Promotion</p> <p>Health Services MSC - Advocacy</p> <p>MSC – Advocacy MSC – Early Years and Youth</p>
Healthy Workplaces Achievement Program – Mental Health is implemented at MSC	Council implements the Healthy Workplaces Achievement Program to support staff wellbeing	<p>Implement requirements of the Healthy Workplaces Achievement Program to obtain certification in the areas of</p> <ul style="list-style-type: none"> • Mental Health • Smoking • Physical Activity • Healthy Eating • Alcohol and Drugs 	1-4	<p>MSC - Health Promotion MSC – People and Culture</p>

HEALTH THEME: BEING ACTIVE



OUTCOMES	STRATEGIES	ACTIONS	ACTION YEARS	Lead Organisation Stakeholders/Partners
Physical activity opportunities exist for all life ages and stages	Identify and analyse sports pathways and opportunities locally within Moorabool	Conduct a needs gap analysis of sports pathways that are not available locally	1	MSC - Recreation Sports Central
	Increase usage of underutilized facilities	Create participation plans for underutilized facilities	2	Sports Central MSC- Recreation Sports Clubs
More children aged 5-17 years are physically active	Facilitate accessibility to sport and recreation for all children	Identify opportunities and advocate for discounted fees and other incentives for children and young people to participate in sports	1-3	MSC - Recreation Sports clubs
	School spaces are activated as community spaces	Engage young people in the design of recreation and activity options and pilot within school environments e.g. Growing for Gold model	2-4	MSC- Recreation and Leisure MSC -Youth Services MSC -Connected Communities Sports Central Schools
More women and girls are more physically active	Facilitate equitable access to facilities and scheduling for female sports teams	Implement reduction of fees in recreation facility lease agreements where female sports teams have equitable allocation to facilities and timeslots	2-3	MSC – Recreation
	 Raise the profile of women's sport and physical activity to improve attitudes towards gender equality	Facilitate female exercise groups in Council leisure facilities in response to the Innovation Challenge consultation findings	1-4	MSC- Leisure
		Implement the Moorabool Female Friendly Strategy	1-4	MSC- Recreation
		Promote Female Friendly campaigns and activities including This Girl Can	1-4	MSC- Health Promotion MSC -Recreation and Leisure
Physical activity is safe, inclusive and accessible for all	Support sporting clubs and community groups to be inclusive and welcoming	Promote gender equality programs, bystander training and cultural training for sporting clubs and community groups– Act@Play, CoRE, Quick Wins, E4A (Equality for All)	1-4	Women's Health Grampians Sports Central MSC- Recreation
	 Social sports and come and try sessions are provided and promoted locally	Deliver Local Drug Action Team – She's Game Mentoring and Empowering Women in Sport Program	1	Djerriwarrh Health Services – Local Drug Action Group
		Provide come and try and social sports sessions at clubs and leisure services locally	1-3	Sports Clubs MSC- Rec and Leisure Sports Central

BEING ACTIVE [CONTINUED]

OUTCOMES	STRATEGIES	ACTIONS	ACTION YEARS	Lead Organisation Stakeholders/Partners
	<p>Promote activity for older people by providing low impact options</p> <p>Apply an accessibility lens to planning of all new facilities and upgrades</p> 	<p>Provide support for health and other providers to engage older people in low impact physical activity sessions</p> <p>Apply Universal Design Principals to new and upgraded facilities and playgrounds to increase accessibility</p> <p>Implement the Disability Access and Inclusion Plan within recreation and leisure facilities</p>	<p>1-4</p> <p>1-4</p> <p>1-4</p>	<p>MSC – Active Ageing and Diversity MSC – Leisure Health Providers</p> <p>MSC - Access and Inclusion MSC -Recreation and Leisure MSC -Engineering</p> <p>MSC - Access and Inclusion MSC -Recreation and Leisure</p>
Active travel is supported and promoted	<p>Walking and cycling initiatives are supported and promoted</p>   <p>Environments support active travel</p>  	<p>Support the Walk to School program and activities</p> <p>Provide activation events or activities to increase usage of tracks and trails including the Aqualink</p> <p>Develop and promote brochures and maps of existing paths and trails, parks and recreation spaces detailing amenities and accessibility</p> <p>Promote and support cycling initiatives - National Ride 2 School Day - March - National Ride 2 Work- October</p> <p>Conduct street tree planting in identified areas to support active travel</p> <p>Identify locations for additional walking/cycling tracks and supportive infrastructure to enable active travel and active recreation through the review of the Hike and Bike Strategy</p> <p>Strengthen connection to and use of open spaces through the inclusion of signage, art installations and beautification of the local environment</p>	<p>1-4</p> <p>2-3</p> <p>2-3</p> <p>2-3</p> <p>3-4</p> <p>1-2</p> <p>3-4</p>	<p>MSC – Health Promotion Schools VicHealth</p> <p>MSC - Environment MSC – Health Promotion Schools</p> <p>MSC - Environment</p> <p>MSC – Health Promotion MSC -Environment Schools Bicycle Network</p> <p>MSC- Parks and Gardens</p> <p>MSC - Connected Communities</p> <p>MSC – Arts and Culture</p>

HEALTH THEME: THE FOOD WE EAT




OUTCOMES	STRATEGIES	ACTIONS	ACTION YEARS	Lead Organisation Stakeholders/Partners
Reduced sugary and sweetened beverage consumption	Promote water as the drink of choice	Encourage participation in the Cancer Council Achievement Program for schools and sports clubs	2-3	Ballan District Health & Care Djerriwarrh Health Services
		Identify community champions to implement water nudging within sports facilities	1	MSC – Health Promotion MSC - Recreation Sports clubs Reserve Committees
		Install and promote water refill stations to increase water consumption and reduce use of single use plastic bottles	2-3	MSC – Recreation Central Highlands Water Western Water
		Promote Rethink Sugary Drink campaign	1-4	MSC -Health Promotion Community Champions Schools Early Childhood Services
	Reduce accessibility to sugary drinks at Leisure facilities	Implement Healthy Choices policy for Council's Leisure Services	1	MSC - Leisure Community and sports groups
Young children are exposed to healthy food environments	Identify and implement actions within early years services that support healthy relationships with food and drink	Investigate the INFANT Program implementation within MCH service	1-2	MSC Maternal and Child Health Services Central Highlands Primary Care Partnership
		Investigate use of the Smiles for Miles program for kindergartens in Moorabool	1	Ballan District Health and Care Djerriwarrh Health Services Ballarat Community Health MSC – Early Years Services Early Years Services
	Increase capacity for schools to support healthy eating	Map kitchen garden programs and healthy eating policies within Moorabool Schools	1	Central Highlands Primary Care Partnership MSC – Health Promotion
		Support and engage interest for implementation of kitchen garden programs and healthy food policy development within education settings	2	MSC – Health Promotion Schools Stephanie Alexander Program Community Services Students
Increased access to healthy food to improve food security	Identify and promote Food Security initiatives within Moorabool Shire	Map and promote initiatives such as food swaps, community meals, school breakfasts, food banks, community gardens and other community lead food projects within Moorabool	1-4	Central Highlands Primary Care Partnership MSC - HPO Foodbank Social workers Community Services Students

THE FOOD WE EAT [CONTINUED]


OUTCOMES	STRATEGIES	ACTIONS	ACTION YEARS	Lead Organisation Stakeholders/Partners
	Encourage and promote community lead food initiatives	Support community gardens and grow your own activities	1-3	Local community gardens Local garden groups Local growers/ Nurseries MSC- HPO
Increase access to affordable healthy foods for rural, isolated, low-income areas	Map the cost of healthy food in areas of disadvantage  	Map the cost of healthy food in areas of disadvantage	2	MSC – Health Promotion Community health students Central Highlands Primary Care Partnership Djerriwarrh Health Services Ballan District Health & Care
		Collaborate with interested local supermarkets on a healthy supermarket project	3	Ballan District Health and Care Local supermarkets
		Support and promote locally grown produce and suppliers	2-3	MSC – Economic Development Local Traders Farm Gates Farmers Markets
		Investigate opportunities to implement the Second Bite program within Moorabool	2	Neighbours Place Keeley's Cause Darley Neighbourhood House Second Bite
Increased consumption of healthy foods	Improve healthy food options within sports clubs	Support sport club canteens through the provision of healthy food menus	2	MSC -Health Promotion HEAS resources Healthy Choices Alliance Sports Clubs
	Reduce unhealthy food and drink advertising targeting young children and young people	Identify and provide incentives for clubs to provide healthy food and drink options	2-3	MSC- Recreation Funding Bodies
		Facilitate training for clubs and groups on alternative sponsorship, funding and rewards for young children	4	MSC- Connected Communities
	Implement Healthy Choices within Council Facilities and events	Participate in Forums and Networks to support Healthy Choices implementation including the Healthy Choices Alliance	1-4	MSC- Health Promotion CHPCP- Healthy Choices Alliance
Breastfeeding rates are increased from birth to 6 months	Increase breastfeeding rates through education and support	Promote lactation consultants within MCH service, and breast pump loan system	1-4	Djerriwarrh Health Services - antenatal services Djerriwarrh Health Services -midwifery services MSC- Maternal and Child Health Services

HEALTH THEME: REDUCING HARMFUL ADDICTIONS



OUTCOMES	STRATEGIES	ACTIONS	ACTION YEARS	Lead Organisation Stakeholders/Partners
A reduction in the consumption and use of alcohol and other drugs	Community health services provide prevention and early intervention programs 	Partner with secondary schools to deliver prevention programs and promote campaigns (Alcohol and Other Drugs, tobacco and vaping)	2-3	Grampians Alcohol and Other Drug Assessment and Intake Services Djerriwarrh Health Services Schools MSC – Youth Services
		Reinstate drug, alcohol and family violence counselling for young people	2	Djerriwarrh Health Services MSC- Youth Services
	Policies are developed to reduce alcohol consumption	Promote available services that can support individuals with alcohol and drug issues and advocate for increased local services	1-4	Health Services MSC-Health Promotion
		Develop a policy for sporting clubs to prevent consumption of alcohol at junior functions	1	Djerriwarrh Health Services -Local Drug Action Team MSC – Recreation Sports Clubs
		Develop a policy that prevents alcohol sponsorship at Council venues	2	MSC- Recreation
		Deliver responsible service of alcohol training for sports clubs	1-2	Sports Central Djerriwarrh Health Services -Local Drug Action Team
Reduction in access to e-cigarettes and vaping equipment	Work in partnership with sellers to reduce access to e-cigarettes and vaping equipment	Facilitate education to sellers of e-cigarettes and vaping equipment to increase their awareness of their legal responsibilities	1	MSC- Community Health and Safety
Reduction in tobacco use	No smoking areas for Council owned and managed facilities are increased	Implement smoke free zones including signage for council owned and managed buildings, recreation facilities and parks	2-3	MSC- Community Health and Safety Assets
	Smoke free zones are enforced	Enforce smoke free zones	1-4	MSC- Community Health and Safety
		Undertake test purchasing for tobacco and related products	1-4	MSC - Community Health and Safety
	Education on tobacco related harm is provided	Provide ante natal and pre- pregnancy education on tobacco related harm	2	Djerriwarrh Health Services -ante-natal services GPs Primary Health Networks

REDUCING HARMFUL ADDICTIONS [CONTINUED]


OUTCOMES	STRATEGIES	ACTIONS	ACTION YEARS	Lead Organisation Stakeholders/Partners
Increased community support is available for those experiencing addiction and their families	Support for vulnerable groups through social connections and education 	Provide community education sessions on alcohol and other drugs	3	Health Services Grampians Alcohol and Other Drug Assessment and Intake Service Djerriwarrh Health Services - Local Drug Action Team
Reduction in community gaming losses	Sponsorship and promotion of gaming/alcohol venues is regulated within Council owned or managed venues	Develop Council policy on responsible gaming inclusive of sporting facilities and sponsorship guidelines Develop a planning policy related to applications for gaming venues Update guidelines for Council's community grants to exclude applications for clubs or organisations who receive alcohol or gambling venue sponsorship	2 3 1	MSC - Connected Communities MSC - Active Ageing and Diversity MSC- Statutory Planning MSC - Connected Communities

HEALTH THEME: KEEPING OURSELVES SAFE










OUTCOMES	STRATEGIES	ACTIONS	ACTION YEARS	Lead Organisation Stakeholders/Partners
Council fulfills its legislated responsibilities in accordance with the Gender Equality Act 2020	Implementation of requirements in accordance with the Gender Equality Act 2020	Undertake and implement: <ul style="list-style-type: none"> Gender Auditing Gender Impact Assessments Gender Action Planning Reporting 	1-4	MSC- GE Group Womens Health Grampians - GE Act Advisor
Increased community awareness of the drivers of violence against women	<p>Community and organisations are informed of the drivers of violence against women</p> <p>Use of The Arts as a communication method regarding the prevention of violence against women</p>	<p>Facilitate bystander training for staff and Councillors</p> <p>Promote Prevention of Violence Against Women campaigns: <ul style="list-style-type: none"> 16 Days of Activism Our Watch International Women's Day </p> <p>Increase opportunities for artists to highlight prevention of violence and gender equality through art exhibitions, competitions, installations and community art projects</p>	<p>1 and 3</p> <p>1-4</p> <p>1-2</p>	<p>MSC- People and Culture Women's Health Grampians</p> <p>MSC – Health Promotion Djerriwarrh Health Services Women's Health Grampians</p> <p>Djerriwarrh Health Services MSC- Arts & Culture Library</p>
Council communications are reflective of diversity within Moorabool's growing community	Communications reflect the growing diversity within the community in relation to women, gender roles, and family structures to break down rigid stereotypes	<p>Use images that represent diverse women, gender roles and family types within Council publications and online communications</p> <p>Support the Municipal Association Victoria campaign by providing advice and resources to attract female candidates in local government elections</p>	<p>1-4</p> <p>3</p>	<p>MSC - Communications</p> <p>MSC – Governance MAV</p>
Increased community awareness of available services to support victims of family violence	<p>Increase access to information and support for women and children experiencing family violence</p> <p>Advocate for increased public and emergency housing</p>	<p>Provide up to date information regarding violence support at health services, community centres, local services and on Council's website</p> <p>Advocate for increased Emergency and Public Housing for the Moorabool community</p>	<p>1-4</p> <p>1-4</p>	<p>WRISC Women's Health Grampians MSC – Health promotion</p> <p>MSC – Advocacy Housing Services</p>

KEEPING OURSELVES SAFE [CONTINUED]




OUTCOMES	STRATEGIES	ACTIONS	ACTION YEARS	Lead Organisation Stakeholders/Partners
	Advocate for increased local family violence services to support victims and perpetrators of family violence	Advocate for increased local family violence services for the Moorabool community	1-4	MSC- Advocacy
Increased community awareness of services available to prevent family violence	Support access to men's behavioural change programs to promote positive and respectful relationships	Identify and promote available men's behavioural change programs	1-4	MSC – Health Promotion Family services providers
Increased opportunities are available to support the community in improving their financial resilience	Develop financial and job seeking skills to increase financial resilience 	Raise awareness of and refer to Job Advocates Victoria for a free and holistic approach to employment readiness Improve financial literacy through access to financial education and financial counselling for young people and women	1-2 3-4	Jobs Victoria Library Services MSC Schools MSC- Youth Services Training Organisations Neighbourhood Houses
Increased awareness and understanding of Elder Abuse within the community	Community have access to information and referral pathways for victims of elder abuse	Promote information about Elder Abuse and support services	1-4	Seniors Rights Victoria Council on the Ageing Victoria MSC – Active Ageing and Diversity
Increased awareness of cyber and technological safety	Promote and facilitate forums to combat cyber bullying and abuse through the use of technology	Provide information and forums for the community on cyber bullying and technology related violence and abuse	2	Schools MSC -Youth Services VicPol Women's Health Services Mental Health Services

HEALTH THEME: KEEPING OURSELVES SAFE [CONTINUED]

OUTCOMES	STRATEGIES	ACTIONS	ACTION YEARS	Lead Organisation Stakeholders/Partners
Increased community perception of safety in public spaces	Increase active and passive surveillance within the community 	Audit public transport venues and public spaces to identify lighting, police presence and active and passive surveillance needs and provide recommendations for Improvements	2-3	V-Line MSC Department of Justice Community Safety Victoria Police
	Increase communication about safety initiatives 	Communicate and promote safety initiatives to improve perceptions of safety	3	VicPol MSC- Communications
Improved access to healthcare and information in the Moorabool community	Provide education and information for community and professionals on topics relating to women's health 	Facilitate biennial women's health forums during Women's Health Week	1 and 3	Women's Health Grampians MSC –Health Promotion Health providers
	Provide education and information for community and professionals on topics relating to men's health 	Facilitate biennial men's health forums during Men's Health Week	2 and 4	Health providers MSC – Health Promotion
	Promote holistic health and wellbeing programs 	Identify and promote opportunities for Moorabool residents to engage with holistic health programs including Sons and Daughters of the West	1-4	MSC – Health Promotion Health Services
	Improve access to information and support for sexual and reproductive health 	Facilitate access to information, resources and support to improve sexual and reproductive health literacy across the community at all life stages	1-3	Women's Health Grampians MSC – Health Promotion Health Providers GPs
	Education for health professionals on inclusive service provision 	Provide training and information to support safe, welcoming and supportive health services for LGBTQIA+ patients and First Nations patients	2-3	North Western Melbourne Primary Health Network Western Victoria Primary Health Network Health Services

HEALTH THEME: LIVEABILITY



OUTCOMES	STRATEGIES	ACTIONS	ACTION YEARS	Lead Organisation Stakeholders/Partners
Improved resilience to the impacts of climate change including extreme weather events for local vulnerable people and communities	Promote initiatives that contribute to energy efficiency	Promote energy efficient options and incentives for buildings and homes	2	MSC – Waste and Environment Red Cross – climate ready toolkit
Council's Emergency Management responses continue to support victims of family violence	Increase support for victims of family violence in relation to emergency events 	Provide ongoing training for staff involved in Emergency Management to recognise and respond to Family Violence	1-3	MSC – People and Culture MSC – Emergency Management Women's Health Grampians
Communities understand the impacts of climate change	Raise awareness about the impacts of climate change	Provide community education sessions and information on climate change	2	MSC - Waste and Environment MSC – Emergency Management CFA SES
	Advocacy to State/Federal governments	Develop an advocacy position on the importance of climate change initiatives for State/Federal governments that reflect Moorabool's high-risk communities	2	MSC – Advocacy MSC - Environment
People are enabled to live more environmentally consciously	Focus on providing walkable 20 minute neighbourhoods  	Develop a Council policy on 20 Minute Neighbourhoods including active and public transport, and accessible and diverse housing options	1-2	MSC -Strategic and statutory planning MSC -Connected Communities
		Update landscaping guidelines to ensure streetscapes and private developments respond to climate issues - more trees, appropriate species, and Water Sensitive Urban Design	2	MSC – Waste and Environment MSC -Connected Communities MSC -Engineering MSC -Parks and Gardens
	Council demonstrates Environmentally Sustainable Design in infrastructure and sustainable transport	Use Environmentally Sustainable Design principles in new Council buildings and consider these principals in relation to existing infrastructure upgrades	1-4	MSC – Engineering MSC – Connected Communities
		Support sustainable transport options to reduce Council's emissions	3	MSC – Waste and Environment
	Empower communities to reduce, re-use and recycle to reduce waste	Educate about and provide increased recycling and other waste reduction options	1-4	MSC – Waste and Environment

HEALTHY MINDS

- MENTAL HEALTH & RESILIENT COMMUNITIES

54% of residents believe they can get involved in local decision-making

39% actively contribute to decision making



41%

41% feel some groups of people who live in our Moorabool community aren't made to feel welcome

27%

27% believe racism is an issue



32.6% reported poor access to mental health services compared to Victoria (21.5%)

In Australia

50% report feeling lonely at least once a week

10% state they are socially isolated



43%

Young people with disability reported having experienced bullying in the past twelve months (43% compared with 19% without disability)

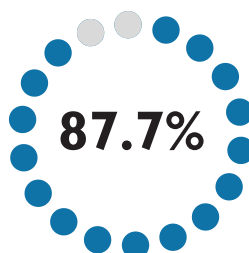
In Moorabool (2018)

18.1% (116) years 5 and 6 students reported being bullied (Vic 15.9%)

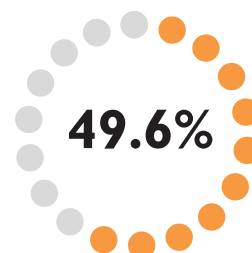
24.3% (95) years 7 to 9 students reported being bullied (Vic 17.5%)



In 2015 students who felt connected to school



• 87.7% of year 5 and 6 (Vic 84.8%)



• 49.6% of year 7 to 9 (Vic 62.3%)



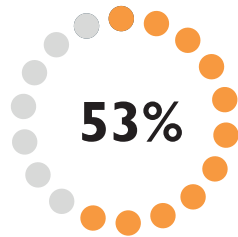
(2017) **1 in 5** Australian young people reported being socially excluded, threatened or abused online

BEING ACTIVE

– PHYSICAL ACTIVITY & ACTIVE SPACES



45% of adults in Moorabool are not sufficiently physically active



53% of women over 15 are not sufficiently active



57% use public open spaces on a weekly basis

67.9% don't use public open spaces as often as they would like to

Moorabool residents in 2017 who were

Overweight
29%
(Vic 32%)



Obese
31%
(Vic 19%)



Walking was the only form of physical activity for **40%** of adults aged 18-64

66% women and **57%** men over the age of 65 walk for recreation

26% feel safe walking alone after dark in Moorabool



4 out of 5 children 5-17 years do not meet the recommended **60 mins** of physical activity per day (= 5145 children in Moorabool in 2021)

THE FOOD WE EAT

- HEALTHY EATING & FOOD SECURITY

400 people accessed the foodbank in Bacchus Marsh from Jan - Nov 2019

47% increase in demand for emergency food relief during COVID-19 (Foodbank Aust.)

39% with food insecurity didn't access help in 2020

Rural and Regional areas 22% food insecurity (metropolitan areas 17%)

22% of those experiencing food insecurity were children



80 people regularly attend a free weekly community lunch in Moorabool

Only 7% of adults consume the recommended 5-6 serves of vegetables per day



1 in 8 parents rely on unhealthy low-cost food for their children to avoid running out of money to buy food

More than 10% of adults (Vic) report being unable to access a variety of healthy food (= 2472 in Moorabool in 2020)



21% of adults report healthy foods are too expensive

MCH Services Moorabool 2019

- 42.6% infants fully breastfed at 3 months (Vic 49.4%)
- 19.4% infants fully breastfed at 6 months (Vic 22%)

REDUCING HARMFUL ADDICTIONS

-TOBACCO, ALCOHOL, DRUGS & GAMBLING



17% of the Moorabool population smoke daily (Vic 12%)

- **22.8%** are women (Vic 10.2%)
- **10.6%** are men (Vic 14.7%)

The average cost to a smoker of **20** cigarettes per day (7,300 per year) in 2020 is:

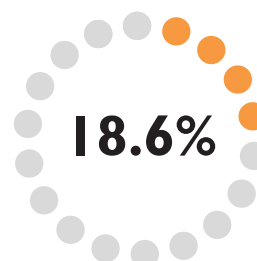


2019/20 Electronic Gambling Losses in

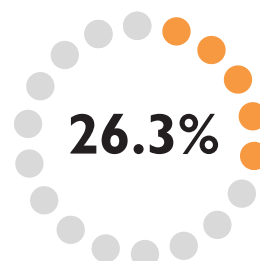
Moorabool **\$5.1 Million**
(47% lower than in 2018/19 due to COVID-19)

Average loss per day \$14,041

Moorabool GP's report



non- Aboriginal
patients are
smokers



Aboriginal
patients are
smokers

In 2020 in Moorabool

14.2% of women
smoked during first
20 weeks of pregnancy



24% of males and
9% of females
exceeded national alcohol
consumption guidelines
(2018 Aust.)

KEEPING OURSELVES SAFE

– GENDER EQUALITY & PREVENTION OF VIOLENCE

Calls to the Seniors Rights Victoria help line 2017-2019 about Elder Abuse

- **91%** of perpetrators were family members
- **36%** of victims lived with their abuse
- **64%** reported psychological or financial abuse
- **29%** lacked information about their rights



38% of people did not know where to get advice or support about family violence (2017)



56% of Sexual offence victims in Moorabool were children 0-17 years (Vic 40%)



Child protection substantiation rates per 1,000 children 0-17
Moorabool **12.7** (Vic 11.4)

Since the age of 15



1 in 3 Australian women has experienced physical violence



1 in 4 Australian women has experienced emotional abuse by a current or former partner



Almost 1 in 10 women have experienced violence by a stranger

(2016 – 2019) family violence perpetrators in Moorabool

- **35%** current partner
- **26%** former partner

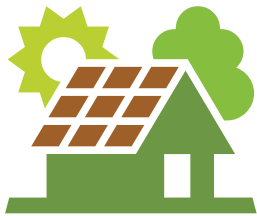
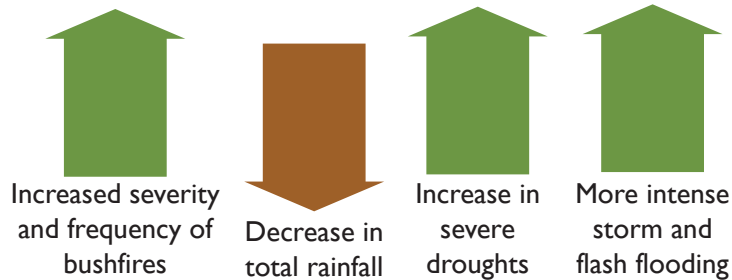


Levels of violence against women increased during Covid 19
(**5%** Moorabool, 6.8%Vic)

OUR CHANGING CLIMATE

– CLIMATE CHANGE AND LIVEABILITY

Increased Climate change in Victoria will see:



77% of people would like to know more about:

- The health impacts of climate change
- How to reduce emissions and help stop climate change getting worse

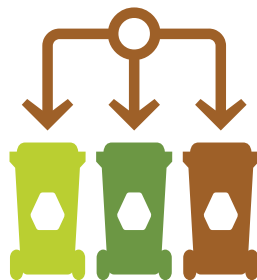
Council planted **620** street trees in 2020



Council participates in the Grow West program where 5000 plants are planted each year, in partnership with water authorities and Landcare groups

Since 2017 we have diverted **2,369** tonnes of greenwaste from landfill

3623 (38%) of eligible properties have taken up the greenwaste service



29% of employed residents travelled more than 50km to work (Vic 5%) (Regional Vic 12%)

Climate change will impact health and increase:

- Respiratory diseases
- Cardiovascular diseases
- Infectious diseases
- Allergies
- Poisoning
- Injuries
- Mental illness
- Undernutrition



58% of people recognise their health is likely to be affected by climate change

Of **684** rural residents in Moorabool surveyed in 2020 issues they were concerned about included:

- **60%** Bushfire
- **32%** climate change
- **25%** extreme weather conditions



Moorabool has **3** out of **11** Victorian towns who are rated as extreme areas for bushfire, and **12** towns rated at high to very high risk

ADDITIONAL DATA INFORMING THE PLAN

Data from available sources was used to identify need and inform the decisions made regarding the outcomes, strategies and actions within the plan. The following data provided some of the rationale for those decisions.

Healthy Minds

- 50% report feeling lonely at least once a week, 10% are socially isolated (AIHW 2019 Social Isolation and Loneliness Report)
- 46% would like ways for people to connect more (MSC Deliberative Engagement 2021)
- 40% of respondents wanted to use the internet more and would if access barriers, device knowledge and learning how to do things online were addressed. 72% preferred offline training methods (Understanding the digital behaviours of older Australians Aust. Gov. 2018)
- Facilitate youth activities for social connection (MHWP Community Survey 2021)
- 87.7% of year 5 and 6 students in 2015 felt connected to school (Vic 84.4%) 49.6% of year 7 to 9 students felt connected to school (Vic 62.3%) (VCAMS 2020)
- 41% felt some groups in Moorabool are not made to feel welcome (University of Canberra 2018)
- 62% want Moorabool to become a diverse and inclusive community (MSC Deliberative Engagement 2021)
- 27% believe racism is an issue (MSC Perceptions of Safety Survey 2019)
- LGBTQIA+ adults diagnosed with depression or anxiety 44.8% compared to 26.7% heterosexual (Victorian Population Health Survey 2017)
- 72.3% of young people aged 16-27 who identify as LGBTQIA+ have experienced abuse because of their sexuality and/or gender identify (ARACY 2018)
- 16.8% females and 16.7% males in Moorabool experience high to very high levels of psychological distress (Victorian Population Health Survey 2017)
- 36% reported poor access to Mental Health Services (Vic 21.5%) (University of Canberra 2018)
- Mental health disorders are the leading contributor (49%) to the burden of disease and injury for people aged 15-24. 25% of young people have a mental disorder (AIHW 2018)

The Food we Eat

- Children's intake of discretionary food accounts for 1/3 of total energy intake (AIHW 2018)
- 18% of adults in Moorabool consume sugary drinks daily (AIHW 2018)
- 31% of Moorabool residents are obese (Vic 19%) (Victorian Population Health Survey 2017)
- Install more water stations (MSC Deliberative Engagement – Ballan Children 2021)
- 34% of 0-5 year olds, 36% of 6 year olds, and 70% of 12 year olds have at least one decayed, missing or filled baby or adult tooth (Oral Health DHHS 2017-2019)
- 47% increase in demand for emergency food relief during Covid 19. 29% with food insecurity didn't access help in 2020. 22% in rural areas experience food insecurity. 22% of all food insecure Australians are children (Foodbank Report 2020)
- 61% of Moorabool community surveyed didn't know where to seek help for food insecurity (MHWB Survey 2021)
- 80 people regularly attend a free community lunch in Bacchus Marsh weekly (Soul Food 2020)
- 50% would eat more healthy food if they grew their own. 75% valued education about growing your own food (MHWB Survey 2021)
- 69% would eat more healthy foods if it was cheaper, 53% if they had more access, 92% accessed fruit and vegetables at supermarkets (MHWB Survey 2021)
- 50% of parents surveyed had a child who had received an unhealthy food voucher in sport. Of those 50% would prefer not to receive vouchers. 40% reported it prompted first time visits to fast food outlets (VicHealth and Deakin University 2021)
- 42.6% of infants fully breastfed at 3 months (Vic 49.4%) 19.4% of infants fully breastfed at 6 months (Vic 22%) (DHHS MCH Services Annual Report 2019)

Being Active

- 45% of adults are not sufficiently physically active (Victorian Population Health Survey 2017)
- 4 out of 5 children 5-17 years do not meet the recommended 60 minutes of physical activity per day (VicHealth 2015)
- 53% of women over 15 are not sufficiently active (Ausplay 2017)
- Women are more likely to participate in non-sport related physical activity (Ausplay 2017)
- 52% of Victorian women worry about being judged while exercising. 41% are too embarrassed to exercise in public compared with 26% of men (VicHealth 2016)
- This Girl Can campaign inspired 1 in 7 women aged between 18 -65 to get active. 56% of those who saw the campaign more than 8 times went on to do something active. 36% were CALD women (This Girl Can VicHealth 2020)
- Parental fears and fear of judgement around walking to school (VicHealth 2019)
- Walking is the only form of physical activity for 40% of adults aged 18-64 (Ausplay 2017)
- 66% of women and 57% of men over the age of 65 walk for recreation (Ausplay 2017)
- 57% use public open spaces on a weekly basis. 67.9% don't use public open spaces as often as they would like to (MSC Open Space survey 2018)

Liveability

- 77% of people want to know how to reduce emissions and impacts of climate change. (Sustainability Victoria 2020)
- 50% think Council or community groups can provide more education about climate adaption. 25% are concerned about extreme weather events. 32% were concerned about the impacts of climate change. 60% want to protect or improve our natural environment (MSC Deliberative Engagement 2021)
- 68% want better public transport, 65% want more or better footpaths, and 56% more or better bike paths (MSC Deliberative Engagement 2021)
- More than 80% of houses in Moorabool are 3 bedrooms or larger
- 90% want improved waste disposal and management (MSC Deliberative Engagement 2021)
- Extreme weather events and disasters are associated with an increase in violence against women (DHHS 2020)
- 29% lacked information about their rights regarding Elder Abuse. 91% of perpetrators were family members. 36% resided with their abuser. 62% reported psychological or financial abuse (NARI, Seniors Rights Victoria 2012-2019)
- 12% indicated need for improved safety at train stations (MSC Perceptions of Safety survey 2019)
- 27.9% of Victorians report feeling unsafe on public transport at night (Productivity Commission 2017/18)
- 73% believe Moorabool is a safe place. 44% felt safe walking alone at night. 67% felt safe walking in a group after dark (MHWB 2021 and Perceptions of Safety survey 2019)
- Men are less likely to visit their GP. Men experience higher rates of injury, mental health and suicide (menshealthweek.org.au 2021)
- Young people experience higher rates of STIs and lower screening rates (DOHA 2017)
- Young women are more vulnerable to unsafe sex and predominant users of emergency contraception (Women's Health Atlas 2018)

Keeping Ourselves Safe

- 1 in 3 women has experienced physical violence since the age of 15. 1 in 4 women has experienced emotional abuse by a current or former partner. Almost 1 in 10 women has experienced violence by a stranger since the age of 15. On average one woman per week is murdered by a current or former partner. (Our Watch 2020)
- 50% would not know what to do if someone they knew was experiencing family violence (MHWB Survey 2021)
- 38% did not know where to get advice or support for family violence (NCAS 2017)
- 15.2% of LGBTQIA+ adults have experienced discrimination medical facilities and by medical and other staff compared to 7.4% of general population (VicHealth 2017)
- 97% of Aboriginal people reported at least one racist event within past 12 months, 1/3 within hospital or health settings (VicHealth 2016)

Reducing Harmful Addictions

- 67% of Moorabool consume alcohol at high risk levels to health (Vic 59%) 24% of men and 6% of women at risk of injury from a single occasion of drinking on a weekly basis (Victorian Population Health Survey 2017)
- 24% of males and 9% of females exceed national alcohol consumption guidelines (National survey of Mental Health and Wellbeing 2018)
- 50% know about available drug and alcohol services (MHWP survey 2021)
- 11% of Australians over 14 years have smoked e-cigarettes. Current users include 9.7% of smokers, 19% of smokers aged 18-24 and 1.4% non-smokers. Reasons given included perceived safety, lower cost and to reduce smoking (National Drug Strategy Household Survey 2019)
- Young people, 4.4% males and 1.8% females aged 14-17 smoke, increasing to 17.4% males and 12.2% females aged 18-24 (National Drug Strategy Household Survey 2019)
- 14.2% of women smoked during first 20 weeks of pregnancy, 33% of Aboriginal mothers (AIHW 2020)
- In Moorabool 18.6 non-Aboriginal patients are smokers, 26.3% of Aboriginal patients are smokers (NWMPHN Analysis of GP Visits 2017)
- Data shows higher use of drugs in LGBTQIA+, indigenous and low socio-economic communities (Victorian Population Health survey 2017)
- In 2019/20 electronic gaming losses in Moorabool equalled \$5.1M or \$14,041 per day ,47% lower than in 2019=8/19 due to Covid 19 (VCGLR 2020)

Demographic Data – Moorabool

- In consideration of health data, we also consider demographic data to inform how health issues intersect with the social determinants of health
- (Census 2016 and ABS data)
- 5.5% of the Moorabool population have a disability
- 15% of residents do not have internet access
- 11.5% English is not their first language
- 8% are one parent families with children under 15
- 29% of employed resident travel more than 50km to work
- 1.1% of the Moorabool population are Aboriginal
- Moorabool has 7 low income areas (under \$650 per week)
- 32% of renters (Vic) are below the poverty line after paying rent
- 11% of all Australians are carers
- (VLGA Rainbow Resource 2020)
- Research suggests that:
- 1 in 10 people identify as non-heterosexual
- 1 in 100 people identify as gender diverse
- Moorabool has 3 extreme fire risk areas, Blackwood, Dales Creek and Greendale and a further 9 areas of high to very high risk (MSC EM Report 2020)
- Unemployment rates in Moorabool were 4.6% December 2019 and 6.8 December 2020 (Vic 6.4%) (DSS 2020)

