

# Moorabool Health and Wellbeing Strategy 2003 – 2006

**Protecting and improving  
the Health of the Moorabool Shire Community**

## **Economic**

- **education**
- **work**
- **income**
- **services**

## **Environmental**

- **food**
- **water**
- **conservation**
- **transport**
- **safety**
- **housing**

## **Social**

- **family connections**
- **social connections**
- **life skills**



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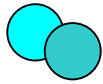
**Cr John Cutler**

**Mayor**

**Moorabool Shire Council**

The social and economic wellbeing of the Moorabool community is a primary concern of the council and it is particularly important to develop a strategy that will provide the continuing basis for addressing the new and emerging public health and wellbeing issues in our community. This Health and Wellbeing Strategy is an important aspect of the Shire's Social Development Plan and it aims to not only protect but also improve and strengthen our public health through building our community resources and our capacity to cope with the multitude of issues that may have negative health consequences in our community.

Obviously Council cannot meet this challenge by itself, however by playing its role as a leader, facilitator and advocate for the Moorabool community it will ensure that the local public health efforts with our community health partners are coordinated and, importantly, attract the resources needed to ensure the continued improvement in Moorabool's health and wellbeing status.



## **Introduction**

The Moorabool Health and Wellbeing Strategy aims to provide the basis for future actions in protecting and improving the health of the Moorabool Shire community. The strategy is directly linked to the Community Social Development Plan, and it is also intended to include a whole of Council approach to health and wellbeing planning. As with the emphasis on the development of community partnerships within the Community Social Development Plan, the strategy also emphasises the further development and enhancement of health partnerships particularly around specific public health action areas.

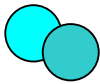
The strategy is grounded within the Social Model of Health; it is recognised that good health comes from the combination of interdependent and changing factors that affect individuals and communities. These factors include the following:

- **Economic:** education, work, income, services;
- **Environmental:** food, water, conservation, transport, safety, housing; and
- **Social:** family connections, social connections, life skills.

Subsequently, these triple bottom line indicators are complementary to the Social Model of Health.

The strategy acknowledges the current initiatives and actions being undertaken by the Moorabool Shire Council and identifies additional areas of work that are required to address the health issues identified by the community through a strong consultation process.

The Moorabool Health and Wellbeing Strategy will be regularly reviewed, evaluated and improved upon, and these processes will continue to be undertaken in consultation with local stakeholders and the community.



## **Background**

The Moorabool Health & Wellbeing Strategy (Municipal Public Health Plan) is a primary planning process for examining and addressing the health and wellbeing issues of the Moorabool municipality. The strategy is intended to connect across all areas of Council and the community.

### **● Legislation**

At a legislative level, the Council has a substantial responsibility for public health including the preparation of a public health plan and management of the planning process, as seen in the following provisions of the *Health Act 1958*:

#### **Section 29A**

*The function of every council under this Act is to seek to prevent disease, prolong life and promote public health through organised programs including the prevention and control of:*

- (a) *environmental health dangers; and*
- (b) *diseases; and*
- (c) *health problems of particularly vulnerable population groups*  
*by:*
- (d) *isolating the special factors affecting the health of people within the municipal district; and*
- (e) *developing and enforcing up-to-date public health standards and intervening if the health of people within the municipal district is affected; and*
- (f) *monitoring the activities of and assisting other agencies whose work has an impact on public health and, if necessary, advocating on behalf of the people within the municipal district for the adoption and enforcement by those agencies of appropriate standards; and*
- (g) *coordinating the immunisation of children living or being educated within the municipal district; and*
- (h) *ensuring that the municipal district is maintained in a clean and sanitary condition.*

#### **Section 29B**

- (1) *Every council must, in consultation with the Chief General Manager, prepare at three-year intervals a municipal public health plan.*
- (2) *A municipal public health plan must:*
  - (a) *identify and assess actual and potential public health dangers affecting the municipal district; and*

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- (b) *outline programs and strategies which the council intends to pursue to:*
    - (i) *prevent or minimise those dangers;*  
*and*
    - (ii) *enable people living in the municipal district to achieve maximum well-being; and*
  - (c) *provide for periodic evaluation of programs and strategies.*
- (3) *Every council must review its municipal public health plan annually and, if appropriate, amend the plan.*

Council has a leadership and facilitation role for the development of a local public health plan, however, it recognises that *health* can only be achieved through coordinated and committed local action involving the whole Moorabool community.

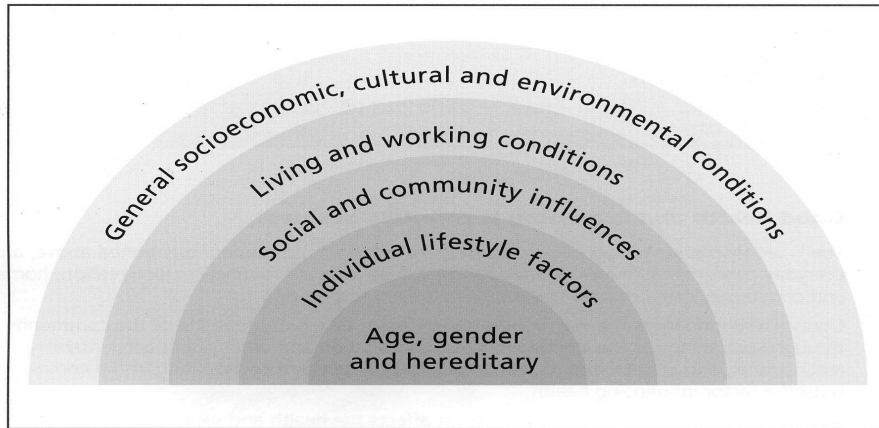
● **What is Health?**

‘Health’ is a broad concept which has been described as “ ... the state of complete physical, mental and social wellbeing and not merely the absence of disease” (World Health Organisation, 1948). This definition of health forms the basis of the social model of health, which recognises the many social, cultural, environmental, biological, political, economic and medical determinants of health.

● **Social Model of Health**

Enjoying good health and wellbeing comes from the combination of interdependent and changing economic (education, work, income, services), environmental (food, water, conservation, transport, safety, housing) and social (family connections, social connections, life skills) factors that affect individuals and communities. These factors are referred to as the determinants of health. At any given time there are many determinants operating that impact positively or negatively on a community. The diagram below shows a framework for thinking about the different types of determinants.

**Determinants of Health**



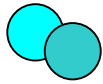
Source: Dahlgren and Whitehead (1991)

Source: *Leading the Way, Councils creating healthier communities*, VicHealth 2002,

● **Key Demographic & Health Features**

The following provides a short summary of the key demographic and health features of the Moorabool Shire. Additional details are contained in the Health & Wellbeing Discussion Paper:

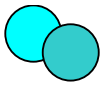
- The shire has a population of approximately 26,000 people;
- The shire is the third fastest growing rural LGA in Victoria;
- 62% of the population and 70% of growth is in Bacchus Marsh
- The population is predominantly family oriented with more than 50% of households comprised of parents and children;
- Approximately 70% of residents are aged between 0-17 and 25-49 years with the 0-17 years age group accounting for over 30% of the population;
- 50% of the workforce is employed in Melbourne Metropolitan Area, 30% within the shire, and 10% in Ballarat;
- Cancer will be the largest cause of “burden of disease”;
- There will be an increase in burden from degenerative diseases due to the increase in proportion of ageing senior residents in the population;
- Dementia may become the largest cause of ill health in women and be fifth ranked cause of illness for men; and
- Social isolation and the lack of specific health services were identified by the community as key health issues.



## **Strategy Aim**

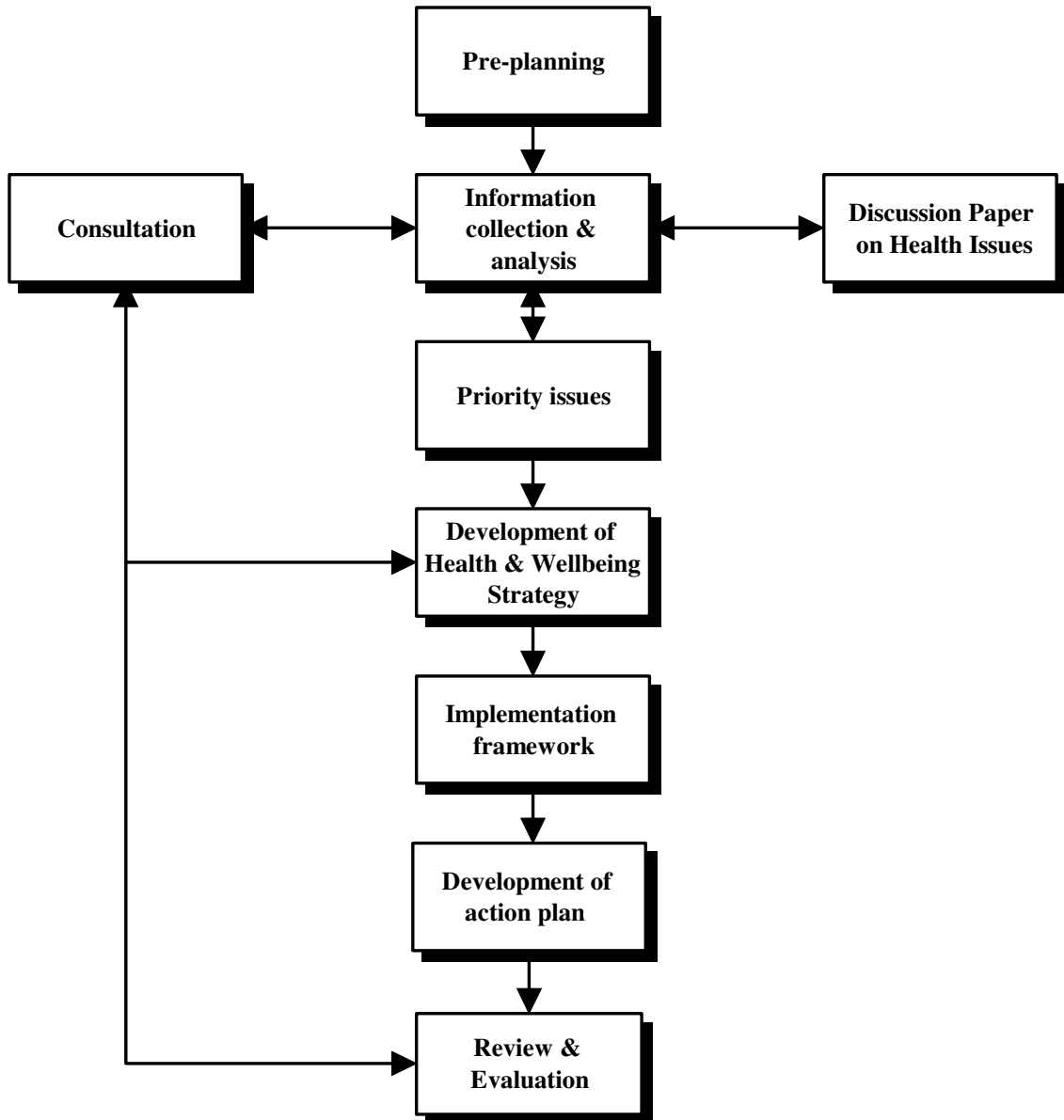
The aim of the Strategy is to improve the health of the community through a population health approach based upon the Social Model of Health:

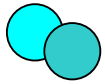
- Identifying key public health issues in the community;
- Developing specific strategic actions for these issues in partnership with other stakeholders;
- Integrating local public health initiatives; and
- Providing a mechanism by which the community is able to provide input concerning their public health needs.



## Planning Approach

The following diagram explains the main processes undertaken in the development of the strategy.

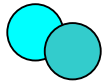




## **Community Consultation**

Community consultation was undertaken using the following strategies approved by Council:

- Four community forums were conducted in Ballan and Bacchus Marsh consisting of day and evening sessions. Identified key stakeholders including all service providers and the general public were invited to these consultations;
- Copies of the draft discussion paper were placed on Council's website, in public libraries, shire offices and general stores; copies of the paper were also available upon request.
- Advertising of the availability for public comment on the draft discussion paper and draft plan was undertaken;
- Stakeholders and others with specific expertise and knowledge about an area were consulted through direct interviews and phone contact.
- Consultation with young people was integrated with the consultation process for the development of the shire's youth policy.
- All relevant Council and community and strategic plans were reviewed.
- VicHealth reviewed the plan in the context of their 'Leading the Way' framework.
- Department of Human services Grampians Region evaluated the plan.



## **Moorabool Health Determinants**

As part of the development of the strategy, a discussion paper was prepared which contains a summary of the information obtained through an examination of current public health reports and initiatives undertaken within the shire and information obtained through a community consultation process.

The following table provides a summary of the issues or determinants of health obtained through these processes. These issues have been categorised into protective factors and risk factors for the relevant particular health determinant. Protective factors are those factors that operate to protect and enhance health and wellbeing within a community, whereas risk factors are those factors that threaten or compromise health and act against protective factors.

*(Note: Copies of the discussion paper are available on Councils web site [www.moorabool.vic.gov.au](http://www.moorabool.vic.gov.au))*

Table 1 Summary of Community Health &amp; Wellbeing Issues in Moorabool

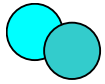
<b>Healthy Conditions &amp; Environments</b>	<b>Psychosocial Factors</b>	<b>Effective Health Services</b>	<b>Healthy Lifestyles</b>
<p style="text-align: center;"><b>Supportive Economic &amp; Social Conditions</b></p> <p><i>Risk Factors</i></p> <ul style="list-style-type: none"> <li>• Lower social support for frail aged and people with disabilities</li> <li>• Lack of services for children and adolescents.</li> <li>• Geographical isolation of many of the Shire's communities.</li> <li>• Lack of occasional care.</li> <li>• Diverse communities with similar needs but require a tailored response.</li> </ul> <p style="text-align: center;"><b>Safe Physical Environment</b></p> <p><i>Risk Factors</i></p> <ul style="list-style-type: none"> <li>• Need to ensure safe pedestrian, traffic (footpaths) &amp; bicycle flows in municipality</li> <li>• Provision of transport for medical and social purposes.</li> <li>• Maintenance of liveable &amp; sustainable environments</li> <li>• Injuries associated with cycling; and young motorists;</li> <li>• Preventing &amp; managing emergencies</li> <li>• Specific environmental issues (such as with mining operations and pesticide use).</li> <li>• Adequacy of wastewater management policy and surveillance</li> <li>• Implementation and maintenance of effective waste management and recycling programs and practices.</li> </ul>	<p style="text-align: center;"><b>Strong Social Networks</b></p> <p><i>Risk Factors</i></p> <ul style="list-style-type: none"> <li>• Lack of public transport and integrated transport management.</li> <li>• Lack of public space and meeting areas which are safe and well maintained.</li> <li>• Carers' health</li> <li>• Social isolation of older men</li> <li>• High commuter population.</li> <li>• Community involvement and participation in planning &amp; decision making.</li> <li>• Leadership of Council in planning and coordinating service provision and other initiatives.</li> </ul> <p style="text-align: center;"><b>Supportive Family Structure</b></p> <p><i>Risk Factors</i></p> <ul style="list-style-type: none"> <li>• Pressures on families increasing from stress; drug problems; depression; lack of services to assist families in need; access to these services is hindered by cost, physical barriers and lack of public transport</li> </ul> <p style="text-align: center;"><b>Participation in Civic Activities &amp; Social Engagement</b></p> <p><i>Risk Factors</i></p> <ul style="list-style-type: none"> <li>• Discrimination of people with disabilities</li> <li>• Need for youth and family- orientated programs.</li> <li>• Lack of recreational programs and community meeting places</li> </ul>	<p style="text-align: center;"><b>Provision of Preventative Services</b></p> <p><i>Risk Factors</i></p> <ul style="list-style-type: none"> <li>• Timely review and planning of services reflecting changes in demographics as more than 70% of residents are aged between 0-17 and 25-49 years.</li> <li>• The need for more readily available information about the services which exist in the Shire.</li> <li>• The need for a needle and syringe exchange program as well as drug and alcohol workers.</li> <li>• Gaps in service provision</li> <li>• Adequacy of Food Safety Policy and surveillance</li> <li>• Maintenance and enhancement of the existing immunisation program</li> </ul> <p style="text-align: center;"><b>Access to Primary Health Services which Recognises Culturally and Linguistically Diverse Backgrounds (CALD)</b></p> <p><i>Risk Factors</i></p> <ul style="list-style-type: none"> <li>• Increasing ageing population with increasing reliance on carers &amp; public transport</li> <li>• Information on activities, services &amp; programs for all age groups CALD backgrounds and vulnerable communities.</li> <li>• Access of young people to health services</li> <li>• Access of working &amp; commuter families to services</li> <li>• Little public/community transport</li> </ul>	<p style="text-align: center;"><b>Positive Mental Health</b></p> <p><i>Risk Factors</i></p> <ul style="list-style-type: none"> <li>• Depression</li> <li>• Youth homelessness</li> <li>• Family breakdown</li> <li>• Suicide among the elderly</li> <li>• Lack of social cohesion/social capital</li> </ul> <p style="text-align: center;"><b>Decreased Use of Tobacco &amp; Drugs; Regular Physical Activity</b></p> <p><i>Risk Factors</i></p> <ul style="list-style-type: none"> <li>• Tobacco smoking is responsible for the greatest amount of ill-health</li> <li>• Low levels of physical exercise generally and in schools</li> <li>• Alcohol and community attitudes towards alcohol use.</li> </ul>

Key issues arising from the information collected indicate that isolation is a current and emerging issue in the shire. This seems to be derived from the following factors:

- Geographical location in the shire with diverse and widely spread communities;
- Residents commuting regularly to Melbourne and it's affect on access to services and community connectedness;
- Lack of transport and an ageing population; and
- Access to services by young people and families generally.

Isolation and social connectedness and their relationship to positive mental health and depression underscore the essential interaction between risk and protective factors. Development of community processes of involvement and participation together with social support is an underlying issue. The issue of services and the communities' needs regarding services was raised. There is a need for tailored services for specific communities, for the promotion and marketing of current community services including Council's services, and for flexible service delivery models.

Within the healthy environments theme, having safe and functional pedestrian and bicycle access is important, and there is concern regarding the impact of land use from mining and agriculture. Healthy lifestyle issues pertaining to alcohol use, physical exercise and tobacco use were identified in the literature and consultation processes.



## **Action Plan**

The following action plan has been developed to address the key issues identified in Table 1. The priority issues for the Moorabool Shire community were identified through extensive community consultation. The action plan aims to directly respond to the priority issues as identified by the community through meetings held with stakeholders and the community at large, follow up interviews of identified key stakeholders and community leaders, and internal consultation across Council's directorates.

The action plan focuses on the relevant protective factor and the strategies designed to enhance these protective factors and thereby improve health and wellbeing. The shaded areas of the action plan identify new or developmental initiatives and activities whereas the unshaded areas are initiatives that are currently being implemented and therefore require a continuation or maintenance of those activities.

Internal Council planning links are also identified with each set of strategies emphasising the *whole of Council* approach to the Health & Wellbeing Strategy. These links will continue to be expanded in future to include appropriate partnerships with external organisations and other stakeholders. Building on the success of currently established partnerships, such as the Primary Care Partnership, this ongoing direction of increasing partnerships will form the basis of progressive service initiatives. The opportunities identified in the Health & Wellbeing Strategy and included action plan will further define and expand Council's influence in the priority area of local public health.

**ACTION PLAN 2003-2006**

**Objective: Develop and Maintain Healthy Conditions and Environments**

<b>Issue</b>	<b>Strategic Actions</b>	<b>Responsibility</b>	<b>Planning Links</b>	<b>Timelines</b>	<b>Target</b>
Adequacy of wastewater management policy and environment and health impacts	<ul style="list-style-type: none"> <li>Development of a Wastewater Management Policy</li> </ul>	<ul style="list-style-type: none"> <li>Environmental Health Manager</li> </ul>	<ul style="list-style-type: none"> <li>Environment Protection Authority/MAV</li> <li>Catchment Management Authorities (Central Highlands; Western Region; Barwon Region)</li> <li>Moorabool Planning Scheme</li> <li>MAV/Australian Institute of Environmental Health</li> </ul>	2005	<ul style="list-style-type: none"> <li>Development &amp; Adoption of Policy</li> <li>Progress Report to Council</li> </ul>
Lower social support for frail aged and people with disabilities	<ul style="list-style-type: none"> <li>Extension of friendly visiting/companion programs</li> <li>Review of social support HACC &amp; respite initiatives</li> <li>Implementation of Disability Access Plan</li> </ul>	<ul style="list-style-type: none"> <li>Aged &amp; Disability Manager</li> </ul>	<ul style="list-style-type: none"> <li>Moorabool Shire Disability Access &amp; Inclusion Plan &amp; Policy</li> </ul>	2004 ongoing	<ul style="list-style-type: none"> <li>Progress Report on Implementation &amp; Recommendations</li> </ul>
Geographic isolation of many of the shire's communities	<ul style="list-style-type: none"> <li>Small Towns Capital Improvement Projects</li> <li>Community Transport initiatives</li> <li>Continue support to the Community Capacity Building initiative</li> <li>Improve Corporate Community consultation process</li> <li>Implement Creative Communities Gateways Project</li> </ul>	<ul style="list-style-type: none"> <li>Community Development Manager</li> <li>Director Corporate Services</li> </ul>	<ul style="list-style-type: none"> <li>Isolated Communities Transport Study</li> <li>Transport initiatives conducted under "Transport Connections" funding program</li> <li>Bus Service Pilot</li> <li>Expansion of community transport services to meet social needs</li> </ul>	2005	<ul style="list-style-type: none"> <li>Progress Report on implementation of initiatives</li> <li>Evaluation Report on consultation processes</li> </ul>

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Issue	Strategic Actions	Responsibility	Planning Links	Timelines	Target
Diverse communities with similar needs but require a tailored response.	<ul style="list-style-type: none"> <li>Communities encouraged to utilise Grant programs including Council and External</li> </ul>	<ul style="list-style-type: none"> <li>Manager Community Development</li> </ul>	<ul style="list-style-type: none"> <li>Social Development Plan</li> </ul>	Ongoing	Two grants to new communities per annum
<p>Need to ensure safe pedestrian, traffic (footpaths) &amp; bicycle flows in municipality</p> <p>Need to provide increased pedestrian and bicycle trail linkages</p>	<ul style="list-style-type: none"> <li>Annual Footpath improvements works</li> <li>Support the development of pedestrian/cycling trails within townships, linking open space opportunities.</li> </ul>	<ul style="list-style-type: none"> <li>Director Infrastructure</li> <li>Community Development Manager</li> </ul>	<ul style="list-style-type: none"> <li>Moorabool Shire Road Safety Strategy</li> <li>Recreation Strategy</li> <li>Moorabool Shire Council Youth Policy</li> </ul>	2005	<p>Development of Progress Report on Implementation Targets</p> <p>Meterage of annual urban &amp; rural pavement improvements</p> <p>New pedestrian / bicycle trails commenced / completed annually</p>
Injuries associated with cycling and young motorists	<ul style="list-style-type: none"> <li>Implement "Keys to Life Program"</li> </ul>	<ul style="list-style-type: none"> <li>Community Development Manager/Youth Services</li> </ul>	<ul style="list-style-type: none"> <li>Moorabool Shire Road Safety Strategy</li> <li>Recreation Strategy</li> <li>Moorabool Shire Council Youth Policy</li> </ul>	Ongoing	10% reduction in preventable injuries associated with cyclists
Provision of transport for medical and social purposes	<ul style="list-style-type: none"> <li>Research &amp; develop partnerships in flexible transport initiatives</li> </ul>	<ul style="list-style-type: none"> <li>Community Development Manager</li> </ul>	<ul style="list-style-type: none"> <li>Isolated Communities Transport Study</li> <li>Transport Initiatives conducted under <i>Transport Connections</i> funding program</li> </ul>	2005	Development of new partnerships and initiatives

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Moorabool Health & Wellbeing Strategy 2003 - 2006

Preventing & managing emergencies	<ul style="list-style-type: none"><li>• Review &amp; maintain the Municipal Emergency Management Plan</li><li>• Maintenance of organisational capacity</li><li>• Identification of organisational training needs</li></ul>	<ul style="list-style-type: none"><li>• Director Infrastructure</li><li>• All Directorates</li><li>• All Directorates</li><li>• All Directorates</li></ul>	<ul style="list-style-type: none"><li>• Municipal Emergency Management Plan</li><li>• Emergency Management Act</li><li>• Emergency Management Manual</li></ul>	Ongoing	Annual Review, redevelopment & dissemination of Plan  Planning arrangements are identified as functional through test arrangements at least once per year  Annual Training Needs
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Moorabool Health & Wellbeing Strategy 2003 - 2006

<b>Issue</b>	<b>Strategic Actions</b>	<b>Responsibility</b>	<b>Planning Links</b>	<b>Timelines</b>	<b>Target</b>
Maintenance of liveable & sustainable environments	<ul style="list-style-type: none"><li>• Identify opportunities for strategic acquisition of public open space</li><li>• Support increased community involvement in the conservation of natural environments</li><li>• Implementation and maintenance of effective waste management and recycling programs and practices</li></ul>	<ul style="list-style-type: none"><li>• Director Shire Development</li></ul>	<ul style="list-style-type: none"><li>• Moorabool Planning Scheme</li><li>• Moorabool Strategic Statement</li><li>• Recreation Strategy</li></ul>	2004/2005 ongoing	<p>% of public open space provided against appropriate benchmarks</p> <p>Increased activity Rates &amp; Community Funding Submissions</p> <p>Increased % of waste recycling against appropriate benchmarks</p>

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Moorabool Health & Wellbeing Strategy 2003 - 2006

**Objective: Build and Enhance Community Capacity and Local Social Capital (Psychosocial Environment)**

Issue	Strategic Actions	Responsibility	Planning Links	Timelines	Target
Lack of public transport and integrated transport management	<ul style="list-style-type: none"> <li>Facilitate an integrated approach to public transport options &amp; linkages</li> </ul>	<ul style="list-style-type: none"> <li>Director Infrastructure</li> <li>Manager Community Development</li> </ul>	<ul style="list-style-type: none"> <li>Isolated Communities Transport Study</li> <li>Transport Initiatives conducted under <i>Transport Connections</i> funding program including bus service pilot and expansion of community transport services to meet social needs</li> </ul>	2004/05	<p>Development of an options paper &amp; recommendations</p> <p>Recommendations put to Council and other partner organisations for appropriate consideration and action</p>
Lack of public space and meeting areas which are safe and well maintained.	<ul style="list-style-type: none"> <li>Continue to develop and revitalise public open space parks and environments</li> </ul>	<ul style="list-style-type: none"> <li>Directors Shire Development &amp; Infrastructure</li> <li>Manager Community Development</li> </ul>	<ul style="list-style-type: none"> <li>Social Development Plan</li> <li>Recreation Strategy</li> </ul>	2004/05	Benchmark community utilisation rates of open spaces
Carer's Health/Volunteers Support	<ul style="list-style-type: none"> <li>Develop local leadership training/ mentoring programs for volunteers</li> <li>Enhance training program for carers</li> </ul>	<ul style="list-style-type: none"> <li>Manager Community Development</li> <li>Manager Aged &amp; Disability Service</li> <li>Coordinator Children &amp; Family Services</li> </ul>	<ul style="list-style-type: none"> <li>Social Development Plan</li> </ul>	2004	Development of program(s) & minimum 85% participation rates in programs
Social isolation of older men	<ul style="list-style-type: none"> <li>Support the development of planned activity groups – Monday Lunch Club</li> </ul>	<ul style="list-style-type: none"> <li>Manager Aged &amp; Disability Services</li> </ul>	<ul style="list-style-type: none"> <li>Social Development Plan</li> </ul>	2004 Ongoing	Development of groups & participation rates
High commuter population	<ul style="list-style-type: none"> <li>Investigate the provision of flexible extended child care</li> </ul>	<ul style="list-style-type: none"> <li>Coordinator Children &amp; Family Services</li> </ul>	<ul style="list-style-type: none"> <li>Social Development Plan</li> </ul>	2004	Development of a report & additional flexible child care places

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Moorabool Health & Wellbeing Strategy 2003 - 2006

Issue	Strategic Actions	Responsibility	Planning Links	Timelines	Target
Community involvement and participation in planning & decision making	<ul style="list-style-type: none"> <li>Develop guidelines for community consultation &amp; participation</li> <li>Develop urban design frameworks for local townships that include opportunities for community involvement in townscape improvements/public safety guidelines</li> <li>Encourage participation of youth in planning of public spaces</li> </ul>	<ul style="list-style-type: none"> <li>Director Corporate Services</li> <li>Director Shire Development</li> <li>Manager Community Development/Youth Services</li> </ul>	Social Development Plan	<p>2004 ongoing</p> <p>2004 ongoing</p> <p>2004 ongoing</p>	<p>Development of Guidelines</p> <p>Development of framework</p> <p>Participation rates of young people in planning processes</p>
Leadership of Council in planning and coordination of service provision and other initiatives.	<ul style="list-style-type: none"> <li>Maintain open Governance and consultation processes including Council's Annual Community Plan</li> <li>Proactive services planning</li> <li>Initiate and support Local Service provider and community networks and forums.</li> <li>Advocate for service provision and development.</li> </ul>	<ul style="list-style-type: none"> <li>All Directorates</li> </ul>	<ul style="list-style-type: none"> <li>Corporate Community Plan</li> <li>Governance Framework</li> <li>Social Development Plan</li> <li>State and Commonwealth Government Agencies</li> </ul>	2004 ongoing	<ul style="list-style-type: none"> <li>Annual Community Plan</li> <li>Research and development of key strategic plans and actions</li> <li>Service provider forums and networks established and supported</li> </ul>
Pressure on families increasing from stress; drug problems; depression; lack of services to assist families in need; & access to these services	<ul style="list-style-type: none"> <li>Partner with Key Service Agencies and community to increase and improve family support options particularly to vulnerable families</li> <li>Establish Post-Natal Depression Therapeutic Support Groups</li> </ul>	<ul style="list-style-type: none"> <li>Director Human Services</li> </ul>	<ul style="list-style-type: none"> <li>Social Development Plan</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>Increased family support services and partnerships</li> <li>Establishment of PND Therapeutic Support Groups</li> </ul>

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Moorabool Health & Wellbeing Strategy 2003 - 2006

<b>Issue</b>	<b>Strategic Actions</b>	<b>Responsibility</b>	<b>Planning Links</b>	<b>Timelines</b>	<b>Target</b>
Discrimination of people with disabilities	<ul style="list-style-type: none"><li>• Implement Disability Access and Inclusion Plan and Policy</li></ul>	<ul style="list-style-type: none"><li>• All Directorates</li><li>• Manager Aged &amp; Disability</li></ul>	<ul style="list-style-type: none"><li>• Disability Access &amp; Inclusion Policy &amp; Plan</li></ul>	2004 ongoing	Development of an Implementation Report
Need for youth and family- oriented programs	<ul style="list-style-type: none"><li>• Enhance councils Youth Support capacity and programs</li><li>• Implement in consultation with young people Councils Youth policy.</li></ul>	<ul style="list-style-type: none"><li>• Director Human Services</li></ul>	<ul style="list-style-type: none"><li>• Youth Policy</li></ul>	2004 ongoing	Development of an Implementation Report  Participation rates in programs
Lack of recreational programs and community meeting places	<ul style="list-style-type: none"><li>• Conduct an audit of public open space in the shire (including opportunities for passive / informal recreation and play areas)</li><li>• Develop a Shire wide Recreation Strategy</li><li>• Develop a strategic approach to the upgrading of local halls and community buildings to meet the demands of:<ul style="list-style-type: none"><li>• Young People</li><li>• Arts &amp; Culture activities</li><li>• Meeting Space</li><li>• Indoor Recreation</li><li>• Disability Access</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Manager Community Development</li></ul>	<ul style="list-style-type: none"><li>• Social Development Plan</li><li>• Recreation Plan</li><li>• Arts &amp; Culture Strategy</li></ul>	2005	Development of an Audit Report  Development of Recreation Strategy  Community and Precinct Developments

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Moorabool Health & Wellbeing Strategy 2003 - 2006

**Objective: Ensure the Delivery of Effective Services Orientated to Community Needs**

Issue	Strategic Actions	Responsibility	Planning Links	Timelines	Target
Provision of preventative public services	<ul style="list-style-type: none"><li>Develop a food safety policy</li></ul>	<ul style="list-style-type: none"><li>Environmental Health Manager</li></ul>	<ul style="list-style-type: none"><li>Victorian Department of Human Services (Food Safety Victoria)</li><li>Food Standards Australia New Zealand</li></ul>	2004	Development & Adoption of Policy
Timely review and planning of services reflecting vulnerable groups and changes in demographics	<ul style="list-style-type: none"><li>Develop a corporate demographic data needs analysis capacity</li></ul>	<ul style="list-style-type: none"><li>Director Shire Development</li><li>Director Corporate Services</li><li>Director Human Services</li></ul>	<ul style="list-style-type: none"><li>Social Development Plan</li></ul>	2005	Development & Publication of Demographic Profile
The need for readily available information for all age groups, CALD and vulnerable communities.	<ul style="list-style-type: none"><li>Provide an updated accessible Community Services Directory in hard copy and via Councils web page</li><li>Development of an information referral system</li></ul>	<ul style="list-style-type: none"><li>Director Corporate Services</li><li>Director Human Services</li></ul>	<ul style="list-style-type: none"><li>Social Development Plan</li></ul>	2004 ongoing	Development of Directory
Lack of services for children and adolescents	<ul style="list-style-type: none"><li>Strengthening of early childhood services including parent support initiatives</li><li>Implement Youth Health services survey recommendations.</li></ul>	<ul style="list-style-type: none"><li>Child &amp; Family Services Coordinator</li></ul>	<ul style="list-style-type: none"><li>Moorabool Shire Children's Service Strategy</li><li>Youth Policy</li></ul>	2004 ongoing	Development of programs including <i>Best Start</i> submission Development of Early Years Plan Enhance Youth Health Initiatives

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Moorabool Health & Wellbeing Strategy 2003 - 2006

<p>The need for a needle and syringe exchange program as well as drug and alcohol workers</p>	<ul style="list-style-type: none"><li>• Explore the provision of a needle exchange program</li><li>• Sustain with schools Youth Services Peer Mediation program</li><li>• Maintain drug and alcohol initiatives</li></ul>	<ul style="list-style-type: none"><li>• Manager Environmental Health</li><li>• Manager Community Development / Youth Services</li><li>• Director of Human Services</li></ul>	<ul style="list-style-type: none"><li>• Department of Human Services</li><li>• Grampians Region Drug and Alcohol Action Plan</li></ul>	<p>2005</p>	<p>Development of Proposed Needle Exchange Strategy</p> <p>Identification of funding sources &amp; development of a submission</p>
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Moorabool Health & Wellbeing Strategy 2003 - 2006

Issue	Strategic Actions	Responsibility	Planning Links	Timelines	Target
Maintenance and enhancement of the existing immunisation program	<ul style="list-style-type: none"> <li>Review and enhancement of immunisation services</li> <li>Assess the feasibility of integrating immunisation services with other children's services to improve access and coverage rates</li> </ul>	<ul style="list-style-type: none"> <li>Child and Family Services Coordinator</li> </ul>	<ul style="list-style-type: none"> <li>Victorian Department of Human Services</li> <li>Division of General Practice</li> <li>Social Development Plan</li> </ul>	2004	<p>Maintenance of current immunisation rates</p> <p>Completion of a feasibility study</p> <p>Identification of potential opportunistic immunisation</p>
Increasing ageing population with increasing reliance on carers & public transport	<ul style="list-style-type: none"> <li>Research &amp; develop a flexible Community Transport Strategy &amp; initiatives</li> </ul>	<ul style="list-style-type: none"> <li>Community Development Manager</li> <li>Manager Aged &amp; Disability Services</li> </ul>	<ul style="list-style-type: none"> <li>Isolated Communities Transport Study</li> <li>Transport Initiatives conducted under <i>Transport Connections</i> funding program including bus service pilot and expansion of community transport services to meet social needs</li> </ul>	2004	Development of a Community Transport Strategy
Access of young people to health services	<ul style="list-style-type: none"> <li>Maintain Youth Peer Mediation Initiative</li> <li>Implement Youth Health services survey recommendations.</li> </ul>	<ul style="list-style-type: none"> <li>Community Development Manager</li> <li>Youth Services</li> </ul>	<ul style="list-style-type: none"> <li>Social Development Plan</li> <li>Youth Policy</li> </ul>	<p>2004 Ongoing</p> <p>2004</p>	Development of a Report on the implementation of recommendations
Aged Care Residential Services & Community Services	<ul style="list-style-type: none"> <li>Conduct service mapping to identify current bed provision</li> <li>Analysis and report on current approvals in principle against Commonwealth benchmarks</li> </ul>	<ul style="list-style-type: none"> <li>Manager Aged &amp; Disability Services</li> </ul>	<ul style="list-style-type: none"> <li>Social Development Plan</li> </ul>	2005	Development of a Services Options Paper
Sessional space for visiting Human Services	<ul style="list-style-type: none"> <li>In partnership with service providers identification, development and promotion of sessional space for visiting services</li> </ul>	<ul style="list-style-type: none"> <li>Human Services Director and potential agencies</li> </ul>	<ul style="list-style-type: none"> <li>Social Development Plan</li> </ul>	2004/05	Additional sessional space identified.

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## Moorabool Health &amp; Wellbeing Strategy 2003 - 2006

<b>Issue</b>	<b>Strategic Actions</b>	<b>Responsibility</b>	<b>Planning Links</b>	<b>Timelines</b>	<b>Target</b>
Coordinated service delivery	<ul style="list-style-type: none"> <li>Continue to actively support the Primary Care Partnership initiatives</li> </ul>	<ul style="list-style-type: none"> <li>Director Human Services</li> <li>Manager Aged &amp; Disability services.</li> </ul>	<ul style="list-style-type: none"> <li>Central Highlands Primary Care Partnerships Community Health Plan</li> </ul>	Ongoing	Implement all partnership requirements
Lack of child care	<ul style="list-style-type: none"> <li>Develop a sustainable Child Care Strategy including the provision of additional Child Care places</li> </ul>	<ul style="list-style-type: none"> <li>Child &amp; Family Services Coordinator</li> </ul>	<ul style="list-style-type: none"> <li>Moorabool Shire Councils Children's Services Strategy</li> </ul>	2004 Ongoing	Development of a strategy and services
Level of Primary Health Care Services	<ul style="list-style-type: none"> <li>Conduct audit of Primary Health Care Services and advocate with key agencies for their delivery</li> </ul>	<ul style="list-style-type: none"> <li>Director Human Services</li> <li>Manager Aged &amp; Disability Services</li> </ul>	<ul style="list-style-type: none"> <li>Social Development Plan</li> <li>Central Highlands Primary Care Partnerships (PCP)</li> <li>Disability Access Action &amp; Inclusion Policy &amp; Plan</li> <li>Department of Human Services</li> </ul>	2004 - 2005	Increased level of Primary Care Services measured against government benchmarks
The reducing level of GPs proportionate to Population, especially at Eastern end of Shire	<ul style="list-style-type: none"> <li>Determine current level of GPs as a proportion of population</li> <li>In partnership advocate to policy makers as appropriate</li> </ul>	<ul style="list-style-type: none"> <li>Director Human Services</li> <li>Manager Aged and Disability Services</li> </ul>	<ul style="list-style-type: none"> <li>Central Highlands Primary Care Partnerships (PCP)</li> <li>Department of Human Services</li> <li>Divisions of General Practice</li> <li>Djerriwarrh Health Services Strategic Forum</li> </ul>	2005	Sustain/increase current level of GP service provision measured against government benchmarks

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Moorabool Health & Wellbeing Strategy 2003 - 2006

**Objective: Create Conditions that Support Healthy Lifestyles**

Issue	Strategic Actions	Responsibility	Planning Links	Timelines	Target
Positive mental health	<ul style="list-style-type: none"> <li>Investigate the feasibility of developing a local mental health promotion strategy</li> </ul>	<ul style="list-style-type: none"> <li>Director Human Services</li> <li>Child &amp; Family Services Coordinator</li> </ul>	<ul style="list-style-type: none"> <li>Department of Human Services</li> <li>Central Highlands Primary Care Partnerships Community Health Plan</li> <li>Social Development Plan</li> </ul>	<p>2005/2006</p> <p>Ongoing</p>	Development of a Discussion Paper & Recommendations
Use of tobacco & drugs; regular physical activity	<ul style="list-style-type: none"> <li>Continue implementing DHS funded tobacco control initiatives</li> <li>Support and develop passive / informal and active recreation initiatives.</li> </ul>	<ul style="list-style-type: none"> <li>Manager Environmental Health</li> <li>Manager Community Development</li> </ul>	<ul style="list-style-type: none"> <li>Department of Human Services</li> <li>Central Highlands Primary Care Partnerships Community Health Plan</li> <li>Social Development Plan</li> <li>Shire Youth Policy</li> <li>Precinct Master Plans: Ballan, Darley Pk, Maddingley Pk, Masons Lane</li> <li>Recreation Strategy</li> <li>Grampians Regional Alcohol and Drug Action Plan</li> <li>Sport and Recreation Victoria</li> </ul>	<p>2005</p> <p>Ongoing</p>	<p>Comply with agreed targets &amp; report to DHS</p> <p>Increased quality and number of informal and formal recreation options.</p>
Food Safety Promotion	<ul style="list-style-type: none"> <li>Investigate the feasibility of developing a food safety health promotion &amp; award program for local business</li> </ul>	<ul style="list-style-type: none"> <li>Manager Environmental Health</li> </ul>		2005	Development of a Proposed Award Program
<p>Lack of social cohesion/social capital</p> <p>Participation in civic activities and social engagement</p>	<ul style="list-style-type: none"> <li>Support and initiate community strengthening projects and initiatives</li> <li>Develop additional civic engagement opportunities</li> </ul>	<ul style="list-style-type: none"> <li>All Directorates</li> <li>Manager Community Development / Youth Services</li> </ul>	<ul style="list-style-type: none"> <li>Community Plan</li> <li>Social Development Plan</li> <li>Arts and Culture Strategy</li> </ul>	<p>Ongoing</p> <p>2004/2005</p>	Participation rates in community activities & volunteer numbers

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Moorabool Health & Wellbeing Strategy 2003 - 2006

Communities attitudes to alcohol use	<ul style="list-style-type: none"><li>Promote a responsible alcohol servicing policy and program through recreation clubs</li></ul>		<ul style="list-style-type: none"><li>Grampians Regional Drug and Alcohol Plan</li><li>Sport and Recreation Victoria</li></ul>	2005	Uptake rate of program within sporting clubs



## **Strategy Implementation**

The implementation of the Health & Wellbeing Strategy is based upon the establishment of a Moorabool Health & Wellbeing Advisory Committee that will have the primary role of managing and coordinating the strategy.

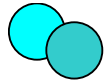
### **● Implementation Structure**

The Moorabool Health & Wellbeing Advisory Committee will consist of a range of health service planners and providers, community members, and key Council staff. The terms of reference for the Committee include the following tasks:

- Manage and coordinate the implementation of the Health & Wellbeing Strategy;
- Develop and approve specific actions for the identified priority issues;
- Monitor and consider changes in state, federal and local public health (and related) policies and their relevance to the priorities and actions of the Health & Wellbeing Strategy;
- Provide advice to Council and other agencies;
- Ensure the communication of public health planning issues within Shire;
- Provide regular reports to all stakeholders and the community on the progress of the strategy; and
- Manage the annual reviews of the strategy and advise Council on the evaluation and redevelopment of the strategy.

● **Implementation Milestones**

<b>Implementation Stage</b>	<b>Major Tasks</b>	<b>Timelines</b>
<i>Development of Implementation Management Structure</i>	<ul style="list-style-type: none"> <li>Establishment of Health &amp; Wellbeing Advisory Committee</li> </ul>	December 2003
<i>Implementation of Action Plan</i>	<ul style="list-style-type: none"> <li>Implementation of all action plans</li> </ul>	January 2004
<i>First Annual Review of Plan</i>	<ul style="list-style-type: none"> <li>Committee meeting to review progress</li> <li>Report to Council and other stakeholders on progress &amp; review of action strategies</li> <li>Development of a summary report and release to the community</li> </ul>	November 2004
<i>Second Annual Review of Plan</i>	<ul style="list-style-type: none"> <li>Committee meeting to review progress</li> <li>Report to Council and other stakeholders on progress &amp; review of action strategies</li> <li>Development of a summary report and release to the community</li> </ul>	November 2005
<i>Evaluation of Plan</i>	<ul style="list-style-type: none"> <li>Committee meeting to outline evaluation process, criteria and approach</li> <li>Conduct evaluation and redevelopment of the Strategy</li> <li>Evaluation report with recommendations to Council</li> </ul>	November 2006



## Appendices

### Appendix 1 CONSULTATIONS & SUBMISSIONS RECEIVED

#### External

##### ***State Politician***

- Member for Melton

##### ***Djerriwarrah Health Services***

- Manager Primary Health Care
- Counselling Service (Family and Domestic Violence)
- Allied Health

##### ***Ballan Hospital***

- Manager Health Service

##### ***Providence Hostel***

- Chief Executive Officer

##### ***Community Capacity Building Initiative***

- Community Member

##### ***Legacy***

- Committee Member

##### ***Grampians Region Department of Human Services***

- Environmental Health Manager

##### ***Bacchus Marsh Life Centre***

- Committee Member

##### ***Child and Family Services Inc.***

- Coordinator Bacchus marsh
- Student

##### ***St Bernards Catholic Church***

- Parish Priest

##### ***Blackwood Community***

- Community Member

##### ***Mt Egerton Concerned Residents***

- Community Member

##### ***Ballan Primary School***

- Principal

##### ***Outreach Uniting Care***

- Housing Worker

##### ***Caroline Chisholm***

- Counsellor

##### ***Central Highlands Primary Care Partnership***

##### ***Central Highlands Water***

#### Internal

Moorabool Shire Councillors

Management Executive Group

Director Human Services

Youth Development Project Officer

Manager Aged and Disability

Child and Family Services Coordinator

Family Day Care Administration Officer

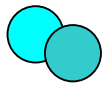
Family Day Care Field Officer

Coordinator Family Day Care

Maternal & Child Health Nurses

Environmental Health Officer

Manager Environmental Health



## References

Department of Human Services (2001) Environments for Health, Promoting Health and Wellbeing through Built, Social, Economic and Natural Environments, Municipal Public Health Planning Framework, DHS, Melbourne.

Department of Human Services (1999) Victorian Burden of Disease: Mortality, Department of Human Services, Melbourne.

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Victorian Health Promotion Foundation (2002) Leading the Way, Councils creating healthier communities, VicHealth, Melbourne.