



WARRNAMBOOL
CITY COUNCIL

Warrnambool - A Healthy City

2017 - 2021



www.warrnambool.vic.gov.au/healthandwellbeing

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1. INTRODUCTION

Councils are required to develop a health and wellbeing plan every four years. Whilst Council has an obligation to prepare the plan, achieving better health and wellbeing outcomes for Warrnambool’s community is a shared responsibility. Improving outcomes relies on collective and sustained effort from a range of partners, including all levels of government, non-government organisations, businesses, health professionals, communities, families and individuals.

An extensive process to develop “Warrnambool – A Healthy City” in 2013 confirmed the priority health and wellbeing issues to be addressed over time. Based on a review of health and wellbeing data, policy and feedback received from the local community, the existing long term priorities remain unchanged, and action on “other drugs” has been added in this iteration.

For more information about local health and wellbeing data, community engagement learnings and policy context refer to:

Appendix 1 – Health & Wellbeing Profile 2017

Appendix 2 - Health & Wellbeing Engagement Learnings Comparison Report: 2013 v 2017.

Appendix 3 – Health & Wellbeing Policy Review July 2017

2. THE PRIORITY ISSUES

The plan developed in 2013 endorsed the following issues as the priorities to be addressed. These continue to align with state policy and local priorities and so remain in 2017 – 2021. Both the policy review and community engagement learnings undertaken to inform the new plan, suggest that “other drugs” should be added to the priorities and this issue is now included.

- Physical activity
- Healthy eating
- Harmful use of alcohol & other drugs
- Smoking
- Violence against women and children
- Mental (social & emotional) wellbeing
- Access to programs and services
- Educational attainment and life-long learning
- Employment (economic participation)

3. The 2017 – 2021 Plan

Warrnambool – A Healthy City 2017-2021 builds on the foundations of the 2013-17 plan but has been strengthened to better integrate with and measure effort across the community. The previous plan’s goals, objectives and strategies have been revised to better align with other plans and initiatives; and importantly, include new measures to show how progress will be reported over time.

The revised Health and Wellbeing Plan for 2017-2021 includes relevant measures from the ‘Victorian Public Health and Wellbeing Outcomes Framework’, which has been adopted by the State Government to monitor the progress of longer term public health outcomes at a State level. In addition, measures from Council’s Health and Wellbeing Survey have also been included.

It can take many years, or even decades to see improvements at a population level. The Warrnambool community’s performance against these new measures will be assessed in 2021.

Warrnambool – A Healthy City 2017-2021 follows:

1. SUPPORT HEALTHY LIFESTYLES

Goal	Objectives	Strategy	Partners ¹	Plans / Initiatives	Measures	2017 ² baseline
	i. Increase healthy eating	a Improve access to and promote consumption of healthier food	WCC AZ/ARC SWPCP SW Healthcare Schools WCG SWS Wannon Water ACCHOs	Council Plan SWPCP & SW Healthcare's IHPs WCC Early Years Improvement Plans CONNECT Warrnambool Stephanies kitchen Garden Program @WCC Meals on Wheels - WCC	<ul style="list-style-type: none"> Proportion of adults who consume: <ul style="list-style-type: none"> sufficient fruit and vegetables sugar-sweetened beverages daily (Victorian Population Health Survey) 	46% 13.1%
	ii. Increase active living	a Increase opportunities and encourage people to participate in active travel, sport and active recreation b Create safe, convenient, inclusive and accessible places which encourage physical activity c Ensure that the built environment supports and encourages active living d Adopt policies that support healthy built environments	WCC AGC AZ/ARC SWPCP SW Healthcare Schools WCG SWS	Council Plan WCC's Active Warrnambool Strategy WCC's Municipal Strategic Statement & Local Planning Policies WCC Open Space Strategy & Site specific Masterplans/ Projects WCC Disability Access and Inclusion Policy WCC Disability Action Plan WCC Community Services Infrastructure Plan & Policy WCC Road Users Plan WCC Asset Management Strategy AquaZone 2025 Strategy WCC Healthy Moves (Walk to School) CONNECT Warrnambool Warrnambool Walks	<ul style="list-style-type: none"> Proportion of adults who: <ul style="list-style-type: none"> Are sufficiently physically active Sit for more than 7 hours on an average weekday (Victorian Population Health Survey) Proportion of residents who used public transport, walked or rode a bike to work (2011 ABS Census). Proportion of local people who state that the availability of facilities to play sport and be active is excellent or good (WCC Survey). Proportion of local people who indicated their main reason for being physically active was for transport or 'to get around' (WCC Survey) Proportion of local people who say that lack of physical activity is the thing that worries them most about their own health (WCC Survey) 	65.7% 3.9% 5.5% 79.6% 16.6% 7%
	iii. Reduce harm from alcohol & other drugs	a Increase alcohol-free environments and events Promote a safer drinking culture b Support drug and alcohol education and 'first aid' in schools and community	WCC WRAD GSC Regional Justice Reference Group (RJRG) Schools ACCHOs	WCC's Events Strategy RJRG Alcohol Prevention Strategy 'Lookout' Rehabilitation Facility Project Communities that care - Stage 2	<ul style="list-style-type: none"> Proportion of adults who consume alcohol at increased lifetime risk of harm (Victorian Population Health Survey) Proportion of local people who say that alcohol consumption is the thing that worries them most about their own health (WCC Survey) Proportion of local people who say that they are very concerned about their friend's/family's use of illicit drugs. (WCC Survey) 	71.8% 2% 33%
	iv. Reduce smoking	a Reduce exposure to second hand smoke and smoking through smoke free areas	WCC SW Healthcare Sporting Clubs ACCHOs	WCC's Smoke-free Outdoors Policy	<ul style="list-style-type: none"> Proportion of adults who smoke daily (Victorian Population Health Survey) Proportion of local people who say that smoking is the thing that worries them most about their own health (WCC Survey) 	9.7% 2%

2. INCREASE PARTICIPATION, CONNECTION, EQUITY, ACCESS AND INCLUSION

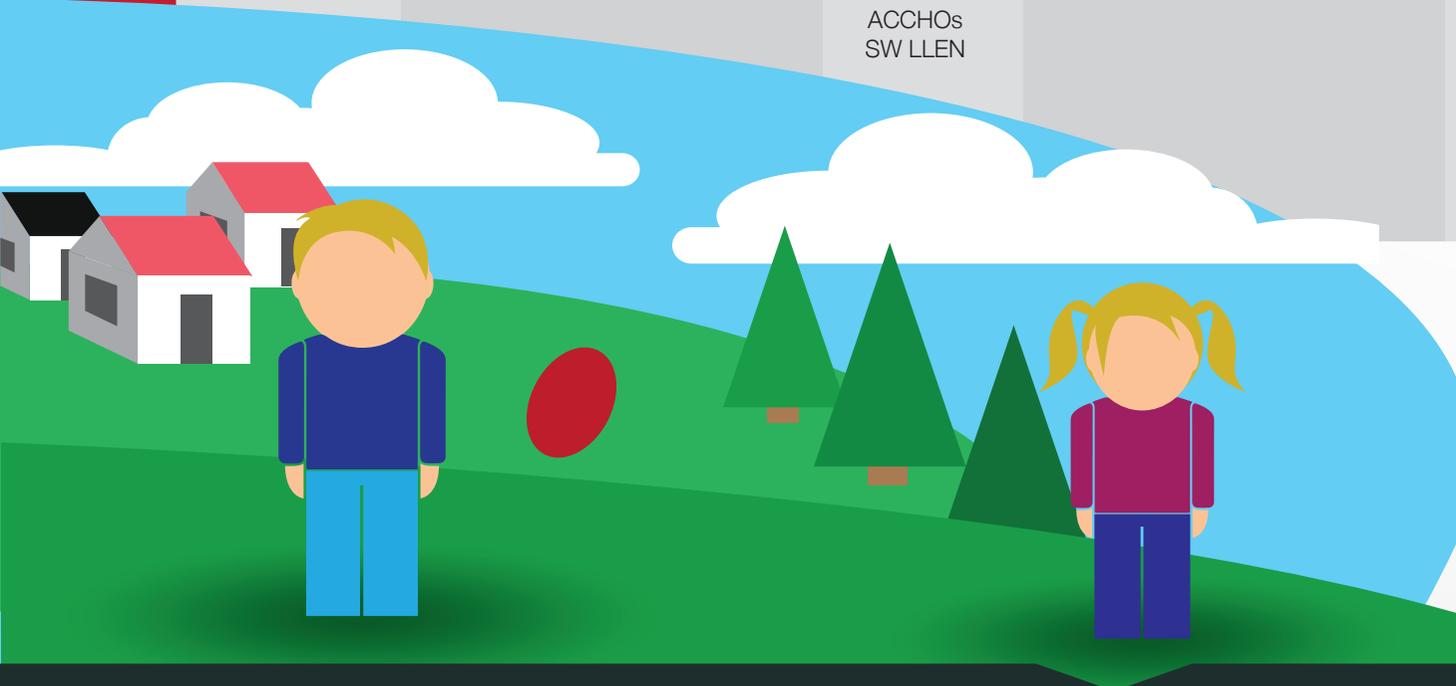
Goal	Objectives	Strategies	Partners ¹	Plans/ Initiatives	Measures	2017 ² baseline
	i. Improve mental health & resilience	<p>a Increase opportunities for all people to participate in and feel connected to their community</p> <p>b Increase awareness of the protective factors which positively impact people's mental health</p> <p>c Support and encourage community resilience</p>	<p>WCC WAG/LHT AGC AZ/ARC SWPCP DHHS Lifeline Rural Access WCG Schools ACCHOs</p>	<p>Council Plan WCC Events Strategy WCC Disability Access and Inclusion Policy WCC Disability Action Plan WCC Community Programs WCC Climate Change Action Plan WCC Environmental Sustainability Strategy WCC Membership of Alliance for Gambling Reform WCC Gaming Policy Connect Warrnambool Warrnambool Walks WCC Active Hub Events "The Neighbourhood Project" WCG Events & Activities "Fight for your Life" Suicide Prevention Initiative</p>	<ul style="list-style-type: none"> Proportion of adults who belong to an organised sports/ religious/school/professional/ other group. <i>(Victorian Population Health Survey – Social Capital Report 2012)</i> Proportion of adults who attended a community event in the last 12 months <i>(Victorian Population Health Survey – Social Capital Report 2012)</i> Proportion of residents who say that their: <ul style="list-style-type: none"> - work/life balance; - mental health; or - loneliness is the thing that worries them most about their own health (WCC Survey). Proportion of residents who agree or strongly agree that they 'know their neighbours.' (WCC Survey). 	<p>37.1%</p> <p>24.6%</p> <p>15.2%</p> <p>24.6%</p> <p>67.5%</p> <p>18%</p> <p>12%</p> <p>3%</p> <p>57%</p>
	ii. Reduce prevalence and impact of family violence	<p>a Create safe, respectful and equitable workplaces, sporting clubs and public places</p> <p>b Undertake initiatives which raise awareness, promote gender equity and aim to reduce the prevalence of family violence</p>	<p>WCC WHWBBSW Schools Victoria Police ACCHOs</p>	<p>Council Plan GSC Prevention of Violence Against Women & Children Strategy Active Warrnambool Strategy CONNECT Warrnambool Baby Makes 3+</p>	<ul style="list-style-type: none"> Proportion of women/men who say they feel safe on the streets in their neighbourhood at night (WCC Survey). Rate of reported family violence incidents (Victoria Police). 	<p>Women: 40%</p> <p>Men: 70%</p> <p>20.5 incidents per 1000 people</p>



Goal	Objectives	Strategies	Partners ¹	Plans/ Initiatives	Measures	2017 ² baseline
	iii. Improve access and inclusion	<p>a Improve access to services and programs that support health and wellbeing of all residents</p> <p>b Improve access to places and infrastructure (environments) that support health and wellbeing of all residents</p> <p>c Encourage support for diversity</p>	<p>WCC WAG/LHT AGC AZ/ARC DHHS SWPCP SW Healthcare Schools WCG ACCHOs</p>	<p>Council Plan WCC Active Warrnambool Strategy WCC Municipal Strategic Statement & Local Planning Policies WCC Open Space Strategy & Site specific Masterplans/Projects WCC Disability Access and Inclusion Policy WCC Disability Action Plan WCC Community Services Infrastructure Plan & Policy WCC Road Users Plan WCC Asset Management Strategy AquaZone 2025 Strategy CONNECT Warrnambool SW PCP's Better Access to Services Initiatives</p>	<ul style="list-style-type: none"> Proportion of residents who state that: <ul style="list-style-type: none"> - doctors and other health services; 89% - services to support older people remain in their own home; 57% -services for young children (ie immunisations, maternal child & health; 74% -community services in general; 75% are easily accessible or accessible (WCC Survey) Proportion of residents who state that access to: <ul style="list-style-type: none"> - good quality open space; 82% - arts, cultural activities, and groups; 58% - walking and cycling infrastructure; is excellent or very good. 65% (WCC Survey) Proportion of adults who thought multi-culturalism definitely made life in their area better. 44.3% (Victorian Population Health Survey) Proportion of residents who state that people in Warrnambool are accepting of people of different ethnic cultures; religious backgrounds; and sexual orientation. 51% (WCC Survey) 	



Goal	Objectives	Strategies	Partners ¹	Plans/ Initiatives	Measures	2017 ² baseline
3. IMPROVE EDUCATIONAL AND ECONOMIC OUTCOMES	i. Support economic participation	a	Increase activities to identify, create and support local employment opportunities	WCC SW TAFE SW LLEN RDV GSC Regional Partnership	Council Plan WCC Economic Development Strategy GSC Food & Fibre Strategy (Hi) TECH School @ SW TAFE	<ul style="list-style-type: none"> Unemployment rate (ABS) 4.97% (March 2017) Proportion of young people (17-24) who are engaged in full time education or work (Census) 87.7% (2011) Proportion of residents who state employment opportunities AND employment opportunities for young people (< 20 yrs) are easily accessible or accessible (WCC Survey). 47% 31%
	ii. Support and promote educational attainment & lifelong learning	a	Decrease developmental vulnerability in children	Beyond the Bell Inc.	Council Plan	Proportion of children at school entry who are developmentally vulnerable on one or more domains (AEDC) 18.3%
		b	Work collectively to support improvement of educational attainment rates	WCC DHHS SWPCP Schools SW TAFE Deakin Uni ACCHOs SW LLEN	Beyond the Bell Regional and Local Action plans WCC Early Years Improvement Plans WCC Community Services Infrastructure Plan & Policy New Shared Library Project	Proportion of Year 9 students at the highest level of achievement in maths and reading (NAPLAN) TBC
		c	Improve access to opportunities for lifelong learning			Year 12 or equivalent achievement rates * (ABS Census) TBC
					Proportion of residents who state opportunities to: - complete tertiary qualifications at university; 39% - learning opportunities for mature aged students; 43% - classes and programs for older people; are easily accessible or accessible. (WCC Survey). 36%	



¹For more detail on Partners please refer to section 5 overleaf.
²Baseline Data:
 red = worse since 2013;
 green = improved since 2013;
 black = no significant change since 2013
 TBC – to be confirmed – awaiting availability of current data

Note: 2011 ABS Census data will be updated with 2016 data when released.

4. THE PLAN'S FOCUS

Some initiatives to address the Plan's priorities will have a whole-of-population focus. However in many cases, action will be targeted to the people and places where it will make the biggest difference. This may be among specific groups in the community or during particular life stages where the greatest opportunity to improve the long-term health of Warrnambool's residents exists.

Who?

- Children and families
- Young people
- Older people
- People with a disability
- Aboriginal people
- Culturally & Linguistically Diverse (CALD) people
- Lower socio-economic groups
- LGBTIQ People
- Lone Person households
- Homeless People
-

Where?

- Workplaces
- Schools & Early Years services
- Sport and recreation clubs
- Community programs
- Arts & cultural settings
- Neighbourhoods (Place-based)
- Public Open Space

5. WHO ARE PARTNERS IN THIS PLAN?

Council has a responsibility to lead the development of this plan, however taking action to address the plan's priorities and goals are undertaken in collaboration with many organisations and the community.

Warrnambool – A Healthy City, was developed by Warrnambool City Council (WCC) however the delivery of

strategies and actions to address priorities will be in partnership with:

- Council Services & Facilities: Early Years Services (EYS), Art Gallery (WAG), Lighthouse Theatre (LHT), Archie Graham Community Centre (AGC), AquaZone (AZ), Warrnambool Stadium (ARC), Rural Access, ect.
- South West Primary Care Partnership (SWPCP)
- Women's Health and Wellbeing - Barwon South West (WHWBBSW)
- South West Healthcare (SW Healthcare)
- State Government
 - Dept Health & Human Services (DHHS)
 - Dept Education & Training (DET)
 - Dept Environment, Land, Water & Planning (DELWP)
 - Regional Development Victoria (RDV)
- Gunditjmara Aboriginal Co-operative/ Local Aboriginal Network members (ACCHOs)
- Beyond the Bell Great South Coast (Beyond the Bell)
- South West Sport (SWS)
- Lifeline South West Vic (Lifeline)
- Warrnambool Community Garden (WCG)
- Local Primary and Secondary Schools (Schools)
- Victoria Police (VicPol)
- Deakin University (Deakin Uni)
- South West TAFE (SW TAFE)
- South West Local Learning & Employment Network (SW LLEN)
- Western Victoria Primary Health Network (PHN)
- Western Region Alcohol and other Drug Centre (WRAD)
- Great South Coast Regional Justice Reference Group (RJRG)
- Great South Coast Regional Partnership (RJRP)
- Wannon Water (WW)

These organisations, networks, and the agencies they represent, along with many other community groups, clubs and organisations, will take action individually and in partnership, that address to the Plan's objectives.

6. Tracking the Plan's Progress

The Plan's progress will be assessed against the measures identified. Each partner to the plan will be asked to report on the efforts/actions of their organisation to address the plan's objectives, as guided by their own strategic plans, goals and resources. These outcomes will be reported at the end of the plan's term (ie 2021).

