

SOUTH GIPPSLAND SHIRE COUNCIL

# Municipal Public Health and Wellbeing Plan 2022–2025



October 2022

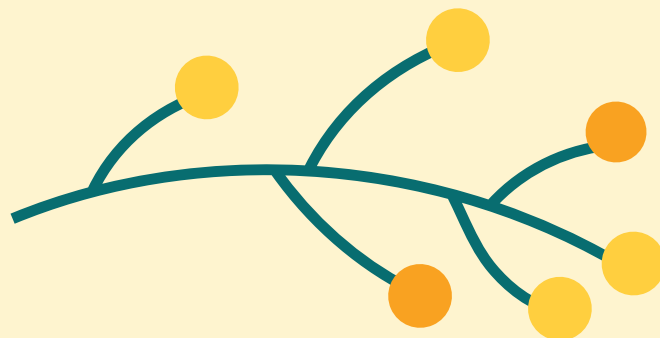


## Thank you

Council would like to acknowledge and thank the community and our health and wellbeing partners whose work has an impact on health and wellbeing in South Gippsland.

### *Acknowledgment of Country*

*We acknowledge the Bunurong and Gunaikurnai people as the Traditional Custodians of South Gippsland and pay respect to their Elders, past, present, and future, for they hold the memories, traditions, culture, and hopes of Aboriginal and Torres Strait Islander people of Australia.*



*Acacia pycnantha (wattle)*



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## Message from the Mayor

**Cr. Mohya Davies**

Mayor

South Gippsland Shire Council



I am delighted to be sharing with you this important document for South Gippsland.

This is one of our key strategic plans that has been developed alongside the initiatives in the Community Vision 2040 and Council Plan 2022 – 2026. By doing this, we have ensured a strong alignment between these overarching Council documents and the Municipal Public Health and Wellbeing Plan.

This Plan builds on the important relationships between a range of organisations who work together to support the health and wellbeing of the South Gippsland community. Health and wellbeing featured strongly in the feedback received during the Shaping South Gippsland community engagement period and we know it means a lot to our community.

We know that there are many factors that can influence our health and wellbeing, such as where we live, the food we eat, our age, our culture, our gender, whether we are employed, and access to transport and health services. This Plan aims to address these broader influences and how we can support individuals and the community to make positive decisions about their health.

However, we cannot do this alone. This is where our fabulous partners come in and support us with delivering the actions presented in this Plan.

Together with my fellow Councillors, I would like to thank the community and the numerous health and wellbeing organisations for their input into the development of this Plan. Together we have developed a strong and integrated Plan for South Gippsland's future.

*Stay healthy!*

## Message from the Chief Executive Officer

**Kerryn Ellis**

CEO

South Gippsland Shire Council



You spoke and we listened – health and wellbeing is important to you. This was a very strong theme that emerged from our Shaping South Gippsland community engagement period. As a result, health and wellbeing now features front and centre in South Gippsland’s key overarching documents for our region – the Community Vision 2040 and the Council Plan 2022 – 2026.

This new Municipal Public Health and Wellbeing Plan will support Council and the community to achieve the initiatives set out in these documents.

A Plan like this can only succeed when Council partners and collaborates with our key community partners, and we recognise that. The health and wellbeing of our community is the responsibility of many different organisations, as well as you – our residents and community. As such, we acknowledge the role of our partners in supporting the health and wellbeing of our community. Partners who include service providers, community groups, community organisations, and all levels of government play an important and varying role.

This Plan also describes our unique municipality and the specific challenges we face here.

As we work together to deliver this Plan, we focus on health equity and inclusion to ensure no one is worse off. It is a mantra like this that will see us in good stead now and into the future.

*“Public health is everyone’s business. Whilst the Plan is a legislated requirement of the Council, it is a Plan developed and owned by a wide range of stakeholders who are collaborating to improve health and wellbeing for our community”.*

## Health and Wellbeing

There are many factors influencing our health and wellbeing: the conditions in which we are born and live, the food we eat, our age, social status, gender or culture; whether we are employed, have access to transport and healthcare facilities, our level of stress and whether we feel part of the community.

A healthy and well community is one where a sense of belonging and ability to cope with adversity exists. It is where economic and social opportunities exist and there is a clean environment where we can be protected from the impacts on our environment, including climate change.

This Plan addresses the broader influences on health and aims to reduce social inequities including access to healthcare and to empower individuals and communities to make positive decisions about their health.

## The Plan

The South Gippsland Municipal Public Health and Wellbeing Plan 2022 – 2025 (the Plan) delivers on legislative requirements of the *Victorian Public Health and Wellbeing Act 2008* and provides an overarching strategic framework for Council and public health sector organisations.

The Plan guides work towards positive health and wellbeing outcomes for the broader population, whilst identifying specific areas for improvement for those groups in the community experiencing poorer health and wellbeing.

The Plan has been developed with regard to:

- *The Victorian Health and Wellbeing Plan 2019 – 2023*
- *Local Government Act 2020*
- *Gender Equality Act 2020*
- *Climate Change Act 2017*

## How the Plan was developed

The Plan has been developed in partnership with the community and local organisations. Priorities, goals and strategies have been identified with consideration to:

- Community input gathered from consultations on the Community Vision 2040 and Council Plan 2022 – 2026 and recognition of themes identified.
- Consultation with key internal and external stakeholders whose work has an impact on health and wellbeing
- Consideration of local health and wellbeing data and
- Priorities of the Victorian Health and Wellbeing Plan.

The Plan addresses the broader influences on health and aims to reduce social inequalities and seeks to empower individuals and communities to make positive decisions about their health. It incorporates priorities and strategies that will form a Disability Action Plan to support access and inclusion for all people in South Gippsland. The Disability Action Plan will be reviewed in the next 12 months with input from stakeholders, disability advocacy groups and people with lived experience of disability.

## Relationship to the Victorian Public Health & Wellbeing Plan 2019–2023

The *Public Health and Wellbeing Act 2008* requires Councils to have regard to the Victorian Public Health and Wellbeing Plan when developing their Municipal Public Health and Wellbeing Plans.

This is intended to encourage State and local governments to work together to strengthen the health and wellbeing of communities and people.

The Victorian Public Health and Wellbeing Plan 2019 – 2023 sets ten priorities for public health and wellbeing in Victoria.

Four of the ten priorities are designated as focus areas for additional attention across Victoria for the duration of the Plan. The four focus areas are:

- Tackling the health impacts of climate change
- Increasing healthy eating
- Increasing active living
- Reducing tobacco-related harm.

Under Victoria's *Climate Change Act 2017*, both state and local governments must have regard to climate change when undertaking public health and wellbeing planning.



## Relationship to the South Gippsland Community Vision 2040 and South Gippsland Shire Council Plan 2022-26

The South Gippsland Community Vision 2040 and South Gippsland Shire Council Plan 2022 – 2026 have fed into the Plan and clearly identify health and wellbeing as a priority.

Extensive community consultation including a deliberative community panel, surveys, interviews and meetings contributed to health and wellbeing themes and priorities for Council and support the development of goals and priorities for the Plan.

## Community Vision 2040

### Our Vision Statement

South Gippsland: celebrating our First Peoples, diverse populations, culture, heritage, environment, agriculture and industries. We support and empower positive change through education and action. We sustainably adapt to protect and enhance our unique natural environment, towns and villages through community-led planning and initiatives. We're an inclusive community, a place where people come to visit and want to stay.

## Community Vision 2040 'A Healthy, Connected & Engaged Community' – Outcomes

- Our access to physical and mental health services is equitable for all.
- Our community has equal access to healthy lifestyle opportunities and health prevention initiatives.
- Our community shows care and respect towards every member, listening and looking out for one another.
- Our community has a strong sense of unity and cooperation, and there are social supports in place for our vulnerable.
- Our community embraces diversity and accessibility, and is welcoming of newcomers.
- Our neighbourhoods offer affordable housing options and we advocate for housing access for all.
- Our community is engaged, informed and there are opportunities for all.
- Our volunteers are supported and applauded, with succession planning to ensure the longevity of our community groups.
- Our activities promote a sense of belonging and fun, and we have plenty to do for all people regardless of age and ability.



## Council Plan 2022 – 2026

### Our Council Vision

We care deeply about our people, the land and future of South Gippsland. Our vision is to support the whole Shire in creating economic, environmental and social prosperity for this and future generations.

The Council Plan identifies Healthy and Engaged Communities as a theme.

### Healthy & Engaged Communities (4)

#### Objective Statement

Our vision for South Gippsland is to be a place where our communities have a strong sense of belonging and purpose, where neighbours know each other, and new ideas are welcomed and encouraged.

A place where everyone has the opportunity to live a physically, socially and culturally active life. Our communities know what they need, we are not a one size fits all municipality.

Council will continue to invest in people, developing community leadership and partnering in community plans and initiatives that tackle the many different challenges that come with population and demographic change.

We aim to create and encourage more all-ability, vibrant and engaging places to meet and undertake recreational and social activities. We will support and promote inclusive sporting, cultural and social activities recognising these activities as key to our success in building healthy communities.



## Partners in Health and Wellbeing

Whilst the Plan is a legislated requirement of Council, it is a Plan developed and owned by a wide range of organisations who collaborate to improve the health and wellbeing of our community.

### **Organisations working together on this plan;**

South Gippsland Shire Council

Bass Coast Shire Council

Community groups

Community Houses – Milpara, Manna Gum, Leongatha, Venus Bay

Department of Family Fairness and Housing

Department of Health

Education providers

Emergency Services

Gamblers Help Gippsland

Gippsland Centre Against Sexual Assault

Gippsland Homelessness Network

Gippsland Primary Health Network

Gippsland Regional Public Health Unit

Gippsland Southern Health Service

Gippsland Womens Health

GippSport

Headspace Wonthaggi

Lifeline Gippsland

MyLi Community Library

New Wave Advocacy

Partnership to Prevent Family Violence in South Gippsland and Bass Coast

South Coast Prevention Team



## Priority Population Groups

A population focused approach is important in order to reach all in the community; however, strategies to address inequity in health for some population groups will receive additional focus from some organisations.

In many cases there are a combination of factors (intersectionality) that combine to bring poorer health outcomes for people. The partners on this Plan will be aware of the combination of factors when supporting the community with their actions.

- Early years
- Youth
- People with a disability
- LGBTIQ+
- Older people and Active Ageing
- Women
- Vulnerable Families
- Rural and remote community members
- People experiencing family violence
- Aboriginal and Torres Strait Islander communities

## Strategic Priorities 2022–2025

In response to the Community Vision, Council Plan, consultations with organisations working to support health and wellbeing and consideration to local health and wellbeing data, the following five Strategic Priorities have been developed for the next three years:

### Equity

#### Improving Mental Wellbeing

#### Increasing Healthy and Active Living

#### Increasing Healthy Eating

#### Tackling Climate Change

## South Gippsland Municipal Public Health Plan 2022- 2025 at a glance

Priorities	EQUITY	IMPROVING MENTAL WELLBEING	HEALTHY LIVING	HEALTHY EATING	TACKLING CLIMATE CHANGE
Goals / Outcomes	Access and inclusion and creating safe and respectful communities	Healthy and engaged communities	Places and spaces for people to connect.  Making healthy choices.	Local food for local people	A protected environment.  A supported, resilient community.
Strategies	Promote prevention of family violence and create safer communities through awareness campaigns, training and community activities	Increase awareness of and knowledge of how to support mental wellbeing and reduce stigma of mental illness	Deliver and support parks, open spaces, and public spaces for active living for all ages and abilities	Support healthy food and drink choices through policies, programs and awareness campaigns in work, education and public settings and workplaces	Build understanding and assess the risks of climate change and its impact on health
	Increase gender equity in work, education and recreation settings	Support opportunities for community participation and decrease social isolation through volunteering, supporting community groups and participation in arts and culture	Investigate partnerships for social prescribing with health care services	Support local food production industries and businesses	Increase community resilience to withstand and recover from climate-driven natural disasters
	Improve access for all people to be included in community life, work, education and recreation	Promote mental wellbeing and access to services for people experiencing mental illness	Increase active travel through improving road safety and pedestrian and bike infrastructure	Support collaborative local approaches to production and access to healthy food for the community	Support community and business capacity to adopt sustainable practices and renewable energy
	Promote and celebrate community diversity including race, ethnicity, gender and sexuality		Reduce harm from gambling alcohol and drugs through policies, programs and partnerships		

### How we will measure our impact

A monitoring and measurement framework document includes technical details of baseline data sources and methods for monitoring impact of strategies over time.



## Goal: Access and inclusion and creating safe and respectful communities

Equity is providing everyone with what they need to be successful. Promoting respectful relationships improving awareness on gender equity and child safety improves wellbeing for the broader community. A community that understands and celebrates diversity supports fair access for all to community life including work, education, recreation and social opportunities.

The Disability Action Plan will help deliver outcomes within this priority area. The Disability Action Plan will be reviewed in the next 12 months with input from stakeholders and people with lived experience of disability and reference to this plan and the Council Plan.

### What the data says



Family Violence reports are increasing in South Gippsland—For every 100,000 people who live in South Gippsland there were 1775 people who reported a family violence incident in 2021 – up from 1517 in 2020.



One in three women have been victims of family violence



History of abuse to a parent (South Gippsland 8.3% / Victoria 5.2%)



Children witnessing violence (South Gippsland 4.5% / Victoria 3.4%)



People with disability (South Gippsland 5.5% / Victoria 5.0%)



People receiving disability support pension (South Gippsland 69.4% / Victoria 51.3%)



Aboriginal and Torres Strait Islander Peoples (South Gippsland 1.0% / Victoria 0.8%)



LGBTIQ+ community make up approximately 11% of the population. People within this community experience poorer mental health outcomes and a higher risk of suicidal behavior



People who believe multiculturalism makes life better (South Gippsland 46.8% / Victoria 51.0%)

### Our Strategies

1. Promote prevention of family violence and create safer communities through awareness campaigns, training and community activities
2. Increase gender equity in work, education and recreation settings
3. Improve access for all people to be included in community life, work, education and recreation
4. Promote and celebrate community diversity including race, ethnicity, gender and sexuality

Actions to meet this goal focus on the following population groups: Women, children, older people, people living in rural and remote areas, Aboriginal and Torres Strait Islander people, LGBTIQ+ community, culturally and linguistically diverse people, refugees, asylum seekers, people with disability.

## How we measure our impact

Indicator	Target or desired trend	Level of influence
Family violence reports and charges	Decrease	Low
Awareness of influences on family violence	Increase	Moderate
Gender equity policies and actions in a range of settings	Increase	Moderate
Events and activities celebrating local diversity	Increase	Moderate

## Partners with actions to support equity

South Gippsland Shire Council

Bass Coast Shire Council

Gippsland Centre Against Sexual Assault

Gippsland Primary Health Network

Gippsland Regional Public Health Unit

Gippsland Southern Health Service

Gippsland Womens Health

GippSport

Headspace Wonthaggi

Manna Gum Community House

Milpara Community House

MyLi Community Library

New Wave Advocacy

Partnership to Prevent Family Violence in South Gippsland and Bass Coast South Coast Prevention Team

South Gippsland Hospital



## Improving Mental Wellbeing

# 2







### Goal: Healthy and engaged communities

Good mental health is defined as more than just the absence of mental illness.

Feeling connected to others, being able to cope with the usual stresses of life, having the opportunity and capacity to contribute to community and being productive are all critical to good mental health.

Some groups are at higher risk of poor mental health and mental illness due to unfavourable social, economic and environmental influences.

#### What the data says

-  South Gippsland residents have high or very high levels of psychological distress (South Gippsland 21.5% / Victoria 15.4%)
-  Diagnosis of anxiety or depression (South Gippsland 35.5% / Victoria 27.4%)
-  Low to medium life satisfaction (South Gippsland 35.5% / Victoria 27.4%)
-  Adults seeking professional help for mental health issues is the same as Victoria 17.6%
-  People who help as a volunteer in 2019 (South Gippsland 31.5% / Victoria 19.3%)
-  People who feel others can be trusted is higher in South Gippsland (South Gippsland 45.5% / Victoria 39.1%)

### Our Strategies

1. Increase awareness and knowledge of how to support mental wellbeing and reduce stigma of mental illness
2. Support opportunities for community participation and decrease social isolation through volunteering, supporting community groups and participation in arts and culture
3. Promote mental wellbeing and access to services for people experiencing mental illness

Actions to meet this goal focus on the following population groups: Older people living alone, vulnerable families, Aboriginal and Torres Strait Islander people, people living in rural and remote areas, LGBTIQ+ community, men aged 25 – 50, people on very low incomes, people who are homeless or at risk of homelessness.

## How we measure our impact

Indicator	Target or desired trend	Level of influence
Awareness of how to support people's mental wellbeing	Increase	Moderate
Participation in community activities	Increase	Moderate
Knowledge of local services for people experiencing mental illness	Increase	Moderate

## Partners with actions to support improving mental wellbeing

South Gippsland Shire Council

Bass Coast Shire Council

Gamblers Help Gippsland

Gippsland Homelessness Network

Gippsland Centre Against Sexual Assault

Gippsland Primary Health Network

Gippsland Regional Public Health Unit

Gippsland Southern Health Service

GippSport

Headspace Wonthaggi

Manna Gum Community House

Milpara Community House

MyLi Community Library

Lifeline Gippsland

South Coast Prevention Team

South Gippsland Water

South Gippsland Hospital





## Healthy Living

# 3

### Goal: Places and spaces for people to connect

#### Making healthy choices

Leading an active life improves our health and wellbeing. We reduce the risk of many chronic diseases by moving more and sitting less. Making activity part of everyday life can include a range of approaches including improving access to places where activity can take place, making our urban environment accessible to pedestrians and cyclists to allow easy movement and using activity as a contributing cure for illness.

Minimising gambling, alcohol and drugs are important to maintaining and protecting lifelong good health and wellbeing. We can provide environments and policies that minimise harm from these factors and help protect the health and wellbeing of individuals and the broader community.

#### What the data says



Meet physical activity guidelines higher than Victoria (South Gippsland 58% / Victoria 50.9%)



Participate in organised physical activity such as sport (South Gippsland 37.6% / Victoria 28.7%)



Most common cause of mortality – Coronary Heart Disease



Risky drinking is high (South Gippsland 46.8% / Victoria 43%)



Lifetime alcohol harm risk is high (South Gippsland 66.6% / Victoria 59.5%)



Daily smoking rates no higher than Victoria (South Gippsland 14.4% / Victoria 14.7%)

#### Our Strategies

1. Deliver and support parks, open spaces and public spaces for active living for all ages and abilities
2. Investigate partnerships for social prescribing\* with health care services
3. Increase active travel through improving road safety and pedestrian and bike infrastructure
4. Reduce harm from gambling, alcohol and drugs through policies, programs and partnerships

Actions to meet this goal focus on the following population groups: Early years, youth, young families, older people who are actively ageing, vulnerable families, people on very low incomes.

\*Social prescribing involves the referral of patients to non-medical activities ranging from health and fitness programs, social activities to movie clubs and meditation.

## How we measure our impact

Indicator	Target or desired trend	Level of influence
Accessible natural environment and public spaces	Increase	Moderate
Availability and use of social prescribing resources	Increase	Moderate
People feeling safe in the urban environment when walking and cycling	Increase	Moderate
Harm from addictive behaviours	Decrease	Moderate

## Partners with actions to support healthy living

South Gippsland Shire Council  
 Bass Coast Shire Council  
 Gamblers Help Gippsland  
 Gippsland Primary Health Network  
 Gippsland Regional Public Health Unit  
 Gippsland Southern Health Service GippSport  
 South Coast Prevention Team  
 South Gippsland Liquor Accord  
 South Gippsland Hospital



## Healthy Eating

# 4

### Goal: Local food for local people

Many South Gippsland residents are not eating and drinking foods and beverages that keep us healthy such as fruit and vegetables and whole grains and drinking water. More people are consuming foods and beverages that are high in energy, saturated fat, added sugar, salt or alcohol. This can lead to an increase in obesity and contribute to chronic diseases such as cardiovascular disease, type 2 diabetes, some cancers and dental caries.

By supporting policies to make healthier food and beverages more available in more settings and supporting provision of local fresh food by our community for our community, it is easier for our community to make healthier food and beverage choices.

#### What the data says



Dietary guidelines for fruit (South Gippsland 41.1% / Victoria 43.2%)



Dietary guidelines for vegetables (South Gippsland 4.8% / Victoria 5.4%)



Consume sugar sweetened soft drinks daily (South Gippsland 16.6% / Victoria 10.1%)



Proportion of adult women that are obese (South Gippsland 24.6% / Victoria 19.3%)



Parents who relied on low-cost unhealthy food (South Gippsland 20.4% / Victoria 13.0%)

### Our Strategies

1. Support healthy food and beverage choices through policies, programs and awareness campaigns in work, education, and public settings
2. Support local food production industries and businesses
3. Support collaborative local community approaches to production and access to healthy food

Actions to meet this goal focus on the following population groups: Early years, youth, older people actively ageing, vulnerable families, people on very low incomes.

## How we measure our impact

Indicator	Target or desired trend	Level of influence
Awareness of programs supporting "Choose Tap"	Increase	Moderate
Healthy food and catering policies in a range of settings	Increase	Moderate
Supports in place for local food and agriculture businesses	Increase	Moderate
Community driven initiatives supporting production and access to food	Increase	Moderate

## Partners with actions to support improving healthy eating

South Gippsland Shire Council

Bass Coast Shire Council

Gippsland Regional Public Health Unit

South Coast Prevention Team

South Coast Water Partnership

South Gippsland Hospital

GippSport

South Gippsland Water



## Tackling Climate Change

# 5

### Goal: A protected environment

#### A supported resilient community

The effects of climate change on health are being felt today and have potential to have a significantly greater impact over time. Longer fire seasons, more high fire danger days; more frequent extreme heat conditions, extreme storm and rainfall events, a decline in average rainfall over time and an increase in vector borne diseases and global pandemics all impact health and wellbeing. Strategies and activities to support a safer and more resilient community which is better able to withstand and adapt to climate driven natural disasters and a changing environment will help our community cope with any changes that occur. A focus of this priority is the impact of climate change on health.

#### What the data says

South Gippsland is already seeing direct and indirect health and wellbeing impacts associated with events such as floods, fires, heatwaves and storms which are occurring with greater frequency and intensity as a result of climate change.

South Gippsland has risks to health from climate change driven factors:

Climate driven factor	Health risk
Increased bushfire frequency and intensity	Injuries or death Mental ill health Loss of housing in local area
Heatwaves	Premature death
Changing rainfall and extreme weather	Thunderstorm asthma Increase in vector borne disease
Prolonged drought	Social and economic impacts Mental ill health
Storm events – both inland and coastal	Loss of housing Mental ill health Loss of social connection

**Our Strategies**

1. Build understanding of the risks of climate change and its impact on health
2. Increase community and business resilience to withstand and recover from climate driven natural disasters
3. Support community and business capacity to adopt sustainable practices and renewable energy

Actions to meet this goal focus on the following population groups: Farmers, older people, vulnerable families, people living in rural and remote areas, coastal communities, new residents.

**How we measure our impact**

<b>Indicator</b>	<b>Target or desired trend</b>	<b>Level of influence</b>
Awareness of climate change and its impact on health	Increase	Moderate
Knowledge and confidence to respond to climate driven natural disasters	Increase	Moderate
Adoption of sustainable practices and renewable energy	Increase	Moderate

**Partners with actions to support tackling climate change**

- South Gippsland Shire Council
- Bass Coast Shire Council
- Gippsland Primary Health Network
- Gippsland Regional Public Health Unit
- Gippsland Southern Health Service
- Leongatha Community House
- Manna Gum Community House
- Milpara Community House
- South Gippsland Hospital
- South Gippsland Water
- Venus Bay Community Centre

## Implementation

The South Gippsland Municipal Public Health and Wellbeing Plan is developed and owned by a wide range of organisations who collaborate to improve the health and wellbeing of our community. Each of these organisations hold Plans that outline how the strategies described in the Municipal Public Health & Wellbeing Plan will be achieved. A full list of plans and links to Partner organisations is available on Council's website.

The South Gippsland Shire Council provides an annual implementation report on activities undertaken by partner organisations.

## Partners

South Gippsland Shire Council	Gippsland Women's Health
Bass Coast Shire Council	GippSport
Community Groups	Headspace
Community Houses – Manna Gum, Milpara, Leongatha, Venus Bay	Lifeline Gippsland
Department of Family, Fairness & Housing	MyLi Community Library
Department of Health	New Wave Advocacy
Education Providers	Partnership to Prevent Family Violence in South Gippsland and Bass Coast
Emergency Services	South Coast Prevention Team
Gamblers Help Gippsland	South Coast Water Partnership
Gippsland Centre Against Sexual Assault	South Gippsland Bass Coast Local Learning & Employment Network
Gippsland Homelessness Network	South Gippsland Hospital
Gippsland Primary Health Network	South Gippsland Liquor Accord
Gippsland Regional Public Health Unit	South Gippsland Water
Gippsland Southern Health Service	

SOUTH GIPPSLAND SHIRE COUNCIL

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*South Gippsland*  
Shire Council