



Our Partners in Health (2015-2018)

Health Partners

The health partners identified in this agreement, work strategically at a population health level to achieve change within the community. The main organisations involved in the agreement are:



Context

Under the Victorian Public Health and Wellbeing Act 2008, Councils are required to specify how they “will work in partnership with the Department and other agencies undertaking public health initiatives, projects and programs to accomplish the goals and strategies identified in the public health and wellbeing plan”.¹

In 2013, the City of Ballarat resolved to integrate the Municipal Public Health and Wellbeing Plan with the Council Plan to ensure all units of Council are reporting against health and wellbeing outcomes. A potential risk of integrating these two plans is that “stakeholders may feel disconnected from the planning process if they cannot see sufficient recognition of their areas of interest addressed in a council plan” and this may result in weakening stakeholder engagement.² To counter this potential risk, the City of Ballarat has initiated a partnership with seven lead health promoting organisations in Ballarat. This document formalises that partnership and clearly outlines a collaborative plan to tackle four key health priorities that each organisation has individually identified as critical to improving health outcomes for the people of Ballarat.

Council recognises that there are many other well-developed partnerships in place across the organisation which influence a range of health and wellbeing outcomes. However, this document has been prepared in conjunction with partner organisations to highlight specific priorities common to our organisations, which require a collaborative focus, strategic leadership and advocacy to achieve collective impact for the community.

This inaugural partnership plan is an operational document which will evolve and develop as the partnership strengthens and collaborative objectives commence.

¹ Public Health and Wellbeing Act 2008 http://www.austlii.edu.au/au/legis/vic/consol_act/phawa2008222/

² Dept of Health & Human Services <http://docs.health.vic.gov.au/docs/doc/Including-public-health-and-wellbeing-matters-in-the-council-plan-or-strategic-plan--A-resource-for-local-government-planners>

A Partnership Approach for Collective Impact

The priorities identified in this plan are complex and multifactorial, and beyond the capacity of any one local organisation to respond to fully. This plan sets out a series of objectives which partner organisations will undertake in collaboration, and builds on some important foundation work already underway.

The Department of Health & Human Services has adopted a ‘whole of systems approach’ to improve the health of the population and reduce preventable illness from chronic disease. Taking a systems approach involves considering how systems that influence health work, and where best to intervene for optimal health and wellbeing outcomes. It moves away from disconnected, small scale and short term approaches to a model that addresses the systemic drivers of health in a concerted and coordinated manner. This approach requires a comprehensive package of interventions and a sustained effort over the longer term where people live, learn, work and play. It also recognises the pivotal role of local government as an important “actor” in the system along with other organisations such as businesses, clubs and schools, all of which play a part in creating healthy environments.³

If a number of diverse organisations can commit to a common agenda and collaborate effectively, the collective impact of those efforts will far exceed the efforts of individual organisations. The benefit to the organisations will be the more efficient use of resources and more effective long term outcomes, and the benefit to the community will be environments more conducive to health and wellbeing.

Local government plays a key role in creating an environment which influences communities’ health and wellbeing. Council can directly influence factors such as local planning, local laws, environmental health, transport and access, community connections and social support. Council also has a large influence over the built environment such as parks and gardens, recreational facilities and the connectivity of residents to their local services and shops.

Local organisations are working to improve the health of the community, within that environment bound by planning and local laws, shaped by the policies and strategies of Council, and influenced by the infrastructure available.

Developing effective relationships between local government and local health and wellbeing stakeholders will increase the likelihood of a successful and collective preventative health effort. Health partners recognise that increased levels of communication, and establishment of shared values, builds trust and understanding between organisations and assists in the development of effective relationships.

³ Victorian Public Health and Wellbeing Plan 2011-2015. <http://www.health.vic.gov.au/prevention/vphwplan.htm>

Principles for Integrated Health Promotion

The following list outlines in brief the health partners' guiding principles for integrated health promotion. These are adapted from state government health promotion planning documents and derived from the social model of health philosophy, the Ottawa Charter definition of health promotion, and key national health promotion priorities.⁴ A more detailed version is reprinted in appendix 1.

1. Address the broader determinants of health
2. Base activities on the best available data and evidence
3. Act to reduce social inequities and injustice
4. Emphasise active consumer and community participation
5. Empower individuals and communities
6. Explicitly consider difference in gender and culture
7. Work in collaboration

Measuring Outcomes

Health and wellbeing indicators are usually influenced by a range of factors, and do not change in the short term or through the actions of any one organisation. However all health partners recognise the importance of tracking these long term public health indicators to ensure the local evidence is monitored and the spotlight remains on local public health issues. In the short term, over the next three years, we will focus on the systems drivers which influence these long term outcomes, and continue to develop strategies which encourage and develop the collaborative relationship between community health partners.

A number of indicators mentioned within the plan are currently measured statewide through the Victorian Population Health Survey, which is useful for observing trends but due to a standard sample size of 426, which is relatively small for the size of the Ballarat population, the results would have to be interpreted with caution. Council will be commissioning a survey of a larger sample size (1600) which forms part of the VicHealth Indicators Survey, the results of which should be available towards the end of this plan (2018). These results, which will be the third in a series of surveys undertaken since 2007, will help build the evidence base for future work and evaluation.

⁴ Department of Health & Human Services

[http://docs.health.vic.gov.au/docs/doc/8196B97B654C907BCA257A7F001DF6E4/\\$FILE/integrated_health_promo.pdf](http://docs.health.vic.gov.au/docs/doc/8196B97B654C907BCA257A7F001DF6E4/$FILE/integrated_health_promo.pdf)

Key Priorities

The City of Ballarat Council Plan 2013-2017 identifies 15 health and wellbeing priorities, listed in appendix 2, which are being addressed through the strategies and actions outlined within that document.⁵ Many of these priorities have a complex system of causal factors, requiring intervention at multiple levels and from diverse sectors. The Health Partners have selected 4 key priorities which address aspects of a number of Council Plan priorities including: obesity, oral health, early childhood development, transport, crime and family violence, tobacco control and social exclusion.

The key priorities which this agreement covers are:

- Increasing rates of physical activity
- Reducing tobacco related harms
- Improving healthy eating and food security
- Promoting gender equity and preventing violence against women

The following sections outline the evidence for selecting these priorities, objectives for each priority, along with short and long term indicators which will help monitor and evaluate progress. A snapshot of strategies and activities which our organisations have or are currently implementing to address these issues are highlighted in appendix 3.

⁵ City of Ballarat Council Plan 2013-2017 <http://www.ballarat.vic.gov.au/ac/budget-reports-and-plans/council-plan.aspx>

Increasing rates of physical activity

Evidence

Physical inactivity as a risk factor has been estimated to cause the second highest burden of premature death and illness in Australia, after tobacco smoking.⁶ The Ballarat region was recently highlighted within a Heart Foundation report, as having the highest prevalence of cardiovascular disease in Victoria at 32.3% of the population, which is the second highest rate in Australia.⁷

Results from the Victorian Population Health Survey 2011 estimate about 31% of female residents and 30% of male residents in Ballarat do not get enough regular physical activity to meet health and wellbeing requirements.⁸ However other statistics released through the Grampians Medicare Local, showing our high rates of obesity, diabetes and avoidable mortality due to cardiovascular disease and cancers, suggest this figure of inactivity could be much higher, particularly among vulnerable groups.⁹

Recent national guidelines also highlight the importance of reducing sedentary behaviour.¹⁰ Sedentary behaviour of more than 7 hours per day has been associated with a significant increase in the biomedical markers associated with cardiovascular disease.¹¹ Local surveys show about 29% of respondents are sedentary for more than 7 hours per day. Although this is slightly more favourable than the Victorian average of 33%, it is still an important risk factor to highlight.¹²

Apart from organised sport or recreation, there is a lot of opportunity to increase daily exercise through cycling or walking for transport to schools, work, retail centres and social occasions. Council has a large influence over the built environment, and whether areas are well connected to encourage walking and cycling. Council also maintains a large number of grounds, courts and facilities for indoor and outdoor sports and recreation, along with bike paths and aquatic centres.

To address this priority, health partners will work collaboratively to support community physical activity events, improve communication and engagement amongst partner organisations and produce relevant locally focussed information for the community.

⁶ Begg S, Vos T, Barker B, Stevenson C, Stanley L, Lopez AD. The burden of disease and injury in Australia 2003. Canberra:AIHW; 2003.

⁷ Heart Foundation: Prevalence of CVD in Victoria <http://www.heartfoundation.org.au/information-for-professionals/data-and-statistics/Pages/default.aspx>

⁸ Victorian Population Health Survey 2011-12 Report <http://www.health.vic.gov.au/healthstatus/survey/vphs.htm>

⁹ Grampians Medicare Local http://www.grampiansml.com.au/cb_pages/community_needs_analysis.php

¹⁰ Dept of Health and Human Services <http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines>

¹¹ AusDiab Study 2004-05 <http://care.diabetesjournals.org/content/33/2/327.full.pdf>

¹² VicHealth Indicators Survey 2011

http://www.vichealth.vic.gov.au/~media/Indicators/LGA%20profiles/PDF/Ballarat_VicHealth_factsheet_WEB.ashx

Objectives of the partnership approach:

1. Health partners work collaboratively to support and promote local community physical activity programs and increase the involvement and support of a diverse range of organisations.
2. Develop processes that facilitate the engagement of health partners in the development and review of Council strategies and plans which influence physical activity.
3. Health partners develop and disseminate, through a range of media, joint messages on health statistics linked to physical inactivity.

Over the next 3 years, the following indicators will measure progress against objectives:

1. An increased number of diverse organisations are engaged in the promotion and support of physical activity through community events.
2. A pathway is developed to ensure health partners are updated on status of Council and other partners' strategies and actions as they relate to physical activity.
3. A range of messages on health statistics linked to physical inactivity are produced and disseminated widely by the partnership.

In the long term (over 10 years or more) the following indicators will measure progress against objectives:

1. Ballarat physical activity events demonstrate an increase in community participation from 2014 levels. (Source: Local participation data – i.e. Active April, Run Ballarat)
2. Increase in level of physical activity in the community from 2011 levels. (Source: Victorian Population Health Survey)
3. Reduction in level of sedentary behaviour from 2011 levels. (Sources: VicHealth Indicator Survey, Victorian Population Health Survey)

Reducing tobacco related harms

Evidence

Adult smoking rates in Ballarat are trending lower over time however the rate for men remains quite high at 22% compared to 19% statewide.¹³ For women, the same recent survey recorded a rate of 10% which is slightly lower than the 13% observed statewide. Statewide surveys show a higher proportion of rural residents smoke compared to people living in metropolitan areas.¹⁴

Ballarat has recorded a higher than average rate of smoking over a period of time, which is reflected in the increased number of local cases of respiratory system diseases, cardiovascular diseases and cancers compared to state and national levels. Ballarat has one of the highest proportions of people suffering from respiratory diseases within Australia.¹⁵

The rates of smoking are generally far higher (can be 50% to 90% of the cohort) for disadvantaged and vulnerable residents including younger people, low-income single parents, people with a mental illness, people with drug and alcohol problems, and people who identify as Aboriginal or Torres Strait Islander.¹⁶

For those who do not smoke there is still a higher risk of contracting smoking related diseases such as heart disease and stroke, from second hand tobacco smoke. Research has shown even small levels of second hand smoke can increase the risk of cardiovascular disease and acute respiratory events. Second hand smoke is especially risky for children and babies and is associated with low birth weight babies, sudden infant death syndrome and increased incidence of asthma among other conditions.¹⁷

To address this priority, health partners will work collaboratively to advocate for, and support the development of, initiatives which reduce the effects of second-hand smoke.

¹³ Victorian Population Health Survey 2011-12 Report <http://www.health.vic.gov.au/healthstatus/survey/vphs.htm>

¹⁴ Dept of Health & Human Services, LGA Profiles <http://www.health.vic.gov.au/modelling/planning/lga.htm>

¹⁵ Grampians Medicare Local Community Needs Analysis Report – Central Highlands Subregional Report http://www.grampiansml.com.au/cb_pages/files/5_%20Central%20Highlands%20Sub%20Regional%20Report.pdf

¹⁶ Cancer Council NSW http://www.cancercouncil.com.au/wp-content/uploads/2010/11/10292_CAN25259_LocalGov_Tobacco_WEB.pdf

¹⁷ Heart Foundation, Second hand smoking and your health <http://www.heartfoundation.org.au/SiteCollectionDocuments/SecondhandSmoking-ISC.pdf>

Objectives of the partnership approach:

1. Work collaboratively with health partners and businesses to support initiatives to address second hand tobacco smoke.
 - 1.1 Investigate the development of a smoke-free events policy.
 - 1.2 Investigate the feasibility of creating smoke-free zones.
2. Develop pathways for the health sector to have input into Council's strategies and plans as they relate to smoking and tobacco related harms.
3. Health partners develop and disseminate, through a range of media, joint messages on smoking rates and tobacco legislation, including e-cigarettes and smoking related health statistics.
4. Work with sporting clubs to trial non-smoking events.

Over the next 3 years, the following indicators will measure progress against objectives:

1. Increased smoke-free zones and reduced smoking-related litter.
2. A pathway is developed to ensure health partners are engaged in the development of Council and other partners' strategies and actions as they relate to smoking and reducing tobacco related harms.
3. A range of messages on tobacco related harms are produced and disseminated widely by the partnership.
4. Hold two smoke-free sporting events annually.

In the long term (over 10 years or more) the following indicators will measure progress against objectives:

1. Continue to observe a decrease in the local rate of smoking, targeting an average rate of 12% by 2025. (Source: Victorian Population Health Survey)

Improving healthy eating and food security

Evidence

The World Health Organization defines food security as ‘all people at all times having access to sufficient, safe and nutritious food to maintain a healthy and active life’. There are three vital components of food security: access, availability and use. Food insecurity can occur when any one of these three components are lacking. Food access is determined by resources such as income or transport. Food availability is a continual supply of adequate food sources, which includes healthy, fresh and culturally acceptable foods. Food use is the application of basic knowledge around nutrition, food safety, storage and cooking.¹⁸

The most recent data from the 2011 Victorian Population Health Survey shows that 3.1% of Ballarat residents experienced food insecurity over the previous 12-month period; specifically they had run out of food and were unable to buy more. This was compared to 4.1% for the surrounding Grampians region, and 4.6% for the state. It is difficult to accurately measure food insecurity through surveys of this type. Those at greatest risk are likely to have more transient living arrangements and hence the data may not accurately reflect the extent of the issue at either local or state levels. When statewide data is shown in more detail, disaggregating gender and age statistics, the 18-24 age group shows a higher level of food insecurity (8.4% of males and 7.1% of females) than all other age groups, and across most age groups (except for 18-24 year olds) females have a slightly higher level of food insecurity than males.¹⁹

There are specific disadvantaged groups which are more at risk of food insecurity, including low income families, unemployed, people with a disability, frail elderly, those with a substance addiction, single parent households, people without transport and Aboriginal and Torres Strait Islanders. Estimates range from 15% to 25% of these groups experiencing food insecurity.²⁰

To address this priority, health partners will work collaboratively to increase the knowledge of local food security issues and effective local programs to alleviate food insecurity, and eventually encourage a wider discussion of local food issues through formation of a food alliance.

¹⁸ World Health Organization <http://www.who.int/trade/glossary/story028/en/>

¹⁹ Victorian Population Health Survey 2011-12 Report <http://www.health.vic.gov.au/healthstatus/survey/vphs.htm>

²⁰ Australian Institute of Family Studies <https://www3.aifs.gov.au/cfca/publications/food-insecurity-australia-what-it-who-experiences-it>

Objectives of the partnership approach:

1. Council and Ballarat Community Health will work together to gather evidence around the current food system, food insecurity and programs or activities to alleviate food insecurity in Ballarat.
2. Develop pathways for the health sector to have input into Councils strategies and plans as they relate to healthy eating and food security.
3. Develop a food alliance to discuss options to influence the local food system which could improve healthy eating and alleviate food insecurity in Ballarat.
4. Health partners develop and disseminate, through a range of media, joint messages on health statistics linked to the food system, food insecurity and healthy eating.

Over the next 3 years, the following indicators will measure progress against objectives:

1. Produce a report detailing the current food system, state of food insecurity and food behaviours in Ballarat.
2. A pathway is developed to ensure health partners are engaged in the development of Council strategies and plans as they relate to healthy eating and food security.
3. A food alliance network with a broad range of food related organisations exists and meets at least twice per year.
4. A range of messages on healthy eating behaviours, related health problems and food security are produced and disseminated widely by the partnership.

In the long term (over 10 years or more) the following indicators will measure progress against objectives:

1. Show continuing reduction in local rate of food insecurity from 2011 levels.
(Source: Victorian Population Health Survey)
2. Show increase in percentage of residents consuming the recommended 2 or more serves of fruit per day from 2011 levels. (Source: Victorian Population Health Survey)
3. Show increase in percentage of residents consuming the recommended 5 or more serves of vegetables per day from 2011 levels. (Source: Victorian Population Health Survey)

Promoting gender equity and preventing violence against women

Evidence

Gender influences the way women and men in the community are exposed to factors that reduce their health such as smoking, obesity, violence and alcohol and other drugs. Women are more likely to live in poorer socioeconomic conditions than men and this makes them more vulnerable to health risk factors. There are particular groups who are at higher risk of male violence including women with disabilities, Aboriginal women, women in rural and remote areas, and immigrant and refugee women.

Lack of health planning on gender causes many women to experience significant disadvantage, impacting on their physical, mental and social health and wellbeing.

Local surveys show reduced social outcomes for women in the Ballarat area compared with men. Only 50% of women feel safe walking in their local area alone at night compared to 80% of males.²¹ While there are similar overall employment levels between men and women, over 53% of women work part time compared to 21% of men, and 61% of Ballarat women earn less than \$600 per week compared to 43% of men. There are more than 4500 single parent families in Ballarat, but over 84% of these are single mothers.²²

Gender inequity is a key determinant which underpins violence against women.²³ For example, women in Australia are three times more likely than men to experience violence at the hands of a partner.²⁴ Intimate partner violence is the leading contributor to ill-health and premature death in Victorian women under 45, more than any other well-known health risk including high blood pressure, obesity and smoking.²⁵ Ballarat has a particularly high rate of family violence at 52% higher than the state average.²⁶ The awareness and disclosure of family violence in Ballarat and other regional and rural areas has increased over recent years, due to a proactive approach by police and media campaigns.

Local government can advance women's health by promoting gender equity through gender analyses of policies, programs and services. This examination of policies can improve outcomes for women in the design of infrastructure, family and health services, land use planning, sports and recreation facilities and increased opportunities for positions of leadership.

To address this priority, health partners will participate in the development of a regional strategy for the prevention of violence against women, and begin to analyse policies and strategies in terms of gender.

²¹ City of Ballarat Community Profile incorporating gendered analysis from VicHealth Indicator Survey 2011

http://www.ballarat.vic.gov.au/media/2212063/community_profile.pdf

²² ABS Census 2011 <http://www.abs.gov.au/census>

²³ Australian Centre for the study of Sexual Assault, Gender equality and violence against women

<http://www.aifs.gov.au/acssa/pubs/researchsummary/ressum7/index.html>

²⁴ ABS Personal Safety Australia 2012 <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/4906.0Chapter3002012>

²⁵ Department of Social Services: The cost of violence against women and their children 2009

https://www.dss.gov.au/sites/default/files/documents/05_2012/vawc_economic_report.pdf

²⁶ Vic Police Statistics: Family Incident Reports

http://www.police.vic.gov.au/content.asp?a=internetBridgingPage&Media_ID=72311

Objectives of the partnership approach:

1. Partner organisations will participate in the development of the Women’s Health Grampians Regional Prevention of Violence Against Women Strategy.
 - 1.1 Health partners to begin gender analysis of policies and strategies.
2. Ensure health partners are engaged in the development and review of Council strategies and plans in regards to gender equity.
3. Health partners develop and disseminate, through a range of media, joint messages on gender inequity and health statistics linked to gender inequity including prevention of violence against women.

Over the next 3 years, the following indicators will measure progress against objectives:

1. Health partners have signed up to the Regional Prevention of Violence Against Women Strategy.
 - 1.1 Increase annually in number of policies and strategies which have been analysed from a gendered perspective.
2. Processes are developed to ensure stakeholders are engaged on the status of Council and other partners’ strategies and actions as they relate to gender equity and violence against women.
3. A range of messages on gender equity and preventing violence against women are produced and disseminated widely by the partnership.

In the long term (over 10 years or more) the following indicators will measure progress against objectives:

1. Reduced rate of incidents of family violence from 2013 levels.
(Source: Vic Police Statistics)
2. Observe an improvement in community attitudes towards violence against women.
(Source: VicHealth Indicators Survey – new variable)

Appendix 1

Principles for Integrated Health Promotion

The following list details the health partners' guiding principles for integrated health promotion. These are adapted from state government health promotion planning documents and derived from the social model of health philosophy, the Ottawa Charter definition of health promotion, and key national health promotion priorities.²⁷

1. **Address the broader determinants of health**, recognising that health is influenced by more than genetics, individual lifestyles and provision of healthcare, and that political, social, economic and environmental factors are critical.
2. **Base activities on the best available data and evidence**, both with respect to why there is a need for action in a particular area and what is most likely to effect sustainable change.
3. **Act to reduce social inequities and injustice**, helping to ensure every individual, family and community group may benefit from living, learning and working in a health promoting environment.
4. **Emphasise active consumer and community participation** in processes that enable and encourage people to have a say about what influences their health and wellbeing and what would make a difference.
5. **Empower individuals and communities**, through information, skill development, support, advocacy and structural change strategies, to have an understanding of what promotes health, wellbeing and illness and to be able to mobilise resources necessary to take control of their own lives.
6. **Explicitly consider difference in gender and culture**, recognising that gender and culture lie at the heart of the way in which health beliefs and behaviours are developed and transmitted.
7. **Work in collaboration**, understanding that effective partnerships must be actively sought across a broad range of sectors, including those organisations that may not have an explicit health focus. This focus aims to build on the capacity of a wide range of sectors to deliver quality integrated health promotion programs; and to reduce the duplication and fragmentation of health promotion effort.

²⁷ Department of Health & Human Services

[http://docs.health.vic.gov.au/docs/doc/8196B97B654C907BCA257A7F001DF6E4/\\$FILE/integrated_health_promo.pdf](http://docs.health.vic.gov.au/docs/doc/8196B97B654C907BCA257A7F001DF6E4/$FILE/integrated_health_promo.pdf)

Appendix 2

City of Ballarat Health and Wellbeing Priorities 2013-2017

The City of Ballarat Council Plan 2013-2017 identifies 15 health and wellbeing priorities which are being addressed through the strategies and actions outlined within that document.²⁸ The diverse and extensive list indicates the broad reach of local government and its influence upon health and wellbeing. The priorities are a mix of health behaviours, health conditions, social justice and environmental issues.

- **Obesity**
- **Oral health**
- **Tobacco control**
- **Transport**
- **Crime and family violence**
- **Social exclusion**
- **Early childhood development**
- **Mental health**
- **Alcohol and other drugs**
- **Problem gambling**
- **Housing**
- **Employment**
- **Accessibility**
- **Lifelong learning**
- **Environmental sustainability**

‘Our Partners in Health 2015-2018’ addresses some aspects of the priorities listed in the first column, however there are many other examples of strategic and operational partnerships where organisations are working with Council to address these priorities.

Council has also recently developed a long term strategic land use plan titled ‘Today Tomorrow Together: The Ballarat Strategy’ which outlines a number of key concepts such as ‘Regional Capital Precincts’ and a ‘10 Minute City’ which will have a large impact upon future health and wellbeing of the community. The initiatives aim to increase productivity while encouraging active transport to local destinations, improve the supply of appropriate housing and transport connections, while protecting both heritage and natural assets.²⁹

²⁸ City of Ballarat Council Plan 2013-2017 <http://www.ballarat.vic.gov.au/ac/budget-reports-and-plans/council-plan.aspx>

²⁹ Today Tomorrow Together: The Ballarat Strategy, Our Vision for 2040 <http://www.ballarat.vic.gov.au/pbs/city-strategy/ballarats-strategy.aspx>

Appendix 3

A snapshot of strategies and activities undertaken by Health Partners in relation to each of the four priority areas, and an outline of the central role of the Department of Health & Human Services (formerly the Department of Health).

Department of Health & Human Services - Delivering a prevention system

Council recognises the overarching role of the Victorian Department of Health & Human Services in supporting and encouraging a preventative health approach, which influences Council and health service providers in the region. By aligning the timing of strategic planning for local government and the primary health sector, the Department has assisted with the collaborative process, allowing the health sector to plan and prioritise for their own organisations while taking account of Council health and wellbeing priorities and strategies.³⁰

The Department of Health & Human Services delivers a range of initiatives which strengthen strategies across all four priority areas:

- Provide leadership in prevention through the Victorian Health and Wellbeing Plan
- Provide state-wide leadership and governance through the Victorian Prevention and Population Health Advisory Board
- Provide regional governance and leadership in prevention through participation in the Grampians Regional Management Forum (state government and local government)
- Provide funding to the Centre of Excellence in Intervention and Prevention Science to enhance the generation and synthesis of prevention science and its application to policy and programs
- Conduct data collection and dissemination (e.g. Victorian Population Health Survey) to guide evidence-based practice both state-wide and in local areas
- Identify regional workforce needs to strengthen the health prevention workforce in the Grampians
- Build capacity in local government and the primary care sector in the Grampians to apply evidence based practice and systems thinking in health promotion and prevention science
- Promote learnings from prevention initiatives to the health workforce in the Grampians
- Strengthen local government's capacity in the Grampians to develop and implement public health and wellbeing plans
- Encourage community partnership and engagement opportunities through the use of internet technology and digital media and best practice community engagement
- Provide health promotion funding to Ballarat agencies through the Community Health and Women's Health Promotion Programs (i.e. Ballarat Community Health, Ballarat Health Services and Women's Health Grampians)
- Provide health promotion funding to the Central Highlands Primary Care Partnership to support the development of the local prevention system

³⁰ The planning cycles for municipal public health planning and that for organisations funded by the Community Health and Women's Health Promotion Programs were aligned in 2012.

Increasing rates of physical activity

City of Ballarat

- Use 'Healthy by Design' principles in planning strategies for new residential and commercial areas.
- Increase walkability through land use planning as outlined in 'Today Tomorrow Together: The Ballarat Strategy'
- Maintain current sporting facilities and grounds
- Provide new sporting facilities to cater for future population growth
- Develop and maintain bike paths and shared bike lanes
- Implement the Recreation Strategy 2014, Aquatic Strategy 2014, Ballarat Bicycle Strategy 2014-19, Play Space Planning Framework
- Encourage and promote physical activity through health promotion programs – Walk to School, Walk the Block, Ride2Work, Active April
- Support people with disabilities to engage in sporting activities
- Support seniors to remain active related to the 'Living Longer Living Better' strategy
- Provide and encourage participation in internal health and wellbeing programs for staff
- Active Transport Advisory Working Group

Department of Health & Human Services

- Implement strategies in the Victorian Public Health and Wellbeing Plan to improve physical activity
- Implement strategies in the Victorian Aboriginal Nutrition and Physical Activity Strategy 2009-2015
- Develop and provide state-wide initiatives and resources for physical activity relevant to schools, workplaces, and early childhood settings
- Promote the uptake of existing tools for active living by local government (for example the PIA's Healthy Places Healthy Spaces and Heart Foundation's Healthy by Design, A guide to planning environments)
- Promote the uptake of VicHealth's physical activity, sport and walking resources and funding to build more welcoming and flexible approaches to organised and social sport participation in local communities
- Provide funding to state-wide prevention initiatives
- Demonstrate leadership through providing opportunities and policies for staff in the Grampians Regional Office to reduce sedentary behaviour and increase physical activity at work
- Promote partnership development in Ballarat across a range of sectors and organisations to promote physical activity across various settings (i.e. workplace, health service, children's and community settings)

Central Highlands Primary Care Partnership

- Support increasing physical activity working party
- Items focused on increasing physical activity included in weekly newsletter, including links to the latest research
- Promotion of physical activity events in CHPCP newsletter
- CHPCP IHP forums run 4 yearly have focus on physical activity, where programs being run by LGAs, community health, etc., around the region are showcased
- Working with Challenge Australia to develop community physical activity programs
- Internal health and wellbeing programs for staff

Women's Health Grampians

- Support the analysis of data to enable a gendered approach to development of policies, programs and services

Ballarat Community Health

- Support Heart Foundation Walking Groups
- Supporting the Achievement Program around the physical activity benchmark in workplaces, primary and secondary schools and early childhood services
- Undertake workplace health checks including physical activity guidelines
- Provide targeted exercise programs for people over 65 and general group fitness programs
- Provide MEND Program for 2 – 4 years and 7 – 13 years
- Support events such as Ride to Work day, Walktober, Active April, Run Ballarat, Walk to School, etc
- Give presentations to community groups on raising awareness of physical activity
- Deliver bike education sessions
- Participate in the Ballarat physical activity working party
- Provide exercise physiology services

YMCA

- Addressing the needs of older adults - extending the Active Links program (in partnership with Ballarat Health) to include referrals from Medicare Local, Ballarat Community Health, General Practitioners and Allied Health Services.
- Tackle youth obesity through the delivery of the MEND program in partnership with Ballarat Community Health
- ‘Pop up ‘ Fitness: implementation of mobile fitness programs conducted in public spaces
- Educate the community - delivery of a series of information sessions and health promotions in partnership with – Ballarat Community Health (nutrition sessions), Ballarat Health Services (Breast Cancer awareness week), Diabetes Victoria (LIFE program), Victoria Walks (Walk the Block), Bicycle Victoria (Ride to Work) and Stroke Foundation (Think FAST)
- Create opportunities - enhancing access in partnership with the Ballarat Special School, Special Olympics and Rec Link
- Create Healthy Workplaces - delivery of Corporate health programs and memberships to over 30 local businesses
- Encourage access – providing 10,000 free visits utilizing the volunteer led YMCA Open Doors program. Referral agencies include Community and Family Services, Centacare, Department of Justice, Red Cross, PINARC and Salvation Army

Sports Central

- Develop and contribute to regional sport and recreation strategies to promote participation and strengthen stakeholders
- Deliver the Access for All Abilities Program to support increased participation for people with a disability, in partnership with inclusive sporting clubs and recreation providers
- Support local sport to deliver participation programs (ie. Auskick, HookIn2Hockey, In2Cricket, Hot Shots Tennis)
- Advocate for local sports strategies to promote cultural inclusion
- Promote local sporting activities, events and competitions aimed at engaging new members and participants
- Support local sporting and physical activities events (Active April, Run Ballarat, Walktober)
- Promote and deliver the Heart Foundation Walking program
- Promote and support sports to provide safe and healthy sporting environments, delivered through capacity building, training, awareness raising and advocacy

Ballarat Health Services

- Implement Corporate Staff Health and Wellbeing Physical activity initiatives i.e Stepathlon, Staff Health and Fitness Program, Run Ballarat designed to increase physical activity levels and decrease levels of inactivity- sitting time
- Promote and further develop Active Transport (riding/walking to work) initiatives
- Promote community based physical activity initiatives and create links to community based initiatives, programs and services i.e Active April, Active Links (YMCA)
- Partner with other organisations through membership of the Ballarat Physical Activity Working group , a key stakeholder group that aims to develop a strategic and collaborative approach to increasing physical activity levels
- Provide exercise physiology services

Reducing tobacco related harms

City of Ballarat

- Enforce public health and planning legislation regarding the supply and consumption of tobacco, which includes education, advice and assistance in the application of these provisions
- Review Council's occupancy agreements for recreation reserves and facilities including clear guidelines for smoking
- Supporting the Ballarat Regional Soccer Facility to be a smoke free venue
- Provide education regarding detrimental effects of smoking on health, smoking cessation and referral to Quitline through M&CH nurses first home visit for new parents
- Promote internal health and wellbeing policies and programs to encourage smoking cessation, and provision of a smokefree workplace

Department of Health & Human Services

- Implement strategies in the Victorian Public Health and Wellbeing Plan to reduce harm from tobacco
- Provide policy support and advice to local government to ensure compliance of tobacco controls under the *Tobacco Act 1987* and the *Tobacco Amendment (Protection of Children) Act 2009*
- Implement tobacco policy reforms – smokefree children's recreational areas, building entrances (childcare centres, schools, children's indoor play areas), train stations and bus shelters, outdoor dining
- Develop and provide state-wide initiatives and resources for reducing harm from tobacco
- Provide funding to state-wide health promotion initiatives to prevent tobacco use such as VicHealth, QUIT and Cancer Council Victoria
- Promote the uptake of VicHealth's and QUIT's resources to prevent tobacco use in local communities
- Promote partnership development in Ballarat across a range of sectors and organisations to reduce harm from tobacco across various settings (i.e. workplace, health service, children's and community settings)
- Support local Aboriginal organisations to reduce harm from tobacco under Koolin Balit, the Victorian government's strategic directions for Aboriginal Health (e.g. smoking cessation programs run by BADAC)
- Provide funding through the ABCD approach in Victorian health services (i.e. BHS) to support patients to be smoke free
- Demonstrate leadership through providing opportunities and policies for staff in the Grampians Regional Office to quit smoking and to reduce harm from tobacco exposure in the work place

Women's Health Grampians

- Support the analysis of data to enable a gendered approach to development of policies, programs and services

Ballarat Community Health

- Lobbying/Advocacy role for smokefree areas, eg. Fresh air campaign and changes in State and Local Government legislation
- Support and promote smokefree as a member of the Victorian Network of Smokefree Health Services
- Provide QUIT programs
- Provide asthma and COPD education
- Provide smoking cessation clinics and GP clinics
- Deliver activities supporting world No Tobacco Day
- Deliver Know your Numbers program looking at risk factors for stroke
- Deliver workplace health checks
- Facilitate smoking cessation through provision of mandatory smoking cessation e-learning modules to train BCH staff to assist asking clients the question regarding smoking and did they need support to give up
- Provide a smokefree workplace across the organisation

Sports Central

- Assist sporting clubs and recreation providers to develop smoke-free policies that benefit the organisation and comply with the Tobacco Act 1987 and the Tobacco Amendment (Protection of Children) Act 2009, through a range of programs
- Assist sporting clubs and recreation providers to inform their members and user groups about smoke-free policies, and to promote and implement policies
- Encourage sporting clubs and recreation providers to conduct smoke-free events

Ballarat Health Services

- Implement and review of Smokefree Policy
- Implement the "Supporting patients to be smokefree" pilot project, with further development and roll out across the organisation
- Develop a specifically designed pilot program for implementation in antenatal services

Improving healthy eating and food security

City of Ballarat

- Assist with better food choices and encourage independence through education and assistance with meal preparation, via the HACC program
- Provide a range of community meals programs
- Support the 'cook and chatter' restorative group cooking program in conjunction with Ballarat Community Health
- Provide nutritional advice for parents through Maternal & Child Health nurse visits
- Supervise dietetic students in conjunction with BCH to gather evidence around local food security
- Promote 'Food Sensitive Planning and Urban Design' (FSPUD) principles

Department of Health & Human Services

- Implement strategies in the Victorian Public Health and Wellbeing Plan to improve healthy eating
- Implement strategies in the Victorian Aboriginal Nutrition and Physical Activity Strategy 2009-2015
- Develop and provide state-wide initiatives and resources relevant to schools, workplaces, and early childhood settings
- Develop and provide state-wide initiatives and resources for the development of healthy food systems which affect food security (Including the Healthy Food Charter, Healthy Food Connect, Food policy coalitions)
- Promote the uptake of existing tools for food security and healthy eating by local government (for example, the Victorian Local Governance Association's Municipal food security scanning tool and the Heart Foundation's Food-sensitive planning and urban design, and VicHealth's Food For All - Resources for Local Governments)
- Promote the use of evidence reviews of food security issues (i.e. Local Government and Food Security: An Evidence Review)
- Demonstrate leadership through providing opportunities and policies for staff in the Grampians Regional Office to promote healthy eating and access to healthy food at work
- Promote partnership development in Ballarat across a range of sectors and organisations to promote healthy eating and access to healthy food across various settings (i.e. workplace, health service, children's and community settings)

Ballarat Community Health

- Deliver nutrition education in schools and for community groups
- Support Secondbite (emergency food relief) for breakfast programs in schools
- Deliver cooking demonstrations for schools and community groups
- Implement MEND Program for children aged 2 – 4 years and 7 – 13 years
- Deliver dietetic services for clients one-on-one (including BADAC)
- Deliver Life! pre-diabetes program
- Coordinate supermarket tours
- Deliver label reading workshops

Sports Central

- Assist sporting clubs and recreation providers to develop canteen/kitchen policies and procedures through a range of programs
- Increase healthy eating and nutrition knowledge of volunteers and members at sporting clubs and recreation providers by facilitating workshops and forums
- Increase food handling and management knowledge of volunteers at sporting clubs and recreation providers by facilitating workshops and forums
- Assist sporting clubs and recreation providers to identify and/or prepare grants to upgrade canteen/kitchen facilities

Ballarat Health Services

- Develop and implement Healthy Choices policy (increasing the availability of healthy food options)
- Provide Healthy Weight Management program
- Provide Life! Diabetes and Cardiovascular disease prevention program

Women's Health Grampians

- Support the analysis of data to enable a gendered approach to development of policies, programs and services

Promoting gender equity and preventing violence against women

City of Ballarat

- Implement Act@Work for staff
- Establish domestic violence clause in EBA
- Promote City of Ballarat Community Charter for the Prevention of Violence Against Women
- Promote awareness of prevention of violence against women through support of White Ribbon Day
- Support establishment of Act@Work as a project partner
- Develop 'Active Women and Girls in Ballarat' Strategy
- Support an Open Women Leadership (OWL) program for staff
- Undertaking a trial which supports women to seek help for themselves and children via sustained home visiting of M&CH nurses
- Provide Community Impact Grants that support respectful relationships and gender equity
- Provide policies which promote affirmative action and equal opportunity

Department of Health & Human Services

- Implement strategies in the Victorian Public Health and Wellbeing Plan to address the determinants of mental health such as freedom from violence and discrimination (especially that based on gender)
- Implement and promote 'Victoria's Action Plan to Address Violence Against Women and Children 2012-2015'
- Develop and provide state-wide initiatives and resources relevant to schools, workplaces, and early childhood settings
- Promote the use of evidence reviews for gender equity and the prevention of violence against women (i.e. VicHealth framework for preventing violence against women)
- Promote the uptake of existing tools to address the determinants of violence against women by local government (e.g. VicHealth's local government action guides - Preventing violence against women)
- Provide health promotion funding to Women's Health Grampians in the City of Ballarat and Grampians Region to address prevention of violence against women and gender equity issues
- Demonstrate leadership through providing opportunities and policies for staff in the Grampians Regional Office that promotes freedom from discrimination, violence and gender equity
- Promote partnership development in Ballarat across a range of sectors and organisations to promote gender equity and freedom from violence across various settings (i.e. workplace, health service, children's and community settings)

Women's Health Grampians

- Support the analysis of data to enable a gendered approach to development of policies, programs and services
- Lead the implementation of Act@Work
- Support local government to incorporate gender into population health planning and policy
- Partner with local government to implement gender equity and prevention of violence against women initiatives including education and training
- Develop the regional prevention of violence against women plan
- Develop and circulate research on regional gender inequality

Ballarat Community Health

- Assist establish Act@Work program as a pilot organisation
- Provide family violence services
- Hosted the national family violence conference 2014
- Provide family violence leave in BCH leave policy
- Support White Ribbon Day

- Promote and support City of Ballarat Community Charter for the Prevention of Violence Against Women

Sports Central

- Advocate for equity within sporting clubs and recreation providers across gender, ability, culture and age
- Promote gender equity on sport and recreation boards and committees
- Support sports to address any imbalances in participation opportunities for both men and women, boys and girls for their programs, events and competitions

YMCA

- Implement the 'Y Respect Gender Project'
- Provide family violence leave to all employees
- Support White Ribbon Day
- Support for City of Ballarat Community Charter for the Prevention of Violence Against Women
- Implement the YMCA Brightside Program (Mental Health Program)