



CITY OF BALLARAT

# Health and Wellbeing Plan 2021–2031

THIRD YEAR REVIEW AND EVALUATION – OCTOBER 2024

The third year review and evaluation of the City of Ballarat Health and Wellbeing Plan 2021–2031 (H&WP) outlines in the following sections:

- 1. Work completed against the 52 strategies, including connection to the six health priority areas**
- 2. An analysis of progress against medium-term indicators in Liveability Domains**
- 3. An update of the state of long-term indicators by Health Priorities**
- 4. A selection of evaluated projects**

The review highlights the extensive work undertaken by the organisation in conjunction with associated partners that impacts the health and wellbeing of the Ballarat community. The review also highlights how multiple units of the organisation are integral to create sustainable outcomes which beneficially impact the health and wellbeing of the community.

Major engagements and projects which influenced community health and wellbeing over the past year included endorsement of the:

- Housing Strategy 2041
- Social and Affordable Housing Action Plan
- Biodiversity Strategy – Healing Country Together 2024
- Recreation Infrastructure Plan 2024 – 2039
- Fair Access Policy
- Public Toilet Strategy

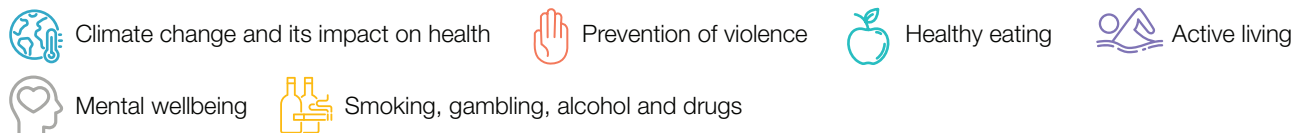
As part of the evaluation, recent data was collected for each indicator and compared to baseline data to determine any trends and to monitor whether the indicators were still relevant and appropriate. Some indicators are no longer being collected routinely in state-based surveys or need rewording to ensure data can be reliably collected in future years.

The review also highlighted multiple recently funded projects and some discontinued projects which need to be either featured or removed from the plan. Key projects which have commenced since the plan was prepared in 2021 include:



- gained funding through the Free from Violence grants and involvement in the Ballarat Saturation Model to prevent violence against women and children
- gained funding to develop Social Inclusion Action Groups
- preventing harms from vaping as a health priority area, and the work to be undertaken as part of the funded Central Highlands Vaping Prevention project
- Live4Life program to improve mental health currently running in 10 local secondary schools
- development of the Inclusion Framework 2022 – 2026 and associated plans which aligns closely to priority groups
- development of the Community Infrastructure Plan 2022 – 2037
- development of the Libraries and Learning Strategy 2022 - 2027
- restructure of the Ageing Well team and the projects and services provided

# Section 1: Actions reported against strategies for each Liveability Domain








## Health priorities




















Strategies	Work completed or in progress in the past 12 months	Health priorities
<b>Active transport</b>		
<b>1.1 Increasing opportunities for walking and bike riding</b>	Support Y Ballarat to deliver the ReCranked in Schools program. Three schools accessing the Tag On program to support active travel to school. Wendouree Children's Centre conducted walking and cycling excursions with a focus on children learning to move safely and actively around their local area for Road Safety Week.	
<b>1.2 Advocating improved public transport services and access</b>	Engagement with 60 children from Yuille Park Community College to improve access to Wendouree West Recreation Reserve. Developing a Transport Guide for Older Adults and delivered a BusAble session for older Chinese residents to provide travel education and information.	
<b>1.3 Connecting pedestrian and cycling routes to key destinations and public transport</b>	Delivered 3km of off-road shared use path from Wendouree Station to Waringa Drive via Learmonth Road. Work ongoing to connect paths from Sturt St and along Grenville St.	
<b>1.4 Enhancing safety, amenity and accessibility for pedestrians and cyclists, and at bus shelters</b>	Lake Wendouree lighting project completed providing a safely lit environment around the Steve Moneghetti Track and the link with Victoria Park. Multiple works installing bus shelters including 2 urban bus shelters and 1 rural bus shelter for school services, plus 11 new school bus stops in the Lucas and Cardigan Village areas, 5 bus stop upgrades for accessibility, and developing concepts / designs for a further 18 bus stops.	
<b>Community participation</b>		
<b>2.1 Building a proud and inclusive community</b>	<p>Deliver on actions outlined in suite of plans under the Inclusion Framework, which includes the Intercultural Plan, LGBTIQ+ Inclusion Plan, Disability Access and Inclusion Plan, Ageing Well Strategy, Municipal Early Years Plan, Youth Strategy, Gender Equality Action Plan, (Reconciliation Action Plan in draft). Convene the Advisory Committees associated with these plans: LGBTIQ+ Advisory Committee, Intercultural Advisory Committee, Disability Advisory Committee, Koorie Engagement Action Group, Gender Equality Action Group and Youth Council.</p> <p>For the LGBTIQ+ communities and through the LGBTIQ+ Advisory Committee multiple events have been held, Frolic Festival, including Queer Stories in the Ballarat Heritage Festival, recognising Transgender Day of Visibility, IDAHOBIT day, Wear it Purple day, Bisexual Visibility day and Transgender Awareness Week, holding a World Aids day forum, promoting 50 events for Pride Month on the new Ballarat Pride website, and LGBTIQ+ specific events for Seniors Festival.</p>	








Strategies	Work completed or in progress in the past 12 months	Health priorities
<b>Community participation</b>		
<p><b>2.1 Building a proud and inclusive community</b></p>	<p>Monthly movie program at the library has reported increased participation in 2023-24 by partnering with the Red Sunset Group (older Chinese residents) and the Ballarat Indian Association to show in language movies. With the multicultural sector celebrated Harmony Fest, 22 community events, Refugee Week, Intercultural Recognition Awards and 8 flag raising events. Designed and delivered an Intercultural Garden as a space to celebrate our multicultural communities. Resourced the Intercultural Ambassador Program. Supported the Ballarat Regional Multicultural Council with New Resident Bus Tours to the libraries, multicultural playgroup programs and events for Refugee Week. Weekly Little Languages program presented at the Djila-tjarri Community Hub.</p> <p>Collaborated in the delivery of key First Nations events including Survival Day Dawn Ceremony, Anniversary of the National Apology, National Sorry Day, Reconciliation Week, NAIDOC Week, and Aboriginal and Torres Strait Islander Childrens Day. Hosting of 'The Taken' stolen generations exhibition at the Ballarat Library during Reconciliation Week. Wadawurrung education sessions at the library held in each school holiday program. Partnered with Ballarat and District Aboriginal Cooperative for Aboriginal and Torres Strait Islander Children's Day at Robert Clark Centre.</p> <p>Delivered the Seniors Awards celebrating the volunteer contribution of older residents. Council endorsed becoming a member of Every AGE Counts and promoted campaign resources through Every Age Matters roadshow in conjunction with Ballarat Community health and Ballarat &amp; Grampians Community Legal Service. Delivered several intergenerational activities including the Tackling Ageism writing / creative competition, Ageism Awareness Day, All Ages Storytime and Ageless Playgroup Session.</p>	
<p><b>2.2 Embedding primary prevention for mentally healthy communities</b></p>	<p>Target evidence based risk and preventative factors for mental health:</p> <p><b>RISK FACTORS</b></p> <p><b>Adverse childhood experiences</b> staff training and reporting through MARAM framework, positive parenting programs,</p> <p><b>Intimate partner violence</b> education campaigns such as pilot program 'Expect Respect' delivered in 3 participating secondary schools</p> <p><b>Bullying</b> leading the Live4Life program in schools, community consortia established to support bullying prevention initiatives in secondary schools</p> <p><b>Racism and discrimination</b> contact based programs through the Empowering Communities grant program</p> <p><b>Loneliness</b> social supports for older people, social connection programs for young people, Parent Place drop in for parents to make connections with services and supports</p> <p><b>Socioeconomic factors</b> multiple units working to support employment, social housing and homelessness, development of a Social and Affordable Housing Action Plan</p> <p><b>Socio-structural factors</b> addressing gender inequality through organisational policies (Fair Access Policy, Active Women and Girls Strategy, Gender Equality Action Plan) and planning (using Gender Impact Assessments), supporting community awareness (16 days of activism)</p>	

Strategies	Work completed or in progress in the past 12 months	Health priorities
<b>Community participation</b>		
2.2 Embedding primary prevention for mentally healthy communities	<p><b>PROTECTIVE FACTORS</b></p> <p><b>Health behaviours</b> supporting improved healthy food offering in council settings, delivery of the INFANT program to new parents, delivered 338 hours of First Parent Group activities, active lifestyle facilities and programs, provision and maintenance of facilities, parks and trails for sport and recreation</p> <p><b>Social capital, social cohesion, social connectedness</b> place-based programs such as Parent Place outreach, youth specific social programs including PopCon with over 2000 young people attending, Ageing Well implemented a new Social Activities program, Community Impact Grant Program providing \$293K for 58 community groups</p> <p><b>Sleep</b> Delivered 93 hours of Sleep and Settling program for babies and toddlers.</p>	
2.3 Improving young people's resilience and connection	Live4Life program in 10 secondary schools impacting over 2200 students. Trained 31 Teen Mental Health First Aid instructors who delivered 61 Teen Mental Health First Aid training courses to 1246 Year 8 & 10 students from participating secondary schools. Delivered Youth team programs, awards and events. Delivered three youth leadership and volunteer programs including the Western Bulldogs Leadership program, resulting in the recruitment of 69 volunteers.	
2.4 Facilitating more solutions shaped by young people	Development of and engagement for Children's Brains Trust with primary school students. Primary school student engagement for Neighbourhood Parks. Youth consultative groups participated in discussions for the Housing Strategy, Diverse and Affordable Housing Working Group, Youth Biodiversity Forum, Biodiversity Strategy, Local Food Coalition Action Plan and Open Space Strategy.	
2.5 Improving everyday creativity opportunities for more residents	Support and promote creative opportunities through Creative City Strategy, Art Gallery and Events - including specific promotion of work opportunities, grants and awards through Creative City e-newsletter and website, as well as training and resources to support business development.	
2.6 Providing equitable and accessible community facilities, services and events	Development and launch of the online My Community Directory. My Accessibility Review of council creative programs – pilot program completed for activities at Civic Hall, libraries and Art Gallery, to increase accessibility for children and young people. Consultants engaged with children with a disability and their families to provide input into the development of the Community Infrastructure Guidelines. Installation of a publicly accessible assistance dog relief area in the CBD. Installation of a Changing Places facility and other accessibility upgrades at the Ballarat Library. Expansion of communication tools including social scripts, communication boards and accessibility information. Works nearing completion at Her Majesty's Theatre which will increase accessibility and safety of the venue. Installed an Accessibility Menu for the council website supporting over 50 languages. Updated local services within the Intercultural Services Directory and 'All of Us' calendar. Introduced a new Ageing Well Services monthly newsletter (email and hard copy) with 952 subscribers. Council endorsed a Public Toilet Strategy with a focus on equitable distribution, community safety, sustainable and universal design and accessibility.	
2.7 Embedding deliberative practice into Council engagement with the community, with a particular focus on priority groups	Supporting council teams with community engagement particularly through advisory groups and priority group networks. Preparing for deliberative engagement of the next Council Plan.	







Strategies	Work completed or in progress in the past 12 months	Health priorities
<b>Community participation</b>		
<b>2.8 Building community capacity and opportunities for participation</b>	Delivered Community Impact Grants program – 58 community groups received \$294K. Supporting Ballarat East Neighbourhood House to deliver community workshops to build capacity for preparing grant applications. Other grant streams include Strategic Partnership Grants with nearly \$500K awarded to 7 organisations and City Partnership Grants with nearly \$920K awarded to 13 organisations.	
<b>2.9 Supporting the community to share and promote sustainable practices</b>	Support climate change and sustainability group BREAZE with a partnership grant to deliver community education and support actions from the Net Zero Emissions Plan. Support for the Ballarat Energy Network to develop a community-owned energy network based on renewable energy. Extensive engagement for development of the Biodiversity Strategy. Deliver the Nature Stewards program to support community with environmental education and biodiversity awareness. 'Be a Super Sorter' activity for children promoted at Begonia Festival in conjunction with other sustainable initiatives.	
<b>Community safety</b>		
<b>3.1 Addressing family violence through a primary prevention approach</b>	Support staff in the organisation to prepare Gender Impact Assessments. Gender equity work within the organisation including gender training upon induction and bystander training for staff. Successfully applied for Free from Violence funding. Support Ballarat Saturation Model led by Respect Victoria.	
<b>3.2 Partnering with stakeholders to develop programs which increase community inclusion and cultural safety</b>	Partnering with Ballarat Regional Multicultural Council and Ballarat Community Health to apply for community inclusion programs for culturally diverse communities. Delivered 'prevention of violence against women and children' workshop to the Intercultural Ambassadors with support of Women's Health Grampians.	
<b>3.3 Using evidence and engagement practices to inform the delivery of key safety projects</b>	The Empowering Communities Grant program was externally evaluated to determine effectiveness of delivery and determine whether there was any strengthening in community stakeholder capacity to implement crime prevention initiatives. Development of an Alcohol Profile for Ballarat. Updated ongoing statistical report of local drug and alcohol use through analysis of the National Wastewater Drug Monitoring Program. Delivery of the City Safe Taxi Rank program.	
<b>3.4 Partnering with stakeholders to undertake emergency management planning</b>	Emergency Management planning and prevention work within the LGA and upskilling of staff for response and recovery. Provision of Emergency Relief Centre to support residents displaced by the fires within Pyrenees Shire. Supported delivery of Multicultural Dialogue with Ballarat Regional Multicultural Council focussing on Emergency Planning.	
<b>3.5 Supporting businesses to provide an environmentally safe and compliant service for customers</b>	Environmental health officers work with businesses to ensure compliance with legislation and safety for customers. The following types of businesses must all register for compliance under the act: residential accommodation, hotel, hostel, student dormitory, holiday camp, rooming house, aquatic facilities, hairdressing, beauty or beauty therapy parlour, colonic irrigation, tattooing and ear piercing. Officers also enforce the Tobacco Act which includes ensuring required venues remain smoke-free, and monitor inspect and educate tobacco retailers.	





Strategies	Work completed or in progress in the past 12 months	Health priorities
<b>Employment</b>		
<b>4.1 Encouraging local economy investment</b>	Support of local businesses, events and festivals via multiple teams: Economic Development, Marketing, Events and Creative City. Support of Commerce Ballarat and Committee for Ballarat. Support of tourism events through the Tourism Events Grant program where 13 organisations received \$153K.	
<b>4.2 Supporting the development of employment pathways in the community and at the City of Ballarat</b>	Actively supported 44 young people with placements and apprenticeships at the City of Ballarat in the past 12 months. Youth Services partnered with Highlands LLEN to support secondary school students in work experience and structured workplace learning placements across business units. Council partnered with Host International and Regional Opportunities Australia on the Ballarat Industry Mentoring Program which aimed to match business mentors with migrants looking for employment. Supported the BRMC to deliver the Community Employment Connectors Program which offers training and other supports to ensure migrants are 'job-ready'. Supported several careers and jobs expos including the Asuria Youth Jobs Fest.	
<b>4.3 Supporting the development of community wealth-building through grant programs and procurement</b>	Social procurement clauses included in procurement policy update. Ballarat Social Procurement Project supports contractors delivering major projects while also achieving social benefits, such as engaging local social enterprises, First Nations businesses or hiring staff from groups experiencing disadvantage. Supporting local organisations through community partnership grants, \$920K invested in 13 local partnerships.	
<b>4.4 Actively seeking to increase the number of creative industry professionals</b>	Actively promoting and creating opportunities as reported in the Creative City Report Card. Utilising the Creative City newsletter to promote employment and contract opportunities for local artists. Paid opportunities and pathways across multiple business units including youth facilitator workshops, UNESCO Creative City display, FReeZA acts and Be_Hear/Now 23 Music Festival.	
Strategies	Work completed or in progress in the past 12 months	Health priorities
<b>Food</b>		
<b>5.1 Creating better food systems through Council policy</b>	Completed the Deakin University Local Food Environment Policy Index which benchmarks' councils work in the food system against best practice.	
<b>5.2 Protecting the community from harmful food and drink industries</b>	Harmful Industries Declaration in action through the Community Impact Grant program. Working in partnership with Ballarat Community Health and cafe owners to increase the healthy options available at the BALC cafe.	
<b>5.3 Enhancing the skills required to grow and prepare healthy foods</b>	Supporting community gardens through grant funding. Funding delivery of Little Food Explorers program in long day care centres – in development. Developing Edible Gardens Trail through Local Food Coalition. Gardening and cooking programs offered for young people from the Sebastopol Library through 'Jump Start' funding.	
<b>5.4 Protecting and promoting the local food system</b>	Supporting the Local Food Coalition including development of an action plan and community based projects including the Edible Garden Trail and Little Food Explorers food education program in early years centres. Supporting farmers markets. Submission for the Inquiry into Protecting Victorian Food Supply.	
<b>5.5 Improving access to healthy and safe food for vulnerable community members</b>	Participating in the Food Access Network and supporting community members with food insecurity queries. Prepared submission for Inquiry into Food Security in Victoria. In partnership with Monash University undertook a project to investigate food affordability in Ballarat, comparing cost of a fortnightly shop of food for various household types.	

Strategies	Work completed or in progress in the past 12 months	Health priorities
<b>Food</b>		
<b>5.6 Promoting the importance of a healthy diet</b>	Implementing the Eat Well Feel Good program at BALC café. Implementing the INFANT program to first time parents. Oral health assessment completed at 4 key ages and stages MCH visits. Wendouree Children's Centre, Girrabanya Integrated Children's Centre and Rowan View Children's Centre are all accredited for the Smiles for Miles program.	
<b>5.7 Encouraging sustainable practices to reduce food waste</b>	Supporting residents with the roll out of the glass collection containers and introducing a soft plastics recycling trial. Preparing for introduction of residential kerbside Food Organics Garden Organics (FOGO) system. Offering up to 80% discount for residents on worm farms and composting products through the Compost Revolution online platform. Online tutorials also available to upskill residents on how to use a worm farm, compost bin or bokashi bin. Delivering a food waste reduction behaviour change program is included as an action in the draft Circular Economy Strategy 2024 - 2028.	
<b>5.8 Ensuring food businesses offer safe and suitable food for sale</b>	Environmental health officers support food businesses with advice on compliance. 711 of the 781 registered class 1 and 2 food premises were assessed including 87 new business inspections. 197 food safety samples were obtained which was slightly more than the required percentage.	
<b>Health and social services</b>		
<b>6.1 Determining gaps in service delivery and advocating future health and social service needs and investment</b>	Supporting health partners with network coordination, partnership programs, connections with specific community groups and promotion of educational opportunities through networks. Gathering data on health and social issues and sharing with local health organisations.	
<b>6.2 Strengthen tobacco control at a local level</b>	Vaping prevention webinars delivered to parents and schools. Successful grant application for vaping prevention project to be delivered in 2025. Developed child-focussed messaging for no smoking and vaping signage to be displayed at playgrounds.	
<b>6.3 Preventing alcohol harm at the local level</b>	Developed alcohol profile for the City of Ballarat. Delivering the City Safe Taxi Rank program. Convene the Ballarat Liquor Accord meetings. Undertake social impact assessments of liquor license planning permit applications.	
<b>6.4 Utilising available planning and regulatory controls and promoting programs and information to support people at risk of harmful gambling</b>	Support events for Gambling Harm Awareness week. Promote local data on gambling losses. Developed a Harmful Industries Declaration for the Community Impact Grants program. Investigating the evidence and recommendations required to make an amendment to the planning scheme to support minimising gambling harm. Participate in actions associated with the Gambling Harm Prevention Ballarat Taskforce.	
<b>6.5 Providing information and support for the community, particularly priority groups, to access services and screening and understand preventative health measures</b>	Promote breast cancer screening services. Support at risk groups with specific disease education through connection to health advocacy groups. Early years services provide information and education on sunscreen, oral health, nutrition and active living for young parents. Provision of information for Seniors through the Get Connected Expo attended by 300 people.	

Strategies	Work completed or in progress in the past 12 months	Health priorities
<b>Health and social services</b>		
<b>6.6 Providing early years services, with focused support for vulnerable families</b>	Provide Best Start and Supported Playgroups for vulnerable families. Supported Playgroups average 74 families enrolled per term across various locations. 1310 new babies seen by the MCH Service, 8082 children enrolled in the MCH program, over 12,000 appointments with an MCH nurse, 689 health and wellbeing referrals made from MCH visits. Families regularly referred with consent from Parent Place into support services. Provide a centralised kindergarten registration scheme for the municipality. Manage three early years services at Girrabanya, Rowan View and Wendouree, with participation in specific support services for vulnerable families and pre-school children who have experienced trauma through a Melbourne University led trial – the Safe Haven program.	
<b>6.7 Providing support services for eligible older residents</b>	Assisting residents aged 55 and over and their carers to access resources, supports and referrals via the Community Connectors service. The new service assisted with 1300 interactions over the past year. Successfully tendered for continuation of the Regional Assessment Service supporting older adults to access My Aged Care services.	
Strategies	Work completed or in progress in the past 12 months	Health priorities
<b>Housing</b>		
<b>7.1 Encouraging housing diversity to ensure appropriate and affordable housing across all life stages</b>	Adopted the Social and Affordable Housing Action Plan with key actions under the priority areas of land, policy and planning, community engagements, partnerships and advocacy. Providing diverse and affordable housing is a key objective of the Housing Strategy 2041, with a focus on accessibility, location close to infrastructure and increasing infill.	
<b>7.2 Supporting stakeholders to improve the quality and diversity of affordable housing</b>	Work with state government providers to deliver the Big Housing Build. Through the Social and Affordable Housing Action Plan, set targets for delivery of specific types of social and affordable housing.	
<b>7.3 Supporting high quality housing which demonstrates best practice for sustainability, accessibility and healthy by design guidelines</b>	Endorsed Housing Strategy 2041 which includes objectives to increase accessibility to services and encourages liveability through quality design and amenity. Sustainable Subdivisions Framework adopted. Environmentally Sustainable Design Guidelines adopted.	
<b>7.4 Prioritising developments in urban areas to ensure greater access to services and transport</b>	Housing Strategy 2041 encouraging a move towards 50% greenfield and 50% infill developments (currently 70/30) although concedes this will be unlikely to start until 2031. Strategies under the Inclusion Framework including the Disability Access and Inclusion Plan and Ageing Well Strategy plus requirement for community safety design will be included as background documents in updates to the Ballarat Planning Scheme in relation to new residential development proposals.	
<b>7.5 Encouraging a compassionate approach to homelessness and supporting connection of those experiencing homelessness to appropriate support and services</b>	Continue to support Uniting Street 2 Home unit with a cohesive response to homelessness enquiries through the homelessness protocol. 63 referrals to homelessness services in the past year compared to 14 in the previous year, which reflects both an increase in demand and an improved process. Ageing Well team raising awareness of the Housing for the Aged Action Group by hosting two sessions for older people at risk of homelessness.	



Strategies	Work completed or in progress in the past 12 months	Health priorities
<b>Lifelong learning</b>		
<b>8.1 Providing community infrastructure to facilitate Council and community learning spaces and hubs</b>	Redeveloped the Ballarat Library, opened the Djila-tjarri Community Hub, redeveloping Sebastopol Hub, expanding Lucas Hub, Cardigan Village Community Centre, and Learmonth Community Skills shed. Secured significant (over \$13 M) external investment for capital projects specifically related to community infrastructure. Plans developed and advocacy begun for Eastwood Hub, Wendouree Library and Learning Centre. Over 167,000 visits to City of Ballarat libraries and over 428,000 library loans.	
<b>8.2 Planning for, delivering and facilitating early years learning and development</b>	Two new services introduced: Djila-tjaari Kindergarten (Alfredton) and Safe Haven program (Wendouree). Expansion of the Lucas Community Hub will allow an expanded and improved kindergarten program at the facility. Sebastopol Community Hub will include a kindergarten and MCH spaces. Mount Clear Kindergarten accessibility improvements and Sebastopol South Kindergarten facility improvements nearing completion. Actively planning for future requirements of early years centres, advocacy for Brown Hill, Buninyong and Delacombe Kindergarten extensions, consultant appointed for Black Hill Kindergarten and Bonshaw Early Learning Centre. Planning for landscape and facility improvements at Wendouree Children's Centre.	
<b>8.3 Providing programs to increase digital literacy, support continuous learning and develop cultural understanding</b>	A range of digital literacy, learning and cultural programs offered through the library with 15,900 library program participants in 2023-2024. This includes weekly digital forms and services sessions, a monthly Tech Cafe, and multiple one on one tech Q&A sessions. Providing access to LinkedIn Learning, enabling library users to access online, self-paced courses. In conjunction with Ageing Well, programs provided for older adults on financial wellbeing, accessing affordable housing and planning for retirement. Focus on digital literacy and online safety for older adults including the Snap, Send, Solve app support sessions, My Digital Library, Understanding Tech terminology, Fun with Robotics and Virtual Reality. Other information literacy sessions included Scam Watch, reading URLs and a session on demystifying the referendum process.	
<b>8.4 Supporting innovative programs which encourage skill development in young people</b>	Through Youth Services, around 120 skill development programs offered to young people in areas of health and wellbeing, mental health resilience, leadership, life skills, music industry, youth-led facilitation, inclusion and event organisation.	
<b>8.5 Encouraging participation and engagement in learning opportunities provided by local organisations</b>	Support and promote learning programs and opportunities offered by local organisations including Neighbourhood Houses and BREAZE, through promotions, provision of venues and facilities, Community Impact Grants and Partnership Grants. Intercultural Cities team actively support multicultural communities with grant writing to facilitate delivery of events or projects.	
<b>Open space and recreation</b>		
<b>9.1 Increasing inclusive sport and active recreation</b>	Ballarat Aquatic and Lifestyle Centre has specifically engaged with priority groups to increase inclusivity at the centre and has regularly offered events such as Pride Swim and Gym Night. Developed and endorsed a Fair Access Policy to address known barriers experienced by women and girls in accessing community sports infrastructure and extending this to other intersectional impacts.	

Strategies	Work completed or in progress in the past 12 months	Health priorities
<b>Open space and recreation</b>		
<b>9.2 Providing and promoting flexible, diverse and accessible recreation and leisure opportunities</b>	Supporting a range of free recreation programs including Disc Golf, Parkrun, fitness parks and walking programs. Over 626,000 people attended the Ballarat Aquatic and Lifestyle Centre, and 36 schools enrolled in the Learn to Swim program. Programs for Seniors at BALC include cycle, gymnastics, fitness classes, and water-based exercise. Spotlight on Sebastopol program included numerous works on open space, bike paths, skate park, senior exercise equipment, basketball courts and lighting. Social Activities program for over 55's including Qigong, Tai Chi, Pilates, Dance and Seniors Exercise Park activations had 2725 participants over 11 months.	
<b>9.3 Planning, providing and maintaining sporting facilities and grounds and playspaces</b>	Developed and adopted a Recreation Infrastructure Plan 2024-2039, which includes a hierarchy of facilities and 15-year timeline of works. Lighting and oval works completed at Marty Busch Reserve, planning phase started for new pavillion, facilities and changerooms at Frank Bourke Oval. Victoria Park redevelopment now completed which includes new soccer pitches, cricket nets, lighting and upgraded pavillion. Planning for an expansion to the recycled water network supplying Lake Wendouree, Victoria Park and Wendouree West Recreation Reserve. Prince of Wales hockey pitch surface renewal will be completed Oct 2024. New play space installed as part of the Bridge Mall upgrade. Installation of the Sensory Friendly Stay and Play Zone at the Victoria Park Inclusive Play Space.	
<b>9.4 Planning and developing new open space areas</b>	Planted 1800 trees, plus 3200 smaller plants and ground covers. The Urban Forest Action Plan details the areas where the canopy cover is lowest and where tree planting will be directed. The total number of trees in the City of Ballarat asset management system is now 86,691.	
<b>9.5 Increasing tree planting across the city, with a focus on low socio-economic areas and public areas in the CBD</b>	Planted 1800 trees, plus 3200 smaller plants and ground covers. The Urban Forest Action Plan details the areas where the canopy cover is lowest and where tree planting will be directed. The total number of trees in the City of Ballarat asset management system is now 86,691.	

## Section 2:

# An analysis of progress against medium-term indicators in Liveability Domains

Medium-term indicators are used to track the implementation, progress or impact of a selection of projects associated with strategies in each liveability domain. The full list of indicators and measures are included in **Appendix 1**, with a selection of outcomes noted below.

Liveability Domain	Measures
<b>Active transport</b>	<ul style="list-style-type: none"> <li>Walkability for the whole municipality has decreased, which reflects the development of residential estates further away from the CBD.</li> <li>The average distance to the closest public transport stop increased, which reflects the change of bus routes. There has been an extensive advocacy campaign for improved bus services across the city.</li> <li>There were an additional 38km of newly constructed footpaths and cycle paths in the past year, delivered not only through the capital works program but also through developer contributions.</li> <li>73% of women and 72% of men 'agreed' or 'strongly agreed' that Ballarat was easy to cycle and walk around in the Community Satisfaction Survey. This figure dropped to 69% for people aged over 65 and 68% for people aged 50-64.</li> </ul>
<b>Community Participation</b>	<ul style="list-style-type: none"> <li>The social infrastructure index has dropped to an average of 3.4 (out of 16). This means that on average people are only within the threshold distance (ranging between 800m and 3200m) of 3.4 of the 16 health, sport, education, culture and community facilities measured for the index. It is typical for the index to drop when a city is expanding growth areas away from the CBD.</li> <li>The 2 community hubs (Lucas and Djila-tjaariu) had 1579 hours of community bookings in the past year, mostly for Lucas, as Djila-tjaariu only opened in February 2024. This cannot be compared to 2021 as Lucas Hub was used as a COVID-19 testing site at that time.</li> <li>The indicator for community engagement was based on unique engagements through the MySay platform, which was 2764 in the past 12 months.</li> <li>There was a 43% increase in visits to the libraries in 2023-24 when compared to 2020-21, when visits were impacted by COVID-19 restrictions.</li> </ul>
<b>Community Safety</b>	<ul style="list-style-type: none"> <li>66% of women, 69% of men and only 56% of people aged 18 to 34 'agreed' or 'strongly agreed' that Ballarat is a safe place to live on the Community Satisfaction Survey. For people over the age of 65, this proportion increased to 74%.</li> <li>286 staff have completed online EEO and Gender training, and a further 50 have undertaken Bystander training sessions.</li> <li>There were 2665 community members attending library programs which came under the areas of 'stronger and more creative communities' and 'informed and connected citizens'.</li> </ul>
<b>Employment</b>	<ul style="list-style-type: none"> <li>There was a 17% increase of new businesses registered for GST, between March 2021 to March 2024.</li> <li>There has been a 10% increase in the size of the workforce in Ballarat in the three years between June 2020 and June 2023, which would have been impacted by COVID-19.</li> <li>Between November 2020 and April 2022, 27 new culturally diverse residents were supported to find local employment through pathway programs.</li> <li>In the past year the Highlands LLEN arranged for work placements for 44 students with the City of Ballarat. There are also 5 apprentices and 4 traineeships currently with the City of Ballarat. There are also many tertiary students who do extensive placements at the City of Ballarat to fulfill course requirements. Future reviews will hopefully capture this detail as well.</li> </ul>
<b>Food</b>	<ul style="list-style-type: none"> <li>Across the whole municipality, the average distance to the closest supermarket or greengrocer is 1540m which is slightly less than the average three years ago. However, the range extends from 325m in the CBD through to 3km in outer urban areas.</li> <li>The average distance to the closest fast-food outlet is 2090m, which is slightly longer than three years ago, with the range extending from 250m in the CBD through to 5km in the outer urban areas of the municipality.</li> <li>The number of community food programs are increasing with 64 programs including school food gardens, breakfast programs, community gardens and food relief programs.</li> <li>Following a program of customer surveying, marketing and staff training the number of sugary drinks sold at the Eureka pool kiosk dropped from 52% to 36%. In 2024, have surveyed BALC clients and working with café staff to increase the promotion of healthy food and drinks at the café.</li> </ul>

Liveability Domain	Measures
<b>Health and Social Services</b>	<ul style="list-style-type: none"> <li>• The average distance to an off-licence liquor outlet in Ballarat is 962m which is slightly less than the average in 2018.</li> <li>• The average distance to an off-licence liquor outlet in Ballarat is 962m which is slightly less than the average in 2018.</li> <li>• Funding for the Library After Dark gambling harm prevention program, which provided programming at the Sebastopol Library on Thursday evenings, has now finished. However, the Sebastopol Library now opens until 8pm on Thursdays and the Ballarat Library is open until 7pm on Wednesdays.</li> <li>• There are three council facilities which have extended the minimum no smoking or vaping zone, Girrabanya Centre, Eastwood Leisure Complex and the Regional Soccer Facility.</li> <li>• 33 men graduated from the free 10-week health and wellbeing program, Sons of the West in 2024. Demand for the Daughter's of the West program has continued to grow, 67 women attended in 2023 with both a day and evening session on offer.</li> </ul>
<b>Housing</b>	<ul style="list-style-type: none"> <li>• Unfortunately, the proportion of social housing in the municipality has dropped from 4.4% to 3.8%, and the total number of houses rented as social housing has dropped by 36 houses over the past 5 years.</li> <li>• At the time of the last census (Aug 2021) 58% of low-income rental households were spending more than 30% of their income on rent, which places them in rental stress. As housing costs have increased over the past few years, this percentage is likely to have increased.</li> <li>• Dwelling density increased slightly to an average of 2138 dwellings within 1600m, a higher dwelling density increases local retail, jobs, services, and infrastructure, and encourages walking and cycling.</li> <li>• 77% of all dwellings have 3 or more bedrooms (an increase from 73% in 2016), which reflects a mismatch of dwelling types to the growing proportion of single person households.</li> <li>• There were 63 referrals from the City of Ballarat to local homelessness services in the 2023-24 year. This is a large increase from the 14 referrals made in 2020-2021, which reflects a combination of temporary accommodation and other restrictions during COVID-19, improved workflow processes for City of Ballarat to respond to homelessness requests, plus a significant increase in homelessness and visibility of rough sleepers in the CBD.</li> </ul>
<b>Lifelong Learning</b>	<ul style="list-style-type: none"> <li>• 21.7% of children starting school in Ballarat in 2021 were considered developmentally vulnerable in at least one of the 5 domains tested: physical, social, emotional, language and communication. This is an increase from 2018 when the percentage was 19.6% and is usually slightly higher than the average for Victoria, however the figure has remained around 20% since 2009.</li> <li>• 17,865 people participated in library-based programs in 2023-24. Numbers have gradually increased each year since COVID-19 restrictions and were also impacted by the Ballarat Library renovations.</li> <li>• 120 skill development programs were offered to young people in areas such as health and wellbeing, mental health resilience, leadership, life skills, music industry, youth-led facilitation, inclusion and event organisation</li> </ul>
<b>Open Space and Recreation</b>	<ul style="list-style-type: none"> <li>• The average distance to the closest public open space larger than 1.5 hectares is 577m. This distance is considered relatively close for access to large multipurpose open space areas.</li> <li>• 1815 trees were planted in 2023-24 as part of the Urban Forest Action Plan in addition to 3200 shrubs and low groundcovers.</li> <li>• Nearly 680,000 visitors to the Ballarat Aquatic and Lifestyle Centre in 2023-24, which is a participation rate of 6.21. The rate has now surpassed that in 2019 after a large decrease in the post COVID-19 years.</li> </ul>

## Section 3: An update of the state of long-term indicators by Health Priorities

In the Health and Wellbeing Plan 2021-2031, long-term indicators are included to ensure the status of health priority areas are monitored across the local population. Many of the indicators are influenced by multiple factors and we would not expect to observe change across the whole population over a 4-year period or expect changes due to delivery of council programs and services.

Indicator results collected through surveys such as the Victorian Population Health Survey should not be compared to previous surveys but can be compared to the state average for that year to determine comparable status.

If the result for Ballarat is significantly different to the state average, it is included in the notes below.

Full results are included in **Appendix 2**.

Health Priority	Significant changes to note
Tackling climate change and its impact on health	<ul style="list-style-type: none"> <li>Drop in corporate emissions and total CO2 emissions across the municipality due to <b>a switch to renewable energy by multiple agencies</b></li> </ul>
Preventing all forms of violence	<ul style="list-style-type: none"> <li><b>Family violence rates are 51% higher than the state average and have been consistently 30-45% higher than state average over the past 5 years.</b></li> <li>The rate for <b>assaults in high alcohol hours (Fridays and Saturdays 8pm – 6am) is particularly high for males and for people aged under 24, and is well above state levels.</b> However, the total rate of assaults in high alcohol hours has nearly halved over the past 10 years.</li> </ul>
Increasing healthy eating	<ul style="list-style-type: none"> <li><b>The rate of obesity (30.4%) is significantly higher in Ballarat than the average across the state (23.0%).</b> In addition, a further 29.3% of the population are overweight.</li> <li>There is a significant proportion of the <b>community (31.9%) who are either definitely worried (12.6%) or sometimes worried (19.3%) about food insecurity.</b> Across the state higher rates of worry about food insecurity are reported in younger people and women.</li> <li>There is a significantly higher proportion of the adult population in Ballarat (39.0% compared to state average of 32.3%) who <b>avoided or delayed visiting a dental professional because of the cost.</b> Across the state there are particularly higher rates observed in younger women.</li> </ul>
Improving mental wellbeing	<ul style="list-style-type: none"> <li>The proportion of <b>adults in Ballarat experiencing loneliness is 29.2%, significantly higher than the state average of 23.3%.</b> Across the state particularly high rates are observed in young men and women aged 18-24 (32.1%) and 25-34 (26.0%). Note loneliness is a lack of connection and desire for more satisfying relationships, and is considered quite different to social isolation, which refers to fewer social relationships and infrequent social contact.</li> <li>There was a <b>significantly lower proportion of people who showed a tolerance for diversity</b> with 57.1% responding that 'Multiculturalism definitely makes life in the area better' compared to 66.5% for the state average. Across the state lower tolerances are observed in rural areas, and men aged over 65.</li> <li>Across the state rates of <b>psychological distress are particularly high in women aged 18-24 (41.6%) and 25-34 (26.8%).</b> For men the highest rates are also for the 18-24 age group (24.1%). For Ballarat there was a significantly higher rate of adults (25.6%) who had sought help for a mental health problem in the past 12 months compared to the state average of 20.1%.</li> <li>There was a <b>significantly higher rate of adults (29.9%) reporting only fair or poor self-reported health status</b> compared to 20.9% statewide. For this measure, across the state, higher rates are observed in rural areas and men aged 55-74 and women aged 55-64.</li> </ul>
Reducing harm from smoking, gambling, alcohol and other drugs	<ul style="list-style-type: none"> <li>In Ballarat the <b>average loss per person per year on EGMs (pokies) in 2022-23 was \$708,</b> compared to \$575 across the state. The average loss increased to more than was recorded in 2017 following a brief drop during the COVID-19 restricted periods.</li> <li><b>Pharmaceutical drug-related ambulance attendances are significantly high in Ballarat, and particularly high for females</b> with a rate of 346.5/100,000 compared to 189.4/100,000 for the state. The rate for illicit drug related ambulance attendances for females is 204.2/100,000. For males the illicit drug-related ambulance attendance rates (247.3/100,000) are higher than prescription drug-related rates (177.9/100,000). Rates are particularly high in younger age groups (20-24 years – the rate is 558.7/100,000), but generally high from ages 18 to 54. Rates have dropped across the state in the past few years following an awareness program for GPs to reduce the rate of opioid prescriptions.</li> </ul>

## Section 4: Selection of Evaluated Projects

The following projects which addressed strategies and health priorities in the H&WP had evaluations undertaken:

- **Parent Place Outreach pilot** the outreach model proved successful in raising the awareness of and access to services through Parent Place, and resulted in ongoing resourcing for the outreach service
- **Sons and Daughters of the West programs** evaluated through Victoria University, shows the positive health impact on participants, the increased connection to local services and programs, and greater awareness of health issues and screening programs
- **Active 2 School program** evaluation reported an increase in active travel to schools involved in the program
- **Sustainability in Schools program** evaluation showed increase in awareness of students about sustainability initiatives and how to advocate for change, increased connection between the school and local sustainability organisations, increased connection between the school and City of Ballarat staff, facilities and programs
- **Empowering Communities Grant Program** evaluated externally, gave insight into how effectively this program was implemented, impact on stakeholder relationships, and outcomes in relation to understanding community safety issues and designing crime prevention initiatives
- **Local Food Environment Policy Index** evaluated the food system work undertaken as part of the Food Strategy using a best practice framework from Deakin University and an external assessment panel
- **Eat Well Feel Good** evaluated by Ballarat Community Health who partnered on a healthy eating branding and promotional campaign undertaken at Selkirk Stadium and Eureka pool
- **Central Highlands Vaping Prevention project** currently developing evaluation plan in conjunction with partners and with guidance from LaTrobe University
- **Pride Swim and Gym nights** – evaluated event to improve inclusiveness of the Ballarat Aquatic and Lifestyle Centre for LGBTIQ+ communities

# Appendix 1: Medium-term indicators

## Sources:

ABR – Australian Business Register

ABS – Australian Bureau of Statistics - Census

AEDC – Australian Early Development Census

AUO – Australian Urban Observatory

CoB – Collected internally by City of Ballarat

CSS – Community Satisfaction Survey

NIEIR – National Institute of Economic and Industry Research – Modelled series

Liveability Domain	#	Indicator	Source	Baseline Year	Baseline Measure	Review Year	Review Measure	Notes
Active Transport	1	Walkability for Transport Index - LGA level	AUO	2018	-1.3	2021	-1.4	Calculation based on land use mix and services of daily living, street connectivity and dwelling density. Reduction reflects increase in growth areas from 2018 to 2021.
	2	Average distance to closest public transport stop - LGA level	AUO	2018	385.1m	2021	465.2m	Increased distance reflects a change of routes and reduction of bus services between 2018 and 2021.
	3	Additional metres of footpaths and cycle paths	CoB	2020-21	40340m	2022-23	38462m	Metres of newly constructed footpaths and cycle paths including CoB Capital Works projects, developer contributed and/or gifted to CoB in past financial year.
	4a	Number of users of cycle and walking paths	CoB					Indicator changed to 4b – information collected through the Community Satisfaction Survey.
	4b	Ease of cycling and walking	CSS	2023	70%	2024	73%	Women 73%, Men 72%, Age 50-64 68%, 65+ 69%
Community participation	5	Social Infrastructure Index	AUO	2018	3.7/16	2021	3.4/16	Average score across the LGA of proximity to social infrastructure based on recognised thresholds (from 1000-3200m) for 16 infrastructure facilities including health (6), education (4), community and sport (3) and cultural (3) facilities.
	6	Hours of bookings for community hub usage	CoB	2020-21	Community Hub access impacted by COVID-19	2023-24	1579.5 hours	Lucas Hub was closed for part of 2021 and used as a COVID-19 testing clinic. Djila-tjaariu Hub opened Feb 2024. Lucas Hub – 1240.5 hours, Djila-tjaariu Hub – 339 hours
	7a	Number of residents engaged on City of Ballarat projects	CoB	2020-21	2750			Difficult to collect consistently, use 7b. Large increase in engagements in past 12 months from 28 last year

	7b	Number of unique contributors to City of Ballarat engagements through the MySay platform	CoB			2023-24	2764	to 45 this FY. Also an increase in the number of CoB teams undertaking engagement from 11 in 2022-23 to 20 in 2023-24.
	8	Number of library visits	CoB	2020-21	136,678	2023-24	195,074	Includes all visits to Ballarat, Sebastopol and Wendouree libraries plus outreach visits to Buninyong, Delacombe, Eureka and Lucas over a 12 month period. Numbers increased post COVID-19 declines.
Community safety	9a	Perception of safety through place-based surveys	CoB					Not measured, will use indicator 9b which is measured through the Community Satisfaction Survey.
	9b	Community perception of Ballarat being a safe place to live	CSS	2021	73%	2024	67%	Answers combine those that 'agree' and 'strongly agree' - Women 66%, Men 69% Ages 18-34 56%, 65+ 74%
	10	Participation in gender equity and bystander training	CoB	2020-21	335	2023-24	286	Staff completed online modules on EEO and Gender plus 50 staff completed Bystander training.
	11a	Participation in library programs developed for the Aboriginal and Torres Strait Islander community	CoB					Use indicator 11b which aligns with library reporting
	11b	Participation in library programs that support expressions of culture, identity and community pride	CoB	2020-21	Library programs impacted by COVID-19	2023-24	2665	People attended programs under program types of 'stronger and more creative communities' and 'informed and connected citizens'
Employment	12a	Annual increase in number of businesses	ABR					Use indicator 12b
	12b	Number of GST registered businesses – all industries	ABR	March 2021	9709	March 2024	11366	Information available from the online id economy platform.
	13	Total workforce employed	NIEIR	June 2020	56283	June 2023	62005	
	14	Number of new residents placed in work through pathway programs	CoB			Nov 2020-April 2022	27 emp. outcomes < 3 months	Program not continued beyond 2022.
	15	Number of students and apprentices supported at City of Ballarat	CoB	2022	19	2023-24	44	Work experience students organised through Highlands LLEN. Currently 5 apprentices and 4 traineeships.
Food	16	Average distance to closest healthy food outlet (supermarket or greengrocer)	AUO	2018	1552m	2021	1540m	Most people will not readily walk more than 1km especially if carrying heavy items. Ranges from 325m in the CBD to 3km in outer urban areas.



	17	Average distance to closest fast-food outlet	AUO	2018	2075m	2021	2090m	Range extends from 250m in the CBD through to 9km in the outer urban areas (does not include rural areas).
	18	Number of community food programs	CoB	2020	59	2024	64	Includes schools' food gardens and breakfast programs, community gardens, food relief
	19	Percentage of sugary drinks sold at City of Ballarat-managed facilities	CoB	2021-22	52%	2023	36%	Eureka Pool - Using numbers of red drinks sold rather than volume
						2024	68%	BALC café – FoodChecker results
Health and Social Services	20	Average distance to closest off-licence alcohol outlet	AUO	2018	980m	2021	962m	Retailers who sell alcohol which can be purchased and taken away to be consumed elsewhere are known as off-licence.
	21	Participation in City of Ballarat-run social alternatives to gambling	CoB	2021-22	1657			Funding for the Library After Dark program has finished however Sebastopol Library now open until 8pm on Thursdays. Ballarat Library open until 7pm on Wednesdays.
	22	Number of City of Ballarat facilities with greater than minimum requirement smoke-free zones	CoB	2021	3	2024	3	The three council facilities which have a larger smoke-free zone include Girrabanya Centre, Eastwood Leisure Complex and the Regional Soccer Facility.
	23	Participation in Sons and Daughters of the West programs	CoB	2021	SOTW – 35 DOTW - 30	2023-24	SOTW – 33 DOTW - 67	The demand for the 10 week health and wellbeing program Daughters of the West has continued to grow, expanding to 2 venues and daytime and evening sessions.
Housing	24	Percentage of dwellings that are government owned or community housing	ABS	2016	4.4%	2021	3.8%	Total households renting social housing in 2021 was 1762 which is a drop of 36 houses from 5 years previously.
	25	Percentage of rental households in the bottom 40% of incomes who spend more than 30% of their income on housing	AUO	2018	61%	2021	57.6%	For low income households, spending more than 30% of income on housing places a household in rental stress.
	26a	Average dwelling density per hectare	AUO					AUO changed the wording of this indicator to 26b. A higher dwelling density increases local retail, jobs, services and infrastructure, and also encourages walking and cycling.
	26b	Average number of dwellings within 1600m	AUO	2018	2115	2021	2138	
	27	Percentage of 3+ bedroom dwellings	ABS	2016	73.2%	2021	76.7%	Reflects a mismatch of dwelling types to the growing proportion of single person households.
	28	City of Ballarat referrals to homelessness services	CoB	2020-21	14	2023-24	63	The reason for this large increase might be a combination of improved workflow processes as well as a significant increase in homelessness / visibility of rough sleepers in the CBD.

Lifelong Learning	29	Percentage of children vulnerable in one or more AEDC domains	AEDC	2018	19.6%	2021	21.7%	Percentage of Prep children considered developmentally vulnerable in at least one of 5 key domains including physical, social, emotional, language and communication. Hence a total of 283 of 1374 children for 2021 considered vulnerable.
	30	Participation in library-based programs	CoB	2020-21	4200	2023-24	17865	These programs were significantly impacted by COVID-19 restrictions in the 2020-21 and 2021-22 periods.
	31	Number of skill development programs offered to young people	CoB			2023	120	Youth Strategy endorsed 2022 – skill development programs in areas of health and wellbeing, mental health resilience, leadership, life skills, music industry, youth-led facilitation, inclusion, event organisation
Open Space and Recreation	32	Average distance to closest public open space larger than 1.5 hectares	AUO	2018	554m	2021	577m	Large open spaces appeal to broad sections of the community as they can be used for multiple purposes and often include more amenities. This distance is considered quite close for access.
	33	Annual number of trees planted	CoB	2021-22	1953	2023-24	1815	Trees planted as part of the Urban Forest Action Plan to increase canopy cover to 40%, with a focus on low SES areas. Also an additional 3200 shrubs and low groundcovers.
	34	Participation levels at BALC (Number of visits to aquatic facilities / municipal population)	CoB	2021	1.87	2024	6.21	Nearly 680,000 visits over the year. Rate has now surpassed that in 2019 prior to a large drop-off over the post COVID-19 years.

## Appendix 2: Long-term indicators

### Sources:

ABS – Australian Bureau of Statistics – Census

AoD – AoDstats by Turning Point

API – Australian Photovoltaic Institute

CoB – Collected internally by City of Ballarat

CSA – Crime Statistics Agency

SC – Snapshot Climate

VPHS – Victorian Population Health Survey

VIS – VicHealth Indicator Survey

VSHAWS – Victorian Student Health and Wellbeing Survey

VGCCC – Victorian Gambling and Casino Control Commission

Health Priority	#	Indicator	Source	Baseline Year	Baseline Measure	Review Year	Review Measure	Notes
Tackling climate change and its impact on health	35	Proportion of tree canopy cover	CoB	2018	17%	2023	17.3%	Measured across private property and public land within typical urban landscapes.
	36	Annual corporate emissions	CoB	2019-20	35697 t/year	2022	26359 t/year	Emissions reduced due to change to street lighting program and switch to renewable energy.
	37	Potable water consumption per person	CoB			2023	Existing homes 184 L/p/day Growth suburbs 159 L/p/day Smaller towns and villages 200 L/p/day	Original plan mentioned 2.3KL/capita which was the Council water use on sports fields, parks and gardens. However, the updated figure is residential water use with targets outlined in the State of the Environment Report 2024 and Ballarat Integrated Water Management Plan 2018
	38	Total CO <sub>2</sub> emissions across LGA	SC	2018-19	1.576 Mt	2021-22	1.383 Mt	Drop in emissions mainly due to drop in commercial and industrial electrical emissions.
	39	Estimated installed capacity across LGA - solar	API	2019	47225 kW	2024	93873 kW	Installations 12814 (24.5% of dwellings) Estimated installed capacity: Residential 63355 kW – installations 12183 Commercial 20358 kW – installations 617 Power stations 10160 kW – installations 14
Preventing all forms of violence	40	Rate of Family Violence incidents (per 100,000)	CSA	2019-20 2020-21 2021-22 2022-23	1758 2088 1760 1892	2023-24	2143	Currently at the highest rate measured over the past 5 years, consistently at least 30-45% higher than state averages and currently 51% higher than state average.

	41	Rate of assaults perpetrated by females that occur in high alcohol hours (per 100,000)	AoD	2018-19 2019-20 2020-21	168.5 136.0 139.9	2021-22	116.4	High alcohol hours are Fridays or Saturdays 8pm – 6am. The rate for people in Ballarat aged 20-24 years is 336.9/100,000. The state rate for assaults is 85.5/100,000.	
	42	Rate of assaults perpetrated by males that occur in high alcohol hours (per 100,000)	AoD	2018-19 2019-20 2020-21	174.7 129.1 147.9	2021-22	160.8		
	43	Proportion of adults who feel safe walking alone in their local area after dark	VIS	41.9%	2015				Not remeasured since 2015, will use the data from the Community Satisfaction Survey within the medium-term indicators section.
	44	Low gender equality score	VIS	2015	35%				Not measured since 2015 – will be replaced with other indicators
Increasing healthy eating	45	Proportion of adults who consume 3-4 servings of vegetables daily	VPHS	2017	28.6%			Not measured since 2017, will monitor and add additional indicators	
	46	Proportion of adults who consume sugar-sweetened drinks daily	VPHS			2023	37.9%	In 2023 survey question included 'daily or several times per week' – across the state heavily skewed towards younger men 18-34 (51-60%) and younger women 18-24 (38-46%)	
	47	Proportion of adults who eat takeaway meals or snacks more than once per week	VPHS	2017	16.7%			Not measured 2020 or 2023	
	48	Proportion of adults who are overweight or obese – females	VPHS			2023	30.4% (obese) 29.3% (overweight)	Obesity rate significant when compared to state average of 23%. Data disaggregated at state level only, strong skew towards rural areas having higher rates of overweight and obesity. Highest rates in males aged 45-74 (69-72%), and females aged 45-74 (55-60%).	
	49	Proportion of adults who are overweight or obese – males	VPHS			2023			
	49a	Proportion of people who experienced food insecurity in the last year	VPHS			2023	7.6%	State average of 8%. Across the state the highest levels of food insecurity were reported by men (11.1%) and women (14%) aged 18-24.	
	49b	Proportion of people who are worried about food insecurity in the past year	VPHS			2023	12.6% - yes, definitely 19.3% - sometimes	In Ballarat we have a significantly lower proportion of people who are not or not often worried about food insecurity (68.1%) compared to the state average of 74.7%. Across the state higher rates are reported in younger age groups and women.	
	49c	Proportion of adult population who avoided or delayed visiting a dental professional because of the cost	VPHS			2023	39.0%		
Increasing active living	50	Proportion of adults who are sufficiently physically active	VPHS			2023	34.5% - at least 150min/week	45.9% - less than 150 minutes per week 18.5% - no moderate to vigorous physical activity	

	51	Proportion of young people who do the recommended amount of physical activity every day	VSHAWS	2018	20.7% (CH)			CH – Central Highlands Not measured since 2018
	52	Number of people who walk or cycle to work	ABS	2016	1625	2021	1568	Measured through ABS Census
Improving mental wellbeing	53	Proportion of adults who belong to an organised community group	VPHS	2014	32% Sports 22% Religion 19% School 30% Professional 24% Other	2019	(All CH) 23% Sports 16% Religion 15% School 18% Professional 25% Other	Not repeated at LGA level CH – Central Highlands
	53a	Proportion of adults experiencing loneliness	VPHS			2023	29.2%	The rate in Ballarat is significantly higher than state average (23.3%) and the third highest in the state. Across the state the percentage of people experiencing loneliness is significantly higher for younger age groups (< 34 years), with 32.1% of people under 24 considered lonely. Note – loneliness (lack of connection and desire for more satisfying relationships) is considered quite different to social isolation (few social relationships and infrequent social contact).
	53b	Proportion of adults who experienced discrimination in the last 12 months	VPHS			2023	16.6%	State level is 15.8% with women aged 25-34 experiencing the highest levels across the state 22.1%.
	53c	Proportion of adults who experienced racism in the last 12 months	VPHS			2023	4.8%	State level is 6.9%
	53d	Percentage of people by tolerance of diversity – ‘Multiculturalism makes life in your area better’	VPHS			2023	57.1% - yes, definitely 27.8% sometimes	The rate in Ballarat is significantly lower than the state level for ‘yes, definitely’ (66.5%) and significantly higher than the state level for ‘sometimes’ (21.6%). Across the state lower tolerances skewed to rural areas and also men over the age of 65.
	54	Proportion of adults who report that their life is worthwhile (low or medium scores)	VPHS	2017	18.2%			Not repeated, use 54b
	54a	Proportion of people by level of life satisfaction – low or medium	VPHS			2023	23.8%	State average is 22.0%

	55	Proportion of adults who have high or very high levels of psychological distress	VPHS			2023	21.6%	Not significantly different to state average of 19.1%. Women have much higher rates of distress with up to 41.6% of women aged 18-24 having high to very high rates, and 26.8% of women aged 25-34 also at high or very high rates. Highest rates in men are also younger years with 24.1% of men aged 18-24 and 20.8% of men aged 25-34 reporting high to very high rates of psychological distress.
	55a	Proportion of adults who sought professional help for a mental health problem in the last 12 months.	VPHS			2023	25.6%	Rate for Ballarat significantly higher than the state average of 20.1%. Across the state higher rates in women particularly aged 18-44 (23.3-28.9%). For men highest rates were also aged 18-44 (18.6-20.3%).
	55b	Proportion of people by self-reported health status – fair or poor	VPHS			2023	29.9%	Rate for Ballarat significantly higher than the state average of 20.9%. Across the state significantly higher rates in rural areas compared to metropolitan for both men and women, significantly higher rates for men aged 55-74, and women aged 55-64.
	56	Proportion of adults who are definitely able to get help from neighbours if needed	VPHS	2014	48.7%			Not repeated
Reducing harm from smoking, gambling, alcohol and other drugs	57	Proportion of adults who are current smokers – female	VPHS	2017	16.3%			Currently only able to access aggregated data at LGA level, see indicators 58a-c.
	58	Proportion of adults who are current smokers – male	VPHS	2017	14.9%			
	58a	Proportion of people who smoke tobacco or vape	VPHS			2023	19.5%	State average 18.5%. Across the state the age group of men most likely to smoke or vape are aged 25-44, for women the age group is 18-34.
	58b	Proportion of people who smoked tobacco daily	VPHS			2023	11.1%	The Ballarat rate was not significantly higher than state average (10%). Across the state for both men and women the highest rates of daily smokers were aged 45-64. Larger proportions of men smoke daily at all ages up to 74 compared to women, whereas more women aged over 74 smoked daily compared to men. A significantly higher proportion of women smoke daily in rural areas compared to metro.
	58c	Proportion of people who vaped daily or weekly	VPHS			2023	5.4%	State average 4.5%. Males vaping more than females, and in metro areas at a higher rate than rural areas – note these figures are only for people aged 18 and over. Most people who vape are vaping daily. Highest rates in younger men (daily) - state:

								18-24 – 8.8% 25-34 – 10.4% 35-44 – 6.4% Higher rates in young women (daily) - state: 18-24 – 10.8% 25-34 – 7.5% 35-44 – 2.9%
59	Proportion of adults with increased lifetime risks of alcohol-related harm	VPHS	2017	45.9%				Change wording to 59a
59a	Proportion of adults with increased risk of harm from alcohol-related disease or injury	VPHS			2023	12.6%		Slightly lower than state average of 13.1%. Highest percentages of people at risk of harm are men aged 55-74 (23.3-26.9%). Women at much lower percentages but same age group at greatest risk (10.6-11.0% for ages 55-74). Rural regional also have higher percentages of people drinking at increased risk compared to metropolitan areas. 64.5% at reduced risk of harm, 21.1% did not consume alcohol in the past year.
60	Average loss per person per year on EGMs (pokies)	VGCCC	2017 2021 2022	\$683 \$385 \$587	2023	\$708		The average loss per person per year for Victoria was \$575 in 2022-23. Lower levels of losses in 2021-22 due to COVID-19 restrictions.
61	Rate of pharmaceutical drug-related ambulance attendances – females (per 100,000)	AoD	2018-19 2019-20 2020-21 2021-22	316.5 298.3 412.9 375.4	2022-23	346.5		State average of 189.4/100,00 for females, and 123.4/100,000 for males. In Ballarat highest rates for 20-24 years (558.7/100,000), 25-34 years (320.4/100,000), 35-44 years (426.2/100,000), 45-54 years (335.9/100,000). Access to pharmaceuticals restricted during 2020. Awareness program by DHHS for GPs to reduce rate of opioid prescription in 2019.
62	Rate of pharmaceutical drug-related ambulance attendances – males (per 100,000)	AoD	2018-19 2019-20 2020-21 2021-22	196.0 203.9 230.5 174.9	2022-23	177.9		