



MOORABOOL HEALTH AND  
WELLBEING ACTION PLAN  
2017 - 2021

# THEME 1 - HEALTHY AND ACTIVE LIVING

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## Council Plan – Strategic Objective 4 Context 4A – Health and Wellbeing

### Benefits

- Local services accessible to those in need
- More resilient and self-reliant individuals and communities
- Healthier individuals and communities

### Glossary

BCC – Ballan Community Centre

BDHC – Ballan & District Health & Care

BMC – Bacchus Marsh College

CAFS – Child and Family Services

CAMS – Child and Adolescent Mental Health Services

CHPCP – Central Highlands Primary Care Partnership

CWA – Country Women’s Association

DET – Department of Education and Training

DJHS – Djerriwarrh Health Services

DNH – Darley Neighbourhood House

MSC – Moorabool Shire Council

OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	LEAD AGENCY PARTNERS & STAKEHOLDERS
Increased proportion of adults, adolescents and children who consume sufficient fruit and vegetables	Improve support and information for families to increase fruit and vegetable consumption	Cooking sessions with nutritious, cheap and easy to prepare recipes- including shared meal-cooking mentors	<b>A 5% increase in vegetable consumption (shared Central Highlands agreed measure)</b>	1	<b>Centacare</b> CAFS, DJHS dietician, DNH, BCC, BDHC, CWA
		Map the total number of fruit and vegetable retailers and pop ups, e.g. farmers markets, to identify current availability	Audit is completed. Areas where easy access to, and affordability of F&V are identified	1	<b>MSC – Environmental Health</b> CHPCP, MSC – Health Promotion Officer
		Pilot menu labelling with 2 food retailers to promote the % of vegetables in their meals- related to vegetable portion size Rollout of project in year 3 if pilot is successful	Consumer survey - Did this affect your choice of meal or venue?	2-3	<b>DJHS</b> BDHC, MSC – Environmental Health
	Improve food security and access to healthy foods in areas of disadvantage within Moorabool	Engage with local growers regarding opportunities to provide fruit/veg into areas of disadvantage	A 5% increase in fruit consumption - short term data survey participants on behaviour change	1-2	<b>MSC – Health Promotion Officer</b> Growers, Pastoral Care, Chamber of Commerce
		Promotion of Active Ageing and Community Access bus service to food outlets	Number of clients accessing the bus service	1	<b>MSC - Active Ageing and Community Access</b>
		Promote local community gardens, food swap, market gardens through a local network	Network formed	1-2	<b>Darley Community Art Garden</b> Ballan Community Gardens BDHC, DNH, MSC - Health Promotion Officer
		Implement a “Buy local” campaign – e.g. promotion, delivery, order, pickup	Campaign promoted	3	<b>MSC - Economic Development</b> Community organisations

OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	LEAD AGENCY PARTNERS & STAKEHOLDERS
Increased proportion of adults, adolescents and children who consume sufficient fruit and vegetables	Improve food security and access to healthy foods in areas of disadvantage within Moorabool	Edible Neighbourhoods – street installations, planted tubs, street fruit trees – council land	Areas identified, planting installed and accessible to the public	2-3	<b>MSC – Strategic and Sustainable Development</b> MSC - Early Years Community organisations
		Investigate opportunities to develop a Food is Free project. Implement and pilot Food is Free location in Moorabool	Action plan is developed Project piloted and evaluated	1-3	<b>Bacchus Marsh Produce Swap</b> Community Gardens, MEG, DNH, MSC – Health Promotion Officer
	Develop healthy catering policy	MSC to develop a healthy catering policy for meetings and events, based on the traffic light system.	<b>Working group developed Policy developed</b>	1	<b>MSC – Health Promotion Officer</b> MSC – Organisational Development
		Decreased proportion of adults, adolescents and children who consume sugar-sweetened beverages daily	Implement water nudge actions within MSC operated leisure facilities	MSC to review food and drinks sold at recreation venues	1
MSC to incentivise healthier options at leisure facilities	1			<b>MSC – Community and Recreation Development</b> MSC – Health Promotion Officer	

OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	LEAD AGENCY PARTNERS & STAKEHOLDERS
Decreased proportion of adults, adolescents and children who consume sugar-sweetened beverages daily	Implement water nudge actions within sporting facilities	Work with local sports clubs to implement water nudge initiatives » Audit current water nudges and water refill options » Provide information/support to implement change	5 -10% increase in the number of clubs providing water nudge initiatives	1-2	<b>Sports Central</b> MSC – Community and Recreation Development MSC – Health Promotion Officer <b>MSC - Organisational Development</b>
	Promote state wide water initiatives	Promote the H30 Challenge	Number of local signups Sports clubs promoted to	1-4	<b>MSC - Community and Recreation Development</b> Sports clubs
	Implement a water nudge in local school	Work with local secondary college to implement water nudges into their canteen	Pre/post data of school	2	<b>MSC – Health Promotion Officer</b> BMC
Increased proportion of adults, adolescents and children who are sufficiently physically active	Raise awareness and increase take up of informal and active recreation opportunities for women	Dedicated information on Council website about informal recreation opportunities	<b>A 5% increase in walking activity (Central Highlands shared priority)</b> Pre/Post group surveys Hits on website pages	1-2	<b>MSC – Community and Recreation Development</b>
		Promote Moorabool Shire tracks and trails on Victoria Walks website	Hits on website pages	2	<b>MSC – Strategic and Sustainable Development</b>
		MSC Early Years to provide regular monthly pram walking opportunities	Regular walks scheduled and promoted Attendance at groups	1	<b>MSC - Early Years Services</b>

OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	LEAD AGENCY PARTNERS & STAKEHOLDERS
Increased proportion of adults, adolescents and children who are sufficiently physically active	Identify areas where safety concerns are a barrier to participation for women	Audit of recreation facilities and streets at night is conducted to assess safer access for women – Council’s fit for purpose assessments – Sports Central Audit template	Survey women using rec facilities at night – pre audit	1	<b>MSC – Strategic and Sustainable Development</b> Sports Central
	Recreation facilities including parks improve multi-use capabilities to encourage active recreation	Identify areas where fitness stations can be co-located with playgrounds, tracks or trails to increase opportunities for families to access exercise options	Fitness equipment included in playgrounds	2	<b>MSC – Community and Recreation Development</b>
		Council consider active by design principles when planning sports grounds and reserves e.g. including walking trails linking grounds			MSC - Assets
	Recreation facilities including parks encourage active recreation	Activate spaces to increase usage e.g. » Bring a friend/neighbour day for organised groups to improve take up » Pop up activities	2 activities provided	3	<b>MSC – Community and Recreation Development</b>
	All children and youth have access to sporting clubs and other physical activity	Consult with youth regarding what other physical activity they would like to participate in (social sports)	Consultation completed	1	<b>MSC - Youth</b>
		Provide some free come and try or pop up sessions for youth identified activities	Informal physical activity provided at Early Years and Youth events	1-2	<b>MSC - Youth &amp; Early Years</b>
		Include additional active play/ physical activity at youth week event, youth football event and early years events			
	MSC and schools promote and participate in Walk to School Month in October	An increase in school children participating	1-2	<b>MSC - Health Promotion Officer</b> MSC - Community Health and Safety – crossing supervisors Schools	

OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	LEAD AGENCY PARTNERS & STAKEHOLDERS
Increased proportion of adults, adolescents and children who are sufficiently physically active	All children and youth have access to sporting clubs and other physical activity	Identify a space/opportunities for Sports Central to be located at MSC to work on strategies	Space identified Collaboration opportunities identified	1	<b>Sports Central</b> MSC –Youth MSC – Community and Recreation Development
		Promote library sports equipment borrowing	Number of and items borrowed	1	<b>MSC - Library Services</b> Sports Central
		Audit sports clubs to see what is available for different age groups – identify gaps e.g. 15-19 year old girls and all abilities/inclusion » Provide tasters to lead to a social competition if need is identified	Audit completed	2	<b>Sports Central</b> MSC - Community and Recreation Development
	Advocate for all children and youth to have access to sporting clubs and other physical activity	Advocacy/discussion with sports clubs and gyms regarding access for all children – reducing barriers to participation	Discussions held with major sports clubs Opportunities promoted to the community	3	<b>MSC - Community and Recreation Development</b> Sports Clubs, Service Clubs, Sports Access Program
	Promote State Government active campaigns	Promote Active Campaigns to the community and internally within organisations e.g. Active April, This Girl Can September, Run Against Violence	Promotion completed Participation rates	1-2	<b>MSC –Health Promotion Officer</b> MSC - Environmental Health
	Proportion of Babies who are exclusively breastfeed to 6 months of age	Provide ante-natal and post-natal breastfeeding support through the Maternal and Child Health Breastfeeding Support Service	Identify current rates Work with local hospital and ante-natal service to identify opportunities for improvements to referral pathways Pilot a drop in session in addition to scheduled appointments and home visits	Increased referrals and appointments	1-2

## THEME 2 - IMPROVING RESILIENCE AND COMMUNITY SAFETY

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### Council Plan – Strategic Objective 4 Context 4A – Health and Wellbeing

#### Benefits

- Local services accessible to those in need
- Reduced anti-social behaviour
- Healthier individuals and communities

#### Glossary

AOD - Alcohol and Other Drugs

BDHC – Ballan District Health and Care

BMC - Bacchus Marsh College

CWA – Country Women’s Association

DET – Department of Education and Training

GP – General Practitioner

MCH – Maternal and Child Health

MDAG – Moorabool Drug Action Group

MSC – Moorabool Shire Council

PHN- Primary Health Network

U3A – University of the Third Age

WHG – Women’s Health Grampians

WRISC- Family Violence Services



OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	PARTNERS & STAKEHOLDERS
Reduced physical and mental health presentations and hospital admissions	Community is empowered to understand what role they can play	The community is aware of the responsible use of AOD through newsletters, website, FB e.g. Bystander	Online information is developed	1	<b>MDAG</b>
					MSC
Reduced physical and mental health presentations and hospital admissions	National campaigns are promoted	Participate and promote national AOD campaigns Egg Dry July, International Drug Overdose awareness day 31 August, RUOK day	National Campaigns are promoted	1	<b>MDAG</b>
					MSC
Best practice education delivered by experts in a range of settings	Education and training is provided	Education and training for professionals and community members is identified	Education and Training is provided	1-2	<b>MDAG</b>
		Council provide Active8 (mental health program) at BMC	Number of students participating	1-4	<b>MSC -Youth</b>
	Facilitation and participation in reference and action groups	Continued participation by MSC on the Central Highlands Crime Prevention Reference Group	Participation and membership	1-4	<b>MSC</b>
		Moorabool Drug Action Taskforce continue to play a role in education and advocacy	Participation and membership	1-4	<b>MDAG</b>
Schools are supported to address AOD issues	Linkages are maintained between Youth Services and Schools	MSC Youth Services establishes/ maintains strong linkages with school to support AOD issues	Networks maintained	1-4	<b>MSC- Youth Schools</b>
Alcohol is less accessible to the under-aged	Alcohol free zones and events are promoted	Dry Zone options for major events are encouraged and promoted Promote drug and alcohol free youth events – Freeza	Reduced supply of alcohol to under-aged	1-4	<b>MSC - Events</b>
					<b>MSC- Youth</b>
Alcohol is less accessible to the under-aged	Audit accessibility of alcohol	Council audits the concentration of alcohol outlets with a specific focus on identifying concentration in disadvantaged communities	Audit completed	3	<b>MSC</b>
	Alcohol based events at sporting clubs are reduced	Encourage sports groups to reduce alcohol based events Provide incentives for participation - Good Sports Program	Increase by 1-2 clubs by 2019	1-2	<b>Sports Central</b> MSC – Community and Recreation Development

OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	PARTNERS & STAKEHOLDERS
Awareness is raised in the community around sexual and reproductive health	Mapping of services and service gaps	Action group to scope existing services – identify baseline, gaps and opportunities e.g., sexual, reproductive services, safe schools program, Respectful Relationships Program, Doctors with interest in youth health	Mapping of services is completed Services and gaps are identified	1	<b>Action Group</b> MSC- MCH & Youth PHN's, GP's, WHG, DJHS, BDHC
	Targeted promotion and communication	Develop a promotion and communication strategy around where you can access services- targeting specific audiences	Awareness- re-use survey respondents of community survey (H&WB plan)from Have your Say platform (MSC)	2	<b>In partnership- Action Group</b> MSC, DJHS, BDHC
	Advocacy	Advocate for additional services, workforce education and training, and improved referral pathways	Increase in services provided or planned	3	<b>WHG</b> MSC, DJHS ,BDHC
	Awareness raising	Increase awareness and use of the State-wide Unplanned Pregnancy Hotline	Usage of hotline	4	<b>BDHC</b> MSC, DJHS
Increased awareness of service providers in regards to sexual health of older people	Healthy ageing and sexual health, education and resources	Provide education and resources that build the capacity and confidence of service providers in regards to sexual health of older people.	Number of education sessions/ attendance and resources provided	1-2	<b>MSC- Active Ageing and Community Access</b> La Trobe University & OPAL , DJHS BDHC Residential Care WHG Senior Citizens Aged care facilities U3A, CWA Men's Sheds
Increased local access to sexual and reproductive health services and information	Provide access to services related to diverse needs of the community	Doctors in Schools – Liaise with BMC Youth Services	% access of services Data on use of this service	1-2	<b>GPs</b> Schools, MSC Youth
Increased access to contraception and sexually transmitted infection prevention	Condom availability and condom vending machines are mapped	Investigate existing condom availability and opportunities to increase provision, targeting age groups, potential locations, accessibility and pricing	Number of venues where condoms are/are not accessible	1	<b>MSC –Health Promotion Officer</b> Young people
Increased access to contraception and sexually transmitted infection prevention	Condom vending machines are installed in identified services and community spaces	Trial condom availability options e.g. -school toilets -M&F, Nurses, GP clinics, MCH services community spaces, sporting clubs Advocate for change where mapping activity has identified barriers to accessibility	Decreased rate of sexually transmitted infections Increased availability of and sales of condoms via vending machines Increased awareness of condom vending machines	1-2	<b>WHG</b> MSC – Maternal and Child Health, Health Services, GP's Schools

OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	PARTNERS & STAKEHOLDERS
Increased access to contraception and sexually transmitted infection prevention	HPV- Gardasil vaccinations are promoted	Environmental Health work with secondary schools to increase uptake of HPV Vaccinations	Increase in complete schedule of vaccinations completed	2-3	<b>MSC – Environmental Health</b>
					Schools
The community has access to Mental Health services that meet their needs.	Improve access to mental health services in Moorabool	Map/Identify gaps in mental health services within Moorabool and surrounding areas.	Services are mapped	1	<b>MSC</b>
	Advocate to Improve access to mental health services in Moorabool	Advocate for the provision of locally based mental health services and outreach programs.	Evidence of advocacy to State and Federal governments, for the provision of locally based services. Increased State and Federal government funding Increased service provision to accommodate population growth	2-4	<b>MSC</b>
The community are aware of available mental health services	Inform the community about mental health services and how to access them	Provide centralised information for mental health services that identifies referral pathways and waiting times for services	Increased numbers of people access a greater range of mental health services across the municipality -Service provider data	2	<b>MSC</b>
Improved mental health for children and their families	Van Go project is delivered in Moorabool	Council partners with WRISC to deliver the Van Go pilot program	Referral data and evidence of participation in therapeutic programs	1	WRISC
					MSC – Early Years & Youth
The community understands and is aware of the impact mental health has on people’s lives	Address stigma associated with mental health.	Mental health awareness campaigns are promoted	Evidence of the promotion of mental health awareness campaigns and their promotion in the community	1-4	<b>DJHS</b>
		In partnership with service providers, Council will source and facilitate mental health professional development sessions to increase community understanding	Professional learning is sourced/ developed and implemented across the municipality Feedback surveys Attendance & evaluations	2-3	<b>MSC</b> CAFS ,Centacare DJHS ,BDHC CAMS,WRISC

OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	PARTNERS & STAKEHOLDERS
People's mental health is supported through engagement in their community	Opportunities for social and community connection are promoted.	Community group data base is available on Council's website to inform and improve access to and community clubs, groups and experiences.	MSC Community database is updated and available to the community on Councils website Council's website events section is utilised by the community to share information about their group, club or experience	1-2	<b>MSC-Health Promotion Officer</b>  MSC – Community and Recreation Development
		In partnership with service providers Council will provide, support and promote opportunities for social and community connection	Increased number of programs and opportunities for social and community connection promoted across the municipality -Increased usage of MSC facilities	1-4	<b>MSC</b>
Improved awareness and understanding of the links between mental health and holistic wellbeing	The pathways to good mental health are promoted in the community	Programs and information sessions that support the improved mental health and wellbeing of people are delivered across the municipality on a wide range of topics	Evidence of the delivery of programs and information sessions Attendance rates	2-3	<b>DJHS</b>  MSC, BDHC
We have inclusive communities	LGBTQI are supported/able to be themselves in their community	Investigate interest in the establishment of a gay/straight alliance - EOI development - Progress is made dependent upon consultation results	Community Engagement is completed	2-3	<b>MSC - Youth</b>  Young People, DET, Schools
	Improved language around diversity, and implement best practice	To identify or develop an audit tool to assist service providers to develop or revise materials where language is diverse/inclusive	How often tool is used Community focus group to provide feedback	2	<b>MSC</b>
Increased perception of safety for the aged, people with disabilities, women and children	Audit facilities and public spaces	Determine number of current audits (lighting, design principles, risk) Facilitate a night walk to identify safety concerns	Increase number of audits by 10%	1	<b>MSC - Assets</b>
	Develop Safety by Design policy	MSC to implement Safety by Design for new developments – e.g. lighting, line of sight, pathways	Developed Policy approved by Council	2-3	<b>MSC – Sustainable and Strategic Development</b>

OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	PARTNERS & STAKEHOLDERS
Increased perception of safety for the aged, people with disabilities, women and children	Develop a communication Strategy	Develop a communication strategy to improve public perception of safety	Based on the assessment of how many people feel safe - Vic Health indicators survey 2019 - Perceptions of Safety	1-4	<b>DJHS, WHG, Dept. of Justice</b> MSC
	Support Community Houses to run Know your Neighbour activities	Know Your Neighbour activities	Attendance rates at Neighbour activities -by age, gender, ability	2-3	<b>BDCH, DNH</b> MSC
	Investigate Safe Communities concepts	Committee to collate information around potential safe community programs and put together an action plan e.g. Neighbourhood watch	Action plan completed with recommendations	4	<b>H&amp;WB Committee,</b> Dept. of Justice, Victoria Police
A change in attitude in the community about Gender Equity (GE)	Organisations lead the way in modelling practices that underpin Gender Equality and GE in line with the WHG Regional CORE Plan	Review and development of Council polices to reference to gender equity where appropriate	MSC policies and practices support gender equity – e.g. sport facility user agreements Increased reference to gender equity in Council policies and practices.	1	<b>MSC</b> WHG
		Council to get approval for Act at Work – provided by Women’s Health Grampians	Act at Work implemented council staff trained	2	<b>MSC</b> WHG
	Organisations lead the way in modelling practices that underpin Gender Equality and GE	Organisations are encouraged to participate in Communities of Respect and Equality (CORE) MSC participates in the CORE Alliance	Increase in Moorabool organisations signing up to CORE	1-3	<b>WHG</b> MSC
	Support and promote programs that challenge gender stereotypes	Support community organisations to provide programs that challenge gender stereotypes -women in sport/ football - Respectful Relationships program in schools	Increased participation of women in sport 5 local schools participating in the Respectful Relationships program in 2017/18	1-3	<b>Sports Central</b> MSC, sports clubs, WHG, Darley Junior Football Netball Club , Bacchus Marsh Football Netball Club

OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	PARTNERS & STAKEHOLDERS
A change in attitude in the community about Gender Equity (GE)	Support and promote prevention of violence events	Walk with Her event (funding application in process DJHS)	Registration/attendance at events	1	DJHS MSC
		Partner with other organisations to run White Ribbon Day activities	Attendance at White Ribbon events Number of pledges	1-4	DJHS MSC,WHG
Diversity and inclusion is achieved through promoting respect and equality for everyone	Organisations obtain Rainbow Tick accreditation	Council investigates becoming Rainbow Tick accredited Promote and encourage sign up by other organisations	Council adopts Number of accredited organisations within Moorabool	2-3	MSC Sports groups, Community Groups, DJHS
	Moorabool is a recognised refugee welcome zone	Investigate Moorabool becoming a Refugee Welcome Zone	Council proposal developed	1-3	MSC Refugee Realities Group
	Adopt a cultural diversity position statement	Council develop a position statement around cultural diversity	Position Statement developed Position statement is adopted	1	MSC
Reduction in crimes against people	Participation in reference group	Continued participation in Central Highlands Crime Prevention Reference Group	Continued participation and active involvement	1-4	MSC
	Support Department of Justice to develop social enterprise project	MSC/Department Justice commence discussions around a social enterprise project – offenders/ training/community support	Number of repeat offenders in Moorabool Project plan developed	1	Dept. of Justice MSC

OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	PARTNERS & STAKEHOLDERS
Reduction in crimes against people	Support Department of Justice to develop social enterprise project	Social enterprise project commences in Moorabool	How much money is donated to the community	2-3	<b>Dept. of Justice</b>
					MSC
		Dept. Justice establish a place based one stop shop site in Bacchus Marsh	Shop front located in Bacchus Marsh established	1-4	<b>Dept. of Justice</b>
					MSC

## THEME 3 - IMPROVING EDUCATION AND EMPLOYMENT OPPORTUNITIES

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### Council Plan – Strategic Objective 3 Context 3B – Investment and Employment

#### Benefits

- Increased economic investment and job growth
- Improved lifestyles
- Decreased travel
- Increased community cohesion
- Improved employment and education opportunities
- Stimulated local economy and creating more resilient communities
- Connect local people to local jobs



OUTCOME	STRATEGY	ACTIONS	MEASURE	YEAR	PARTNERS & STAKEHOLDERS
Students are prepared and suitably skilled to facilitate entry into the workforce or to remain in education achieving higher levels of attainment	Explore opportunities to support workforce capacity	Engage with Bacchus Marsh College, Bacchus Marsh Grammar and adult and community education providers to explore: <ul style="list-style-type: none"> <li>• A 'work readiness' program for relevant students, to prepare them for fully participating in the local economy</li> <li>• How Council can support higher educational attainment amongst local youth and older adults.</li> <li>• The value of local small business courses or entrepreneurship competitions</li> </ul>	Program is established and trialled for 2 concurrent end of year 12 seasons.	2-3	<b>MSC</b>  Local business Education providers Other Councils
		<ul style="list-style-type: none"> <li>• Continue to monitor employer experiences with recruitment through business networks</li> <li>• Assist local job service providers to network with local employers</li> <li>• Work with Bacchus Marsh College, community and adult education services, and major employers to connect graduating students to local jobs</li> </ul>	Number of residents working locally	2-3	<b>MSC</b>  Local businesses
Higher levels of investment result in increased levels of educational attainment and access to improved opportunities for future development	Advocate for improved facilities and extended education and training services in Moorabool	Lobby for more focused investment in schools and identify training requirements that can be satisfied locally	Training identified	2-3	<b>MSC</b>  Educational providers
		Work with large training organisations to identify areas of potential for Moorabool, and the potential for an education precinct	Feasibility of an education precinct is examined	2-3	<b>MSC</b>  Educational providers
		Explore innovative partnership approaches with education providers in the wider region	Forum established with local educational providers	2-3	<b>MSC</b>  Educational providers