



BEING HEALTHY IN BAW BAW SHIRE

Public Health and Wellbeing Plan
2017-2021



Acknowledgements

Thank you to the adults, youth and children of Baw Baw communities who have shown interest in this plan, and have contributed their ideas, time and images.

We acknowledge and thank the Kurnai people who have helped to write this document. We acknowledge that the land that is currently known as Baw Baw Shire, is Kurnai Country and home to many First Nations people from many countries. We honour and pay respect to Kurnai Elders past and present, and all First Nations Elders who call this Country home.

Thank you to the Healthy Baw Baw Advisory Committee member organisations:

- Baw Baw Shire Council
- Central West Gippsland Primary Care Partnership
- Department of Health and Human Services
- Gippsland Primary Health Network
- Gippsland Women's Health
- GippSport
- Kurnai Nations
- Latrobe Community Health Services
- Quantum Support Services
- Ramahyuck District Aboriginal Corporation
- Victoria Police
- West Gippsland Healthcare Group



Thank you to other individuals and organisations currently associated with working groups:

- Individual Community Members
- Anglicare
- ASCO
- Baw Baw Food Hub
- Baw Baw Food Movement
- Baw Baw Emergency Food Relief Network
- Baw Baw Organics
- Baw Baw Sustainability Network
- Community Church Warragul
- Community College Gippsland
- Deep River
- Department of Education and Training
- Eastern Park Community Garden
- Food Relief Neerim District Inc.
- Foodbank Victoria
- Food retailers and wholesalers
- Food growers and producers
- Gardivalia
- Gippsland Jersey
- Gippsland Unwrapped
- Growing Together Baw Baw
- Honeypot Creative Solutions
- Labertouche Men's Shed
- Longwarry & District Lions Club
- Longwarry Community Garden
- Longwarry & District Lions Club
- Neerim District Food Relief
- Olivia's Place
- Secondbite
- Seventh Day Adventist Church, Longwarry
- St Vincent De Paul Drouin, Trafalgar & Warragul
- Salvation Army Community Support Services
- Soil management and agribusiness organisations
- The Ice Meltdown Project
- The Gazette
- The Crossing Café Drouin
- Warragul Farmers Market
- Warragul Kids Farmers Market
- Warragul & District Garden Club
- West Gippsland Library
- West Gippsland Healthcare Group
- Westernport Catchment Landcare Network
- Warragul Uniting Church
- Warragul Community House
- Wakefield, Vogrig and Boote Lawyers
- Work Solutions
- Youth for Christ

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We talk about prevention and healthy living, but how are you supposed to do that on your own if no one is there to work with you and help you?



Mayor's Foreword

Every one of us has a personal interest in health and wellbeing. In our own lives, being healthy and well makes it easy for us to get out of bed and not just tackle, but enjoy a new day. At a community level, we should be able to expect that we are safe in our environment, safe from injury as we move around, safe from sickness where we eat and drink and meet other people, and safe from long term harm from daily behaviours like what we eat, how active we are or what substances we use for recreation or managing health.



This Plan is a municipal plan which means it has been created by the wider Baw Baw community and will be carried out by a variety of organisations working cooperatively and in partnership with the community. Council is one member of an alliance of organisations working together for better health and wellbeing. I thank each of the current partner organisations of the Healthy Baw Baw Advisory Committee, and all individuals and organisations associated with the working groups for their role in working to promote, protect and improve health and wellbeing in Baw Baw.

Council and all the partner and associate organisations care about good health and wellbeing for people in Baw Baw. It is a fundamental part of building vibrant communities for strong people and strong economies. This benefits everyone. I invite other organisations and businesses who care about the health and wellbeing of their customers and employees to join us in this work.

We are proud of the achievements of the previous Public Health and Wellbeing Plan. One highlight is our better understanding of how our food system has improved (how the food we choose gets to us), and real actions have been taken to make it easier for more people to have better food on their table each day.

I am excited about this new Plan. Four key themes have been identified with a strong voice from the community. We plan to make changes that 1) Improve mental health, 2) Prevent violence and injury, 3) Encourage healthy eating and living, and 4) Reduce harm from gambling, tobacco, alcohol and other drugs. A fifth theme focuses on excellence in leadership that creates opportunities to protect, promote and improve health.

Each of these key themes is a complex issue for our general population. They do not occur in isolation and they won't necessarily change everywhere all at once. It is more likely that change will happen in communities, neighbourhoods, workplaces, clubs, organisations, homes and schools where local champions can influence the world around them, with the help of socially-minded organisations and businesses.

I look forward to the work ahead for better health and wellbeing.

Councillor Joe Gauci
Mayor of Baw Baw Shire

11 per cent of people said they cycle as a way to support their health and wellbeing.

Community Consultation
July 2017



Cyclists at Blue Rock Lake, Willow Grove

Purpose

The Baw Baw Public Health and Wellbeing Plan 2017-21 sets out to protect, improve and promote public health and wellbeing within Baw Baw. It is a statutory requirement under the *Public Health and Wellbeing Act 2008*. This plan utilises existing state-wide infrastructure and programs for action, such as the Victorian Government's Achievement Program and the Healthy Choices Guidelines as required by Victorian prevention and health promotion funded organisations.

Relationship to Other Plans

This Plan supports the Baw Baw 2050 Community Vision:

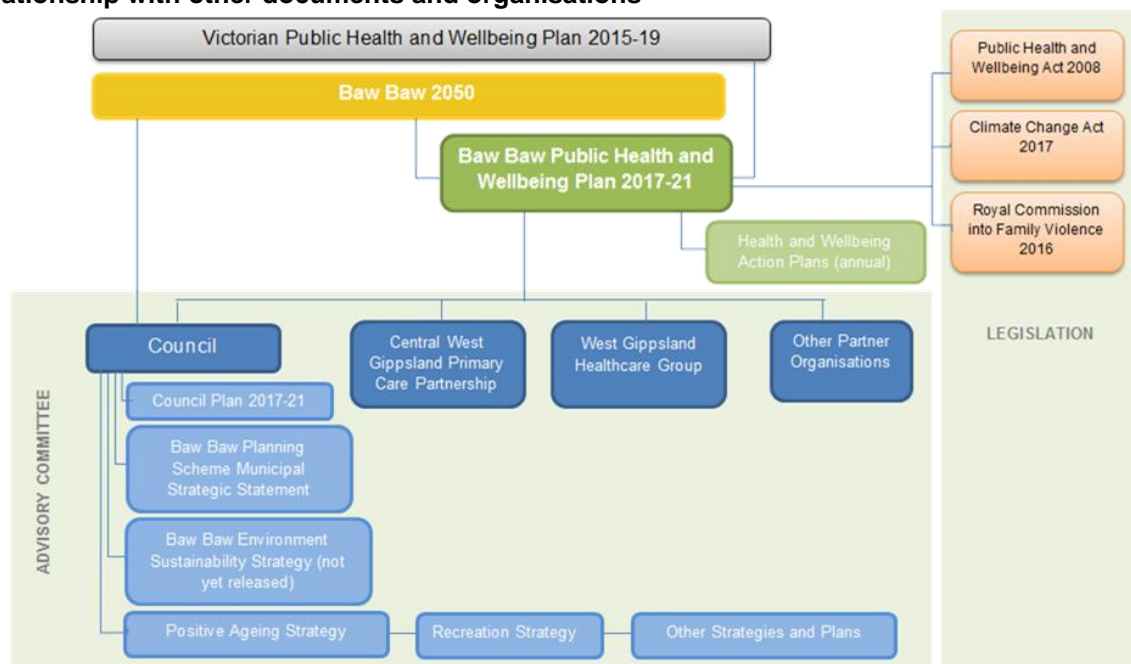
Happy healthy people sharing prosperity and knowledge from living sustainably and in harmony with our rural identity, thriving villages, productive and inspiring landscapes.

The Plan is a document for the whole municipality of Baw Baw. It has been developed with input from the people of Baw Baw, and from organisations that have a leading role in protecting, promoting and improving health and wellbeing for these people.

The plan has also been developed with respect to relevant State Government plans (in particular, the Victorian Public Health and Wellbeing Plan 2015-19), and with respect to the *Climate Change Act 2017* and *Recommendation 94 of the Royal Commission into Family Violence 2016*, which both reference the *Public Health and Wellbeing Act 2008*.

In 2016, Council established the [Healthy Baw Baw Advisory Committee](#). Members come from organisations that have a key role in health and wellbeing. The Committee prepares advice and recommendations for Council, and communicates with working groups and Council's other advisory committees who carry out the actions of the Plan. It oversees the development of the Plan, and annual reviews.

Relationship with other documents and organisations



The Spud Shed, Trafalgar



Over 14 per cent of people recognise that eating healthy and drinking water is helping to look after their health.

Community Consultation
July 2017

About Baw Baw Shire



Who are we?

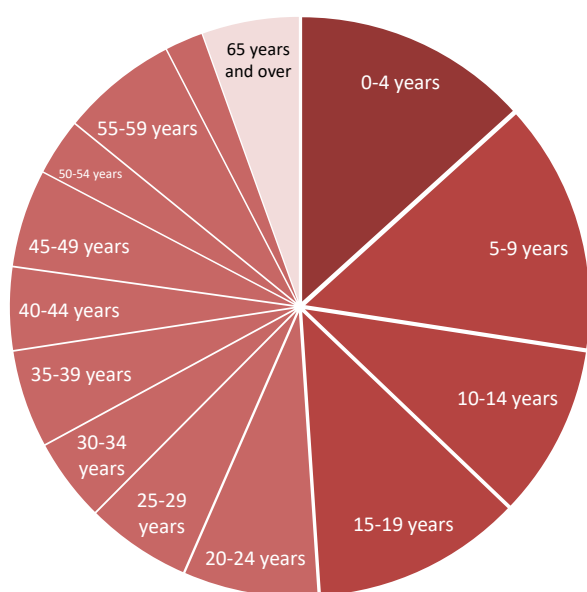
Baw Baw Shire is home to 48,500 people. Roughly a quarter of people are aged 19 years and under, 55% are classed as 'working age' (20-65 years) and 20% are aged over 65 years.

Compared to Victoria, Baw Baw Shire's population has some differences. Baw Baw has a lower proportion of 'working age' people (54.5%; VIC 60.2%) and a higher proportion of people in their 'retirement' years (11.8%, VIC 8.6%). There are slightly higher proportions of 'school-age/dependent' people (19.3%, VIC 18.0%) and elderly people aged over 75 years (8.3%, VIC 7.0%).ⁱ

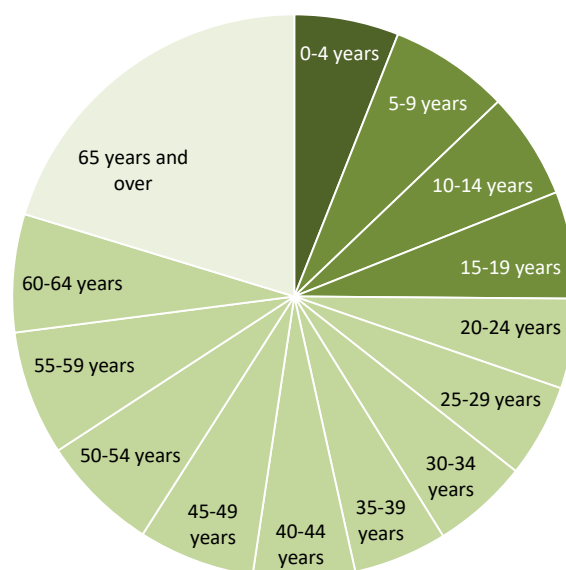
Aboriginal people make up nearly 1% of Baw Baw's population. The Aboriginal community in Baw Baw is a considerably younger community when compared to non-Aboriginal people. Nearly half of Aboriginal people are aged 19 years or under (non-Aboriginal population 25%). In contrast, at the older end of the life span, 5.5% of Aboriginal people are aged over 65 years (non-Aboriginal population 20.3%). The age profile of Aboriginal people in Baw Baw is mostly similar to Aboriginal people across Victoria.ⁱⁱ

A strength of the Aboriginal community in Baw Baw is its level of connectedness. The community is mostly centred on Drouin, and then Warragul.ⁱⁱⁱ

Baw Baw (S) Aboriginal population by percentage age group



Baw Baw (S) Non-Aboriginal population by percentage age group



Cultural Diversity and Migration

Over 90% of people in Baw Baw are English speaking (6% did not provide information). About 2,000 (4%) people in Baw Baw speak other languages which are most often European (90%), then Asian (1.5%). Australian Indigenous languages are spoken by 0.01% of people in Baw Baw. ⁱ

In 2016, almost 90% of Baw Baw's population are Australian citizens and 3.65% are not Australian citizens (6% did not provide information). This increased slightly in ten years up from 3.12% in 2006. Between 2012-2016, migrants settling in Baw Baw are most often family members and then skilled migrants. Baw Baw does not have a strong profile in humanitarian migration. ^{iv}

Households and Housing

The proportion of family households in Baw Baw Shire is similar to Victoria (72%) as are single/lone households (25%). There is a slightly smaller percentage of group households (2.3%) compared to the state (4.5%).

Homelessness estimates in Victoria have risen in the ten year period 2001-2011. Less than the national rate; 42.6 people per 10,000 were homeless in 2011 (up from 38.9 in 2001).^v Based on the state homelessness rate, it was estimated that ninety-eight people were homeless, and 113 people lived in marginal housing (crowded, improvised or caravan park housing) in Baw Baw in 2011.

Causes of homelessness include not only affordable housing shortages, domestic violence, too few houses, unemployment, mental illness, family breakdown and drug and alcohol abuse. ^{iv}

Baw Baw has a smaller proportion of one and two bedroom houses than Victoria (15.2% combined; VIC 23.4%), and more three or four bedroom houses (76.9% combined; VIC 69.1%).

Dwellings in Baw Baw *Source: Australian Bureau of Statistics, Census 2016*

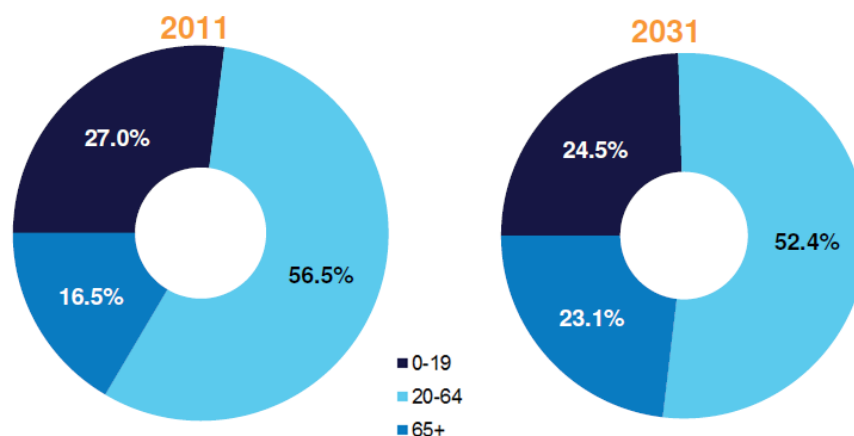
Number of bedrooms	Baw Baw (S)	%	Victoria	%
None (includes bedsitters)	40	0.2%	9,158	0.4%
One bedroom	365	1.9%	110,671	4.9%
Two bedrooms	2,501	13.3%	413,736	18.5%
Three bedrooms	8,252	44.0%	937,243	41.8%
Four or more bedrooms	6,170	32.9%	612,185	27.3%
Not stated	1,428	7.6%	159,284	7.1%

Population Change

The population of Baw Baw is currently 48,500 and is expected to increase by 2.7% each year between 2016 and 2021. This equates to 6,740 more people in this period of time. Looking further into the future to 2031, Baw Baw is ranked fifth among regional areas that will experience the largest population growth, and the third fastest of the regional areas^{vi}. Being ready for population growth and integrating new residents into communities will be helpful in improving health and wellbeing in Baw Baw.

By 2031, the population demographic is forecast to change. There will be smaller proportions of people aged 0-19 years, and 20-64 years, and an increase in the number of people aged over 65 years. Planning for healthy ageing will be an important area for Baw Baw's community.

Population by broad age groups, 2011 and 2031 *Source: Victoria In Future, 2016*



Pet Ownership

Across Australian households, pet ownership is estimated to be 62%^{vii}. Between 2013 and 2016, a noticeable shift in the relationship between people and their pets has occurred where pets are now frequently seen as members of the family, rather than as simply a companion.

In Baw Baw Shire, there are currently over 7,700 registered dogs, and more than 2,100 registered cats.

Our Health and Wellbeing

In July 2017, we asked people about what they currently do to look after their health and wellbeing. Of the 530 respondents, people said that they walk (43%), cycle (11%), swim (9%), use a gym (7%), run (6%) or exercise with their dog/horse (5%). Sixteen per cent of people made a general reference to 'exercise' as how they currently look after their health and wellbeing but may not have specified what type of exercise they do. Data from 2015 shows that we are similar to Victoria in the proportion of people who walk at least once a week, but a significantly smaller proportion of people in Baw Baw join in with non-organised jogging, gym or fitness.

Participation in organised physical activity tells a different story. In 2015, the proportion of people who did physical activity at least once a week that was organised by a sports club or association was high, relative to Victoria (16.4%; VIC 9.8%). In contrast, the proportion of people doing weekly physical activity organised by a fitness or leisure or indoor sports centre was relatively low (3.6%; VIC 9.2%).^{viii}

People in Baw Baw are active in similar proportions to all of Victoria. This applies to those who are quite physically active (four or more days a week - 40.8%), and also those who do no physical activity (21.1%). Nearly 70% of people meet the physical activity guidelines, which again, is similar to the Victorian rate.ⁱⁱ

From the 2017 community consultation, children across Baw Baw most often described active play and healthy eating as things that help them to feel healthy and happy (62% of responses). They also described activities that nurture their mental wellbeing, such as reading, cuddling a teddy, and spending time with their parent (28% of responses).

People are looking after their health and wellbeing by participating in activities that support good mental health. Eleven per cent of community respondents in July 2017 said they meditate, do yoga, volunteer, or catch up with friends regularly. Baw Baw has significantly higher rates than the Victorian average of people who believe that others are willing to help one another, and who believe that people can be trusted.ⁱⁱ

Self-reported health in Baw Baw shows that nearly half of the population feel they have good health, a significantly higher rate than Victoria (39.1%). However, a significantly lower proportion of people feel they have excellent or very good health (Baw Baw 31.4%; Vic 40.2%). About the same proportion of people in Baw Baw feel that they have fair/poor health compared to all of Victoria (19.3%, VIC 20.3%)

Across Gippsland and compared to the Victorian rate, Baw Baw has a low proportion of ex-smokers (19.4%, VIC 24.8%). Greater than all other local government areas, Baw Baw has the highest rate of current smokers in Victoria. (29.7%, VIC 13.1%)^{viii}



11 per cent of community respondents said they meditate, do yoga, volunteer, or catch up with friends regularly as a way to look after their health and wellbeing.

Community Consultation
July 2017

Opportunities to Improve Our Health and Wellbeing

Improving Nutrition

- About one-in-five people in Baw Baw drink soft drinks each day, compared to one-in-six in Victoria. The number of cups of water consumed daily is significantly less than the state.ⁱⁱ
- We consume take away meals/snacks less often than Victorians (that is, the proportion of people who eat take-away at least three times a week), but more of us do eat take away regularly. (Victoria has a higher percentage of people who never eat take-away than Baw Baw).
- In 2011, the proportion of adults in Baw Baw who ran out of food during the previous 12 months and could not afford to buy more was 5.5%, a little higher than Gippsland and Victoria. Anecdotally, food relief services are describing that demand has grown in recent years, and the profile of people who use the service is changing to include working families, not only people on low-incomes or unemployed, or who are homeless. This higher demand could be due to better awareness of emergency food relief services, as well as an increase in the number of people needing food relief.
- While not statistically different from the Victorian rate, obesity in Baw Baw is 14.8%, the lowest rate in the Gippsland region^{ix}. Ranked fifth highest in the state, thirty-eight per cent of people in Baw Baw meet the criteria for pre-obesity^x. Almost 40% of people are in the normal weight range, similar to Victoria.

Being Active

- Encouraging more people to be physically active more often will support better health for people in Baw Baw.
- Improving places to include features that encourage people to be active. Assets such as shade trees, water fountains, short grass alongside paths, lighting and seating are examples of what can encourage people to use parks and paths.
- Recognising the role of pet animals in supporting more active lifestyles has merit.

Nurturing Good Mental Health

- Health data tells us that mental disorders are the current leading cause of disability, and intentional injury is the fifth highest cause of death^{xi}. Nearly 22% young people showed high levels of psychological distress in 2014, higher than the Victorian rate of 15.5%^{viii}. In 2015, over 9% of prep-aged children were emotionally vulnerable, higher than the Victorian (8.0%) and national (8.4%) rate.^{xii}
- Acknowledging the important role that pet animals have for companionship and reducing stress.
- Foster stronger connection to the natural environment.

Reducing Family Violence

- In 2015-16, there were 740 incidents of family violence in Baw Baw^{xvii}. Children were involved in 40% of incidents in 2013-14^{xiii}.

Reducing Harm from Gambling, Alcohol, Tobacco and Other Drugs

- The leading cause of death in Baw Baw is from malignant cancers (552 per 100,000 people, VIC, 522).^{xiv}
- In 2015, the rate of current smokers in Baw Baw was almost 29.7% (VIC 13.1%).^{xv}
- Of regional areas in Victoria between 2011 and 2015, five of the top seven regional areas that have had the greatest increase in drug use and possession incidents were in Gippsland. Warragul-Drouin was ranked second out of the fifteen listed areas.^{xvi} The crime rate in Baw Baw is a little lower than the Victorian rate.^{xvii}
- People in Baw Baw have a similar risk of harm from alcohol as other Victorians. Thirty-one per cent of people are at risk of short term harm each month, and 7.5% are at very high risk. Twenty-eight per cent of people believe that getting drunk every now and then is okay.ⁱⁱ
- Losses per capita on gaming machines ('pokies') are \$416 per year. Over \$15.5 million dollars were lost on pokies in the 2016-17 year in Baw Baw.^{xviii}

Protecting health in a changing climate

Climate predictions for Victoria are that weather will become warmer and drier. This scenario raises a number of likely outcomes that have the potential to cause serious harm on a wide scale, particularly in the event of a natural disaster such as bushfire, flooding, heatwave and solar radiation^{xix}. Certain populations of people are more likely to be vulnerable to harm and protecting their health is a higher priority because of this. For instance, in a flood event, rural communities, children and older people are recognised as being more vulnerable^{xx}.

The negative impacts of severe climate-related events can be reduced by recognising that:

- Climate change will affect the physical and mental health and wellbeing of Baw Baw Shire's community.
- Climate change will exacerbate the priority areas identified in this plan (e.g. mental health, food security, violence).
- This plan identifies where actions shares co-benefits with climate change.
- This plan provides a basis for updating Baw Baw Shire Council's key related documents (Environmental Sustainability Strategy 2018-2022 (not yet released), Positive Ageing Strategy Municipal Strategic Statement and Council Plan) to account for the community impacts of climate change.
- This strategy is important in contributing to the Baw Baw 2050 vision (associated climate change and liveability strategies)
- Leading the community to develop its understanding of the impact of a changing climate, and how to remain healthy and well.

Working in Populations and Settings

Sometimes the best way to make meaningful changes will be to concentrate efforts in a particular setting or place, or around a particular population of people. There are a number of social determinants that impact on health. When these occur in unbalanced, inequitable ways,

there can be 'health winners' and 'health losers'. The Victorian Population Health Survey^{xxi} has identified a number of these factors which are:

- socioeconomic status
- education
- housing
- transportation
- food security
- psychosocial risk factors
- the social environment
- social support networks
- community and civic engagement
- social and civic trust
- the physical environment

In Baw Baw, these populations and settings have been identified as possible places to start or continue working to promote, protect and improve health. This list is flexible and will be revised as the needs of the population changes:

- Children
- Youth
- Adults
- Seniors
- Men and Women
- Workplaces
- Schools
- Libraries
- Aged Care facilities
- Support Services
- Religious organisations
- Sporting Clubs
- Public spaces
- People with disability
- People who are Culturally And Linguistically Diverse
- People who are Aboriginal
- Health services
- Retailers
- Coal industry workers
- People who are financially disadvantaged or homeless
- People who are lesbian, gay, bisexual, transgender, intersex or queer (LGBTIQ)
- People who use alcohol
- People who are inactive
- People who have experienced family violence
- Rural communities
- Urban communities
- Neighbourhoods
- People who use legal drugs in harmful ways
- People who use illicit drugs
- People affected by someone else's mental illness
- People affected by another person's alcohol use
- People with mental illness
- Dairy industry workers
- Smokers
- People who consume sugary drinks



Tapping into Community Wisdom

Having Your Say

In July 2017, a community engagement campaign gave people an opportunity to tell us about their hopes for better health and wellbeing outcomes in Baw Baw. Over 530 people participated in the survey, plus we spoke to over eighty children aged 12 years and under who told us about what makes them feel healthy and strong. This provided us with a wealth of information which has guided the development of this plan.

A month-long Facebook media campaign with weekly prize draws was run to invite people to complete an online survey. The campaign had a reach of over 20,000 and 1,500 engagements (clicks on the post, comments and shares).

Supporting this, we visited ten towns in Baw Baw to give residents an easier opportunity to speak face-to-face about the project. Over 1000 printed copies of the survey were distributed to people, most of these paired with a conversation about the project. We visited

- Drouin
- Erica
- Longwarry
- Neerim South
- Rawson
- Trafalgar
- Thorpdale
- Warragul
- Willow Grove
- Yarragon



Seventy per cent of survey respondents provided information about themselves. Three quarters said they were female, 24% said they were male, and 0.6% was indeterminate/intersex/unspecified. A good representation of age groups was achieved. Twenty per cent of survey respondents were aged 25 years or younger, 66% were aged 26-65 years, and 13% were aged 65+.

Hearing from communities that face greater health and wellbeing challenges

Population data shows that some communities of people face greater health challenges than the general population. It is important for Baw Baw to understand the needs of these communities and take meaningful action to improve health outcomes. As part of the survey, we asked people if they identified with being Aboriginal or Torres Strait Islander, and/or having a disability, and/or being LGBTIQ (lesbian, gay, bisexual, transgender, intersex, queer), and/or being born overseas and English was not their first language (CALD – Culturally And Linguistically Diverse). An adequate number of responses were gathered to help inform this plan.

Communities of people	Number	% of the total number of responses
Aboriginal or Torres Strait Islander	19	3.5
A person with disability	69	12.8
LGBTIQ (Lesbian, Gay, Bisexual, Transgender, Intersex, Questioning)	38	7.0
You were born overseas, and English was not your first language (CALD - Culturally and Linguistically Diverse)	26	4.8

Setting Directions

People in the community submitted more than 1,200 'wishes' for changes that they think would make it easier to be healthy and well in Baw Baw. Responses were grouped into categories and themed for analysis. The ideas and observations from the community were considered alongside health data, the views of members of the Healthy Baw Baw Advisory Committee, and the Victorian health and wellbeing priorities^{xxii}. There was clear agreement that 'improving mental health' is important for Baw Baw.

In Baw Baw, family violence is present in about a quarter of crime reports, and of those, children are present about 40% of the time. All Councils are required to include an objective to 'reduce family violence' in the municipal public health and wellbeing plan.

Many people spoke about their desire to be more active, or improve their diet. Continuing the work of the previous plan, addressing food security (which means people have dependable access to healthy foods and drinks) will remain a focus and is a great fit with the food production and supply economy in Baw Baw. Our natural climate and environment is really suitable for growing food.

Our climate and environment is also really suitable for being active outdoors. This plan will continue to improve our opportunities for using outdoor places and facilities for active

recreation, organised or non-organised. The challenge is to develop cultures and improve access and make it easier for Baw Baw residents to participate.

High on the list of community concerns was harm from substance use – alcohol, tobacco and drugs (illegal and prescribed). When used incorrectly, any of these substances have the potential to cause serious harm to a person in either the short or long term.

Health professionals in Baw Baw have also identified problem gambling as a significant health issue that has strong connections with mental health.

Other health concerns that affect people in Baw Baw are injury and illness caused by exposure to ultraviolet light, and the prevalence of sexually transmitted infections.

Each year, an Action Plan is developed collaboratively with the lead partner agencies. It sets out specific work that is expected to protect, promote and improve public health with consideration to current priorities and opportunities. The Action Plan provides community-specific responses to local needs. The Action Plan can be requested from Council by emailing bawbaw@bawbawshire.vic.gov.au or by telephoning (03) 5624 2411.

Building Health and Wellbeing in Five Key Areas



1: IMPROVING MENTAL HEALTH

PEOPLE SAID THEY WISH WE HAD

“More for youth to do that's free. More things for youth to do. We had more places to hang out outside of school”

“Regular sessions within the workplace focusing on stress management”

“Older residents visited by volunteers”

“Activities and art programs offered were affordable to people with a disability”

THE NUMBERS SAY:

- 21.9% of young people showed high levels of psychological distress in 2014. (VIC 15.5%)^{xxiii}
- 9.4% of prep-aged children were emotionally vulnerable (VIC 8.0%, AUS 8.4%)^{xii}
- The rate of psychologists per 1000 population in Baw Baw is 0.63, lower than Victoria (1.02)^{xxiv}
- 20.6% of adolescents in Year 7 to Year 9 report being bullied (Vic 18%).^{xxv}
- In Baw Baw, mental disorders is the leading cause of disability (Disability Adjusted Life Years). The fifth highest cause of death is intentional injuries.^{xi}

INDICATOR: Increase mental wellbeing

LEADING AGENCIES • Baw Baw Shire Council • Central West Gippsland Primary Care Partnership • Department of Education and Training • Gippsland Primary Health Network • Kurnai Nations • Quantum Support Services • Ramahyuck District Aboriginal Corporation • West Gippsland Healthcare Group • West Gippsland Libraries • Victoria Police • YMCA •

STRATEGIES How we will tackle it?	SUCCESS LOOKS LIKE:
1.1 Develop safer cultures to reduce stigma of mental health	People feel safe to talk about their mental health in the environment where they live, work, learn and play. People feel OK to get help early and it is clear where to go to and who can help.
1.2 Build resilience	People do things to improve their mental health.
1.3 Improve access to recreation opportunities and places for healthy connections	Public spaces and recreation opportunities are welcoming for people of different ages, cultures, genders and abilities.
1.4 Promote resources and services that support mental health	People know at least one resource or service that can help with a mental health concern.
1.5 Promote positive mental health	People create environments that make it easier to stay mentally well.
1.6 Provide mental health services	People have access to mental health services that meet their needs.

2: PREVENTING VIOLENCE AND INJURY

PEOPLE SAID THEY WISH WE HAD

“There were more options for aging parents e.g. respite”

“A comfortable safe place where one can seek refuge”

“That Mental Health for families (particularly mothers) was better recognised and supported”

“Better support services for families experiencing family violence (including men)”

THE NUMBERS SAY:

- In Baw Baw, family violence is present in 25% of the 250 crime reports per month ^{xiv}
- Baw Baw 2014/15 – 40.5% of family violence incidents where children and young people are involved as other parties. VIC 34.5%^{xiv}
- Baw Baw 2010/11 - Child abuse substantiations 7.1 per 1000 aged 0-17 year olds (VIC 6.7) ^{xxvi}
- The rate of family violence reports in 2016 made by females in Baw Baw is 250.3 per 10,000, and for males it is 84.2.^{xxvii}
- 63.6% of females feel safe when walking alone at night compared to 95.3% of males, 2011^{xxv}
- Fall-related injuries presenting at emergency departments for people aged over 50 years is 26.3 per 1000 in 2014/15^{xxviii}

INDICATOR: Reduce the prevalence and impact of family violence

LEADING AGENCIES • Baw Baw Shire Council • Gippsland Women's Health • GippSport • Kurnai Nations • Quantum Support Services • West Gippsland Healthcare Group • West Gippsland Libraries • Victoria Police •

STRATEGIES How we will tackle it?	SUCCESS LOOKS LIKE:
2.1 Build gender equity in organisations and the community	Organisations and community understand gender equity, and actively improve their environment.
2.2 Promote information that helps people to reduce family violence where they live, learn, work and play	People understand what constitutes family violence, and have information to respond appropriately.
2.3 Support the implementation of Child Safe Standards in organisations and the community	Organisations and the community understand the Child Safe Standards and make changes to their environments to meet the standards.
2.4 Build capacity to meet the requirements of the Reportable Conduct Scheme	Organisations and the community understand the Reportable Conduct Scheme and make changes to their environments to be compliant.
2.5 Build capacity to prevent violence and injury	People and organisations have more knowledge about what protects people from violence and injury, and what can increase the risks. People and organisations have the skills to increase protections and reduce risks.

On average, Baw Baw residents drink 4.9 cups of water per day. This is significantly lower than the Victorian average of 5.4 cups of water per day.

VicHealth Indicators
2015



3: HEALTHY EATING AND ACTIVE LIVING

PEOPLE SAID THEY WISH WE HAD

“We had a healthier school environment”

“Proper sporting facilities to accommodate everyone”

“Sporting canteens only sold healthy foods”

“Free or cheap group exercise classes and perhaps cooking classes too”

THE NUMBERS SAY:

- 5.2% (VIC 4.4%) of adults met the guidelines for fruit and vegetable consumption ^{xvi}
- 12.8% of Baw Baw residents consume soft drink daily; higher than Victoria (11.2%) ^{xvi}
- 43.7% of people met the physical activity guidelines, similar to Victoria (41.4%) ^{xxix}
- Baw Baw has 552 malignant cancers diagnosed per 100,000 people (Vic 522). Malignant cancers are the top cause of death, and the fifth highest cause of disability. ^{xxii}
- 14.8% of the Baw Baw population is obese, and nearly 38% is pre-obese. ^x

INDICATOR: Increase healthy eating and active living

LEADING AGENCIES • Baw Baw Shire Council • Central West Gippsland Primary Care Partnership • Ramahyuck District Aboriginal Corporation • Secondbite • West Gippsland Healthcare Group • West Gippsland Libraries • YMCA •

STRATEGIES: How we will tackle it?	SUCCESS LOOKS LIKE:
3.1 Reduce the consumption of sugary drinks	The environment makes it easy for people to access and choose drinks that are not sugary.
3.2 Increase the consumption of healthy and nutritious food	The environment makes it easy for people to learn about, access and choose healthy food options.
3.3 Support a local food system that uses sustainable practices	More people are interested in sustainable food production and food waste practises, People and growers have ways to build their knowledge and skills. People can get a good variety of locally grown food and can use places in their neighbourhood to grow food. People and growers choose to dispose of food waste responsibly.
3.4 Connect food producers, suppliers and retailers with each other and Baw Baw residents	People can get a good variety of locally grown fresh food.

...Continued next page...

3.5 Support and strengthen a food economy that increases the supply, availability and demand for locally produced food	<p>Food suppliers are confident that they can sell their products, and that there are skilled workers for their industry. People want to buy from local food suppliers and they have a convenient way to do this.</p>
3.6 Improve access to active living programs, sport and active recreation, and community infrastructure	<p>It is easy for people with diverse needs to use community infrastructure and participate in active living programs, sport and active recreation.</p>
3.7 Build people's capacity to eat healthy and be more active where we live, learn, work and play through healthy design, education and policy	<p>The environment makes it easy for people to behave in healthy ways. People take action to encourage healthy eating and being active in their own environments, and for the people around them.</p>



In Baw Baw Shire, 64 per cent of females feel safe when walking alone at night, compared to 95 per cent of males.

VicHealth Indicator Survey
2011



4: REDUCING HARM FROM GAMBLING, TOBACCO, ALCOHOL AND OTHER DRUGS

PEOPLE SAID THEY WISH WE HAD

“The consumption of alcohol was addressed in these areas”

“Less of a drug problem”

“Urgent support needed for youth, drug addiction”

“Complete no smoking around children—near shops. Policing people who smoke in places they shouldn’t”

THE NUMBERS SAY:

- The alcohol related death rate in Baw Baw is 2.5 per 10,000 people, higher than Vic (1.5)^{xxx}
- In Victoria, 47.3% of people aged 55+ at increased life time risk of alcohol-related harm (Males 61.3%; females 34.7%)^{xxxi}
- 93% of 1 year olds were fully immunised at 30June2017 (Australia 91%) 94.54% 2 year olds, 95.22% 5 years^{xxxii}
- The Warragul-Drouin area had the greatest increase in drug use and possession incidents between 2011 and 2015 and was ranked second out of the fifteen listed areas^{xvii}
- Baw Baw’s crime rate is 7,371 total offences per 100,000 people, similar to Vic (7,490)^{xviii}

INDICATOR: Reduce harmful alcohol and drug use.

LEADING AGENCIES • Baw Baw Shire Council • Berry Street • GippSport • Gippsland Primary Health Network • Latrobe Community Health Services • Ramahyuck District Aboriginal Corporation • West Gippsland Healthcare Group • West Gippsland Libraries • Victoria Police •

STRATEGIES: How we will tackle it?	SUCCESS LOOKS LIKE:
4.1 Build the capacity of people and organisations to reduce harm from gambling.	People are supported to gamble responsibly, and feel that their environment helps them to avoid harm from gambling.
4.2 Support smoke-free living	People breathe smoke-free air in public places where children live and play, and where people dine. Workplaces have policies that support workers who smoke to reduce or quit, and protects the air quality for non-smokers.
4.3 Build capacity in the safe use of alcohol where people live, learn, work and socialise.	People are supported to use alcohol safely, and feel that their setting helps them to choose non-alcoholic drinks or use alcohol in safer amounts.
4.4 Build capacity in the safe use of licit and illicit drug use where people live, learn, work and socialise.	People understand how to use legal drugs safely, and feel that their environment supports them to avoid using illicit drugs.

5: LEADERSHIP FOR A HEALTHY BAW BAW

EXPERIENCE TELLS US:

Good governance will support great work

Strong working relationships within committees and working groups is an important feature for success

Communication and feedback between committees and working groups helps everyone to plan and collaborate

Finding resources, often funding, is an important key for success

INDICATOR: Strengthen partnerships.

LEADING AGENCIES • Baw Baw Shire Council • Central West Gippsland Primary Care Partnership • Department of Health and Human Services • GippSport • Gippsland Primary Health Network • Gippsland Women's Health • Kurnai Nations • Latrobe Community Health Services • Quantum Support Services • Ramahyuck District Aboriginal Corporation • West Gippsland Healthcare Group • West Gippsland Libraries • Victoria Police •

STRATEGIES: How we will tackle it?	SUCCESS LOOKS LIKE:
5.1 Maintain or improve the provision of public health services and infrastructure	People are confident that the food and water they consume, and their environment supports good health. People will have the same or better access to services and infrastructure that protects public health.
5.2 Secure funding for projects that support the objectives of the Baw Baw Public Health and Wellbeing Plan 2017-21	Organisations in Baw Baw successfully apply for funds that deliver projects that promote public health.
5.3 Encourage leadership for prevention in health	The committees, working groups and community work together for better health outcomes in Baw Baw.
5.4 Raise awareness of priority health prevention messages	The community and organisations in Baw Baw receive clear and consistent messages that protect, promote and improve health, and align with the objectives of this Plan and the Achievement Program.



There are 12 key organisations working cooperatively in the Healthy Baw Baw Advisory Committee. There are more than 50 organisations and individuals currently working for healthy changes.

Tracking Change

How are we doing and how will you know about it?

Each year, an Action Plan will be developed to set out the ways that we can protect, promote and improve health and wellbeing in Baw Baw. This will be developed by people and organisations that are connected to the Healthy Baw Baw Advisory Committee, and the related working groups.

The Action Plan will be published on Council's website at www.bawbawshire.vic.gov.au

Progress reports are collected at least twice a year and presented to the [Healthy Baw Baw Advisory Committee](#).

Once a year, the Action Plan is reviewed and presented to Council sometime between July and December. After this, the report is published on Council's website.

Governance structure, and the Healthy Baw Baw Advisory Committee



How Can You Help?

By participating in the community consultation in July 2017, the community has already played a significant role in the development of this plan.

However, we recognise that ongoing connections with the community and organisations are vital if this Plan is to be effective.

If your community or your workplace is interested to become involved with a working group, please contact Baw Baw Shire Council's Social Planner on 03 5624 2411 or by email at bawbaw@bawbawshire.vic.gov.au

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