



Health and Wellbeing Plan 2009 – 2013

Working together to obtain optimal health outcomes for communities in Mitchell.



Table of Contents

Page No.



Foreword from the Mayor	3
Executive Statement.....	4
Acknowledgements	6
Introduction.....	7
What is Health and Wellbeing?	7
The Social Model of Health	8
What are the Functions of Local Government in Health and Wellbeing?	9
Health and Wellbeing Plans - What are they?.....	10
What can they Achieve?	11
The Environments for Health.....	12
What Roles does Council Play in the Health and Wellbeing Plan?	13
What is the Role of Other Sectors in the Health and Wellbeing Plan?.....	14
Strategic Linkages to the Health and Wellbeing Plan at Council.....	14
Other Important Planning and Development Frameworks	16
The Australian, Victorian, and Hume and Local Public Health Context.....	19
What does the Data Show are the Health Priorities?	20
Other Important Contexts for the 2009 – 2013 Health and Wellbeing Plan.....	20
Other Priority Target Groups for the Health and Wellbeing Plan	22
Predicted Changes in Health Issues in the Future (Victoria).....	23
Mitchell’s Health – How do we Look?.....	24
Results of Community Consultations.....	29
Our Goals:	31
Monitoring the Implementation of the Plan.....	67
Resourcing the Health and Wellbeing Plan and Budget implications.....	68



Foreword – Mitchell Shire Council Mayor, Cr Bill Melbourne

I am pleased to present the Municipal Health and Wellbeing Plan 2009 – 2013 for Mitchell Shire. The plan has been developed collaboratively with other community and health organisations in alignment with community feedback.

Mitchell Shire Council is well placed to promote and address community health and wellbeing because we work closely with the community everyday. Council plays a major role developing partnerships with community groups and organisations that promote sustainability and supportive environments. Community health and wellbeing can be improved and achieved by partnering with other organisations and the community to deliver services and develop solutions.

I would like to thank all of Council's contributing departments for their input into the plan. Lower Hume Primary Care Partnership (LHPCP), Mitchell Community Health Service (MCHS), Seymour Neighbourhood Renewal, Wallan and District Community Network and FamilyCare are also to be commended for their involvement in the identification of strategic directions and priorities for health and wellbeing in Mitchell in the developmental stages of this plan.

Previous plans have received many rewards, and the 2009 – 2013 Plan will also bring many benefits to the community. The benefits will include:

- Increased health and wellbeing across identified priority areas
- Utilisation of the plan as a reference through which Council, organisations and the community can seek funding opportunities
- Establishing public understanding of Council's role in community health
- Strengthening partnerships to gain a united approach to improving community health

The plan is a fine achievement that will give Council, other organisations and the community, goals to aim for and strategies to attain our main health and wellbeing challenges for the next four years.



Cr Bill Melbourne
Mayor, Mitchell Shire Council



Executive Statement

The Municipal Health and Wellbeing Plan 2009 – 2013 is based on the premise that health is the ‘state of complete physical, social and mental wellbeing, and not merely the absence of disease (World Health Organisation, 1986)’.

Health is determined by many factors including:

- Socio-economic position
- Cultural behaviours
- Environmental conditions

The Public Health and Wellbeing Act 2008 requires that Councils develop or amend their existing plans every four years. However, the Department of Human Services have recognised that Mitchell Shire is a bushfire affected community and due to circumstances the development of an entirely new plan has not been achievable.

The 2006 – 2009 Health and Wellbeing Plan has therefore been amended for immediate use with the intention of further development.

The Health and Wellbeing Plan uses the Environments for Health Framework which identifies that health and wellbeing can be influenced by the built, social, economic, and natural environments. The plan identifies Council’s role in each strategy which include, lead, support, advocate, enact, and plan. Actions may involve one or more of these roles.

Environmental health and wellbeing challenges for Mitchell Shire include:

- Recovery and rebuilding as a result of the bushfires of Saturday 7 February 2009
- Urban Growth Boundary movement and resultant demographic changes
- Continuing to address health issues for vulnerable populations
- Continued drought conditions



The main health priorities established for Mitchell Shire include:

- Mental health issues
- Heart disease
- Diabetes
- Smoking related deaths and illness
- Food insecurity
- Road mortality

The resulting priorities for the Health and Wellbeing Plan 2009 – 2013 include:

- Goal 1: Create a greater sense of community safety
- Goal 2: Create an environment of connection and resilience through community building
- Goal 3: Advocate for and promote early intervention
- Goal 4: Support and enhance engagement, participation and partnerships
- Goal 5: Maintain, enhance, develop and protect health environments

The plan outlines specific objectives and strategies to address each of these priorities from now until 2013.



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Introduction

What is Health and Wellbeing?

The World Health Organisation's Ottawa Charter for Health Promotion 1986 defines health as a 'state of complete physical, social and mental wellbeing, and not merely the absence of disease and infirmity'. The Charter also highlights the importance of looking at promotion of health from its social and environmental aspects. Health and wellbeing is about more than just physical health or a lack of disease. It is also about our social, emotional and cultural wellbeing. This is known as the Social Model of Health.



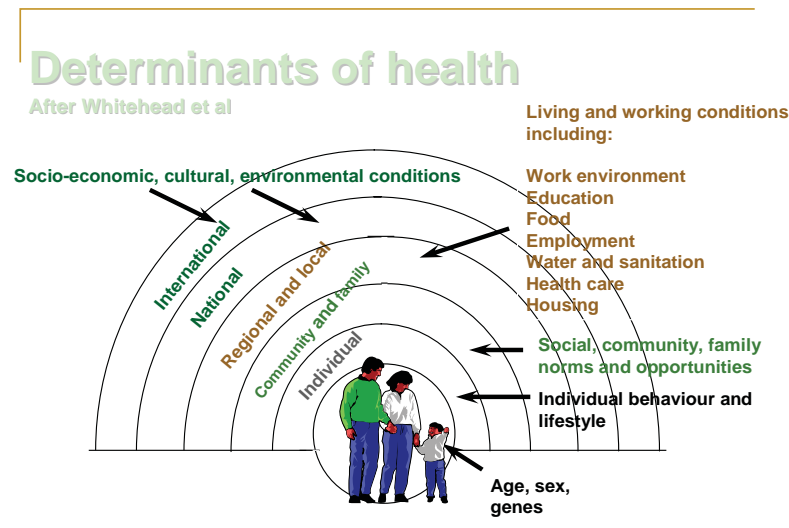
The Social Model of Health

Health has been accepted as having a broader meaning than previously believed. How much income is received, the social hierarchy and status within that hierarchy, level of literacy and education level attained and capacity to be involved in sport or creative activities and events that connect people to others in your community area, are as important to determining health and wellbeing as medical care and attention.

Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love. Health is created by caring for oneself and others, by being able to make decisions and have control over one's life circumstances, and by ensuring that the society one lives in creates conditions that allows for the attainment of health by all its members. (VicHealth:2005)

There is a growing realisation that the greatest burden of disease in the western world is related to lifestyle factors. Diseases such as cardiovascular heart disease, stroke, diabetes and cancer all have poor nutrition and physical inactivity as risk factors that are preventable. These are called the determinants of health.

(Source: Chartered Institute of Environmental Health 2004, United Kingdom).



What are the Functions of Local Government in Health and Wellbeing?



Local Governments are well placed to promote community health and wellbeing within their municipality, being particularly in touch with local needs and aspirations and working closely with them on an everyday basis.

Given the diversity of current public health needs, Council staff in Business Services, Risk Management, Community and Recreation, Engineering and Infrastructure, and Planning and Environment all have significant functions in delivering health outcomes in the community.

Local Government leads the way in creating environments which enable people to avoid ill health and achieve maximum wellbeing. Local Government health responsibility ranges from maintenance and development of storm water and sewerage systems, physical infrastructure for example footpaths and walking tracks, through to immunisation programs for children and recreation services. It could be said that nearly all Council services have a connection with public health and wellbeing.



Services	
Maternal Child Health	Planning
Family Day Care	Youth Activities
Environmental Health Services	Building Inspections
Local Laws	Waste Management
Asset Management	Parks and Gardens

Facilities	
Maternal Child Health Buildings	Town and Local Halls
Kindergartens	Shire Offices
Pools	Depots
Sports Grounds	Visitor Information Centres
Libraries	Parks and Gardens

Infrastructure	
Parks and Playgrounds	Drainage
Footpaths	Street Lighting
Local Roads	Transfer Stations
Walking and Cycling Tracks	Open Space
Public Seating	

The table below highlights the many functions of Council in working with the community on health and wellbeing outcomes.



Function	Example
Strategic Planning	Planning for infrastructure to meet demands for communities in Mitchell South
Policy development for the creation social and physical environments for health	Youth Strategy development
Developing supportive environments for health and strengthening the capacity of the community and individuals to achieve better health	Giving support to community clubs and organisations to assist them in their governance
Initiating, supporting and managing public health planning processes and requirements	The development of the Heatwave Plan
Building partnerships with other organisations with an interest in local public health	Participation in the Mitchell Healthcare Network
Service provision	The delivery of Maternal and Child Health Services and Immunisation Services and maintain the municipal district in a clean and sanitary condition
Provide leadership	Give community members the opportunity to be involved in Local Government
Strengthening community actions	Support the development of Community Plans

Source: *Public Health and Wellbeing Act 2008*.

Health and Wellbeing Plans - What are they?

Health planning at the Local Government level has typically focused on public health functions including inspection of food premises, control of disease, immunisation, waste management and emergency management. There has been a significant shift in municipal planning for health to respond to the cause and effects of our most chronic health problems such as diabetes and mental health.

The common causes of illness and death today are cardiovascular disease, cancer, respiratory disease, accidents and violence. Public health problems and priorities have changed over time and vary depending on local circumstances. As a result, the Victorian Government Public Health and Wellbeing Act 2008 has mandated Councils to document their major public health activities in a formal public health plan.

The Health and Wellbeing Plan is a tool to clarify strategic directions that will be taken by Council in partnership with other organisations and the community to facilitate healthy living outcomes for Mitchell Shire residents and visitors. They are largely preventative in design.



Under the Public Health and Wellbeing Act 2008, local Councils are required to prepare a Municipal Public Health and Wellbeing Plan every four years and within twelve months of a general election. The aim of the plan is to improve a population's health and wellbeing by addressing identified health and social priorities through changes to the physical, natural, economic and social environments of a community. The Act mandates Councils to "seek, to protect, improve and promote public health and wellbeing within the municipal district".

Section 26 of the Act specifies that each plan must:

- a. Include an examination of data about health status and health determinants in the municipal area
- b. Identify goals and strategies based on available evidence for creating a local community in which people can achieve maximum health and wellbeing
- c. Provide for the involvement of people in the local community in the development, implementation and evaluation of the plan
- d. Specify how the Council will work in partnership with the department and other agencies undertaking public health initiatives, projects and programs to accomplish the goals and strategies identified
- e. Be consistent with:
 - The Council Plan prepared under section 125 of the Local Government Act 1989; and
 - The Municipal Strategic Statement prepared under section 12 A of the Planning and Environment Act 1987.

Councils are required to develop or amend their existing plan or develop a new plan to take account of these requirements. The Department of Human Services recognise that Mitchell is a bushfire affected community and that developing a new plan has not been achievable. The 2006 – 2009 Health and Wellbeing Plan has been amended with the intention of further development of strategies in conjunction with the community, Council and other community organisations during 2010 – 2013.

What can they Achieve?

Health and Wellbeing Plans give Local Government the opportunity to achieve:

- Greater clarity and transparency of what Council is doing in public health
- Cooperation between the stakeholders, especially with the community sector
- Coordination of service delivery and health promotion
- Innovative Local Government projects
- A safer and healthier community
- The ability to identify and address local health needs and priorities



The Environments for Health



The planning framework adopted for the development of the Mitchell Shire Municipal Health and Wellbeing Plan was based on the Department of Human Services Environments for Health Framework. The Environments for Health Framework (DHS: 2001) provides a framework for promoting health and wellbeing through social, economic, built and natural environments.

Environments for Health Stresses:

- Local strategic planning to achieve local public health outcomes determined by local public health needs and priorities
- A social model of health, which recognises that the physical, social, economic and natural environments affect the health of individuals and communities, as do community participation and empowerment
- A focus on health outcomes

In order for the plan to influence determinants across the built, social, economic, and natural environments a partnership approach is necessary across Council departments. The following demonstrates the numbers of plans and strategies that Council are currently involved in or working towards which address the different environments for health. The Health and Wellbeing Plan is a key document that demonstrates how the work at Council integrates across departments and creates an environment for this continued approach.

Department of Human Services 2001, Environments for health: Promoting health and wellbeing through built, social, economic and natural environments, Municipal Public Health Planning Framework, DHS, Melbourne Vic.

Built	Social
Recreation and Open Space Strategy 2005 Asset Management Strategy Kilmore Traffic Study (2009) Building Infrastructure Asset Management Plan Road Management Plan Urban Stormwater Management Plan Mitchell Planning Scheme Recreational Masterplans Heritage Policy 2009	Community Services Plan 2007 Mitchell South Place Management Plan 2006 Disability Action Plan 2009 Positive Ageing Strategy 2009 Municipal Early Years Plan (to be updated) Community Centre's Policy (2008) Gaming Policy (2007) Graffiti Policy (2004) Kindergarten Services Policy (2004) Youth Strategy (2009) Municipal Emergency Management Plan (2009) Swimming Pool Safety Policy Library Services Review



Natural	Economic
Mitchell Shire Environment Strategy Domestic Waste Water Management Plan Environment Strategy Greenhouse Gas Reduction Strategy Land Management Policy Municipal Fire Prevention Strategy Plastic Shopping Bag Policy Sustainable Water Use Plan Waste Management Strategy	Business Assistance Policy Economic Development Strategy (to be completed) Tourism Strategy (to be completed) Rate Strategy

What Roles does Council Play in the Health and Wellbeing Plan?

Council's role may vary in terms of the identified strategies and actions. In certain circumstances the Council will not directly undertake or resource planned actions, but will facilitate responses or seek to form partnerships and/or external funding e.g. Government grants. Accordingly, intended outcomes are not always attainable as desired due to factors outside the control of Council. To clarify the role that Council will play five actions have been identified, these five actions are outlined below – some goals may mean that Council plays more than one role.

Council Role	Action	Explanation
Lead	Initiate	Council will take the lead to implement new initiatives which can include inviting community partners to join. However, Council will encourage community ownership of the program/project.
Support	Participate	Council will play a supporting role to community groups, projects and enterprises developed by the community for the community.
Advocate	Feed up	Council will advocate to higher planning levels identifying issues of concern that need to be addressed by relevant government bodies and statutory authorities.
Enact	Provide	Council will play a direct role in the provision of a program or service.
Plan	Strategic and Statutory	Council will consult with the community in order to determine future directions, prioritise resources and develop sustainable strategies to meet community needs.



What is the Role of Other Sectors in the Health and Wellbeing Plan?

- Clients, community groups, government departments and non government agencies concerned with health and welfare in the broadest sense, need to participate in public health planning to ensure a match between local needs and the activities of service providers.
- Although a Health and Wellbeing Plan is the responsibility of Council, the plan identifies needs that Council services will not cover and will be better met by other agencies.
- The plan requires the involvement of all health, welfare and community groups and as much as possible the public as participation in itself promotes health.
- The more involvement from the diversity of community groups and agencies, the more the fundamental goals of public health are achieved; namely coordination, cooperation and community participation.
- The planning stage is vital to ensure proposals make sense 'on the ground'. The implementation stage is the effective delivery of the plan and needs useful evaluation and change where necessary. A broad involvement in both these stages is required to maximise the potential for a constructive outcome for the citizens of the Shire.

For the plan to work well it needs to be a collaborative effort in construction and implementation between Council, key organisations and the community.

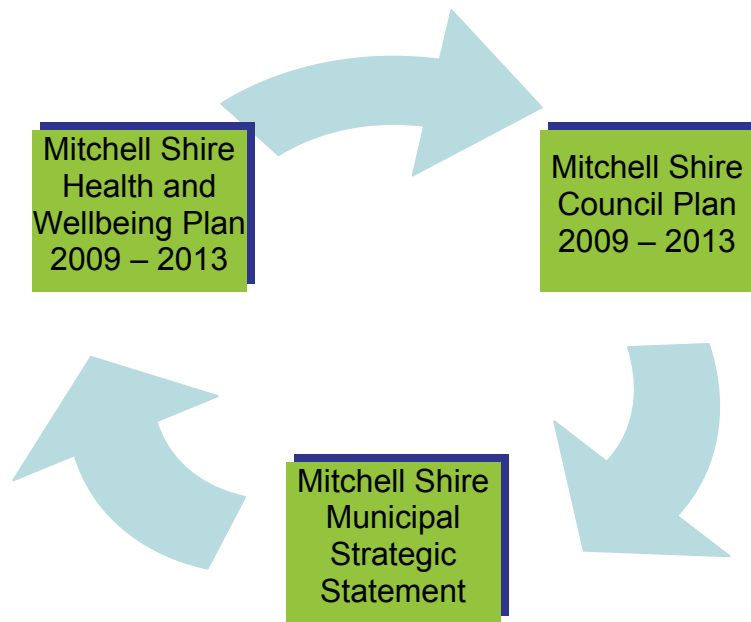
Strategic Linkages to the Health and Wellbeing Plan at Council

In Local Government the policy landscape is dominated by three key instruments: The Council Plan, the Municipal Strategic Statement (Land Use Plan which is a blueprint for the Shire in terms of planning for growth and future development) and the Health and Wellbeing Plan. Together these three strategic planning documents have a decisive influence on policy and planning directions of Local Government.

The new Act aligns the Health and Wellbeing Plan with Council and other strategic plans so better population health becomes a shared goal across Council and other agencies involved with community health.



Municipal Planning



Council Plan

The Council Plan 2009 – 2013 guides Council planning, development, resource allocations and delivery of services.

The Mission of the Council Plan is:

To diligently fulfil the role of Local Government in partnership with our communities, elected representatives and employees, to provide quality services, facilities and programs.

The values in the plan include that Mitchell Shire Council:

- Is committed to providing good governance and compassionate leadership
- Is committed to supporting our diverse community
- Values community involvement and vigour, and diversity of opinion
- Recognises the commitment of our staff
- Will protect and enhance our natural environment
- Will plan for and promote our future
- Will promote economic development within our municipality

Other Important Planning and Development Frameworks

Leading the Way

'Leading the Way' is a resource developed by VicHealth to support the planning process methodology for action which was work-shopped with Council staff and steering committee members to enable clarity in planning the process and development of the Health and Wellbeing Plan. 'Leading the Way' incorporates a whole of Council approach to setting policy and strategic priorities to address issues of health and wellbeing.

Best Value

As part of Best Value Service Reviews, all services are to be evaluated to ensure that they are responding effectively to community expectations. The review process examines the level of service the community expects, how much they expect to pay for the service and how the service will be delivered.



Integrated Planning Process and Partnership Approach to Health

Looking after the health and wellbeing of the community involves many different functions. Research has shown that multi-pronged strategies have the most impact on health outcomes. One organisation alone cannot achieve this outcome. Health and wellbeing is the responsibility of agencies at all levels. Health and Wellbeing Plans provide a means by which Local Governments, in partnership with the Department of Human Services, service providers, other stakeholders and the community can plan health services and programs. The Health and Wellbeing Plan is also the main document of Council that demonstrates how departments work together to achieve community health outcomes.

The first step in the amendment of the Health and Wellbeing Plan was to meet with key stakeholders representing health and community services, Council department staff and representatives from State Government departments. Key strategic plans were discussed and strategies around shared priorities were established. These strategies will continue to be developed. Shared strategies around priorities were also developed across Council departments.

Who are our Partners and what are their Strategic Plans?

Partners	Strategic Plans
Mitchell Community Health Services (MCHS)	Health Promotion Plan
Lower Hume Primary Care Partnerships (LHPCP)	LHPCH Community Health Plan
Wallan and District Community Network (WDCN)	Platform Actions Plans
Seymour Neighbourhood Renewal (SNR)	SNR Mainstreaming Plan
FamilyCare	
Berry Street	
Uniting Care – Cutting Edge	







































The key to effective integration lies within the setting and context of the agency. For example SNR is a place based approach whereas LHPCP builds capacity across all organisations. Some organisations are specialists in their field and operate within a smaller target group.

During integrated planning meetings key priorities were shared with key stakeholders.



The following table describes where integration across priority health issues is predominant.

 Means there is a connection between strategic planning processes in the key as identified

Priority	Lower Hume Primary Care Partnerships	Mitchell Community Health Service Health Promotion Plan	Neighbourhood Renewal	Council	Municipal Strategic Statement	Health and Wellbeing	FamilyCare
Mental health/social connectedness (7)							
Bushfire adjustment (5)							
Early years(5)							
Collaboration capacity building (5)							
Oral health (4)							
Women's health (4)							
Community engagement (4)							
Transport (4)							

The Australian, Victorian, Hume and Local Public Health Context

International	Australian	Victorian	Hume	Lower Hume and Mitchell
<ul style="list-style-type: none"> ➤ World Health Organisation <i>Ottawa Charter for Health</i> 1986 ➤ Cities for Climate Protection 1997 	<ul style="list-style-type: none"> ➤ Federal Disability Discrimination Act 1992 ➤ The Australian Early Development Index 	<ul style="list-style-type: none"> ➤ Victorian Health and Wellbeing Act 2008 ➤ Department of Human Services Burden of Disease Study 2001 ➤ Municipal Association of Victoria ➤ Victoria in Future 2008 – Hume ➤ A Fairer Victoria 2008 ➤ Victorian Charter of Human Rights 2006 ➤ Victorian Tobacco Strategy ➤ Blueprint for Early Childhood Development and School Reform 2008 ➤ Vulnerable Youth Framework 	<ul style="list-style-type: none"> ➤ The Hume Strategy for Sustainable Communities 2009 	<ul style="list-style-type: none"> ➤ Mitchell District Safety Plan ➤ Lower Hume Alcohol and other Drug Action Plan ➤ Hume Region Youth Commitment

What does the Data Show are the Health Priorities?

The Commonwealth and State, Territory Governments have agreed to work together on specific National Health Priority Areas. The seven National Health Priority Areas are:

- Arthritis and musculoskeletal conditions
- Asthma
- Cancer control
- Cardiovascular health
- Diabetes mellitus
- Injury prevention and control
- Mental health

The following health promotion priorities approved by the Minister for Health in Victoria have been established for 2007 – 2012:

- Promoting physical activity and active communities
- Promoting accessible and nutritious food
- Promoting mental health and wellbeing
- Reducing tobacco related harm
- Reducing and minimising harm from alcohol and other drugs
- Safe environments to prevent unintentional injury
- Sexual and reproductive health

Other Important Contexts for the 2009 – 2013 Health and Wellbeing Plan

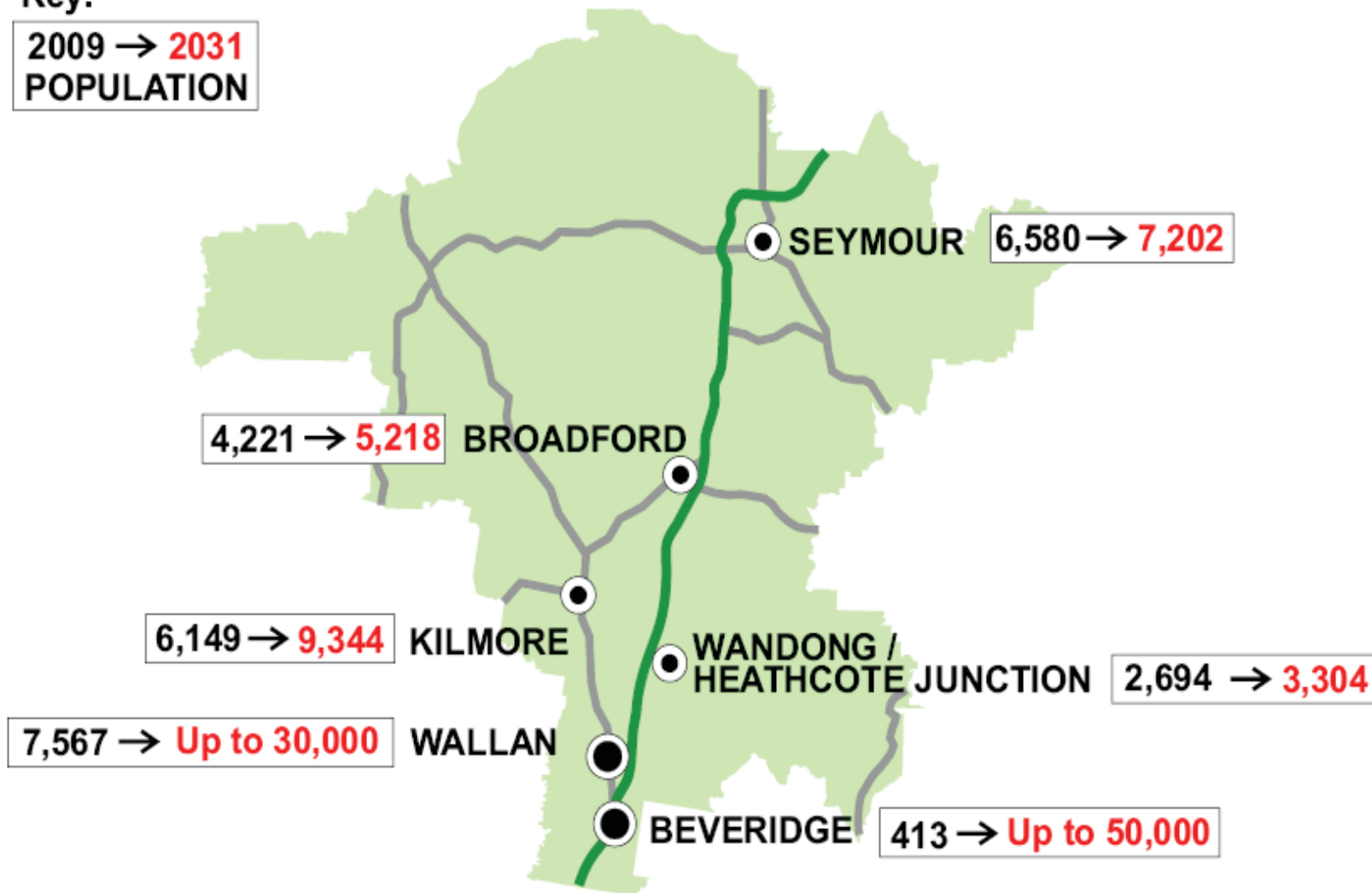
The announcement of the changes to the Urban Growth Boundary (UGB) will pose a challenge for the future health and wellbeing of communities in Mitchell.

- As part of *Melbourne @ 5 million*, the Government is taking action to ensure that there is approximately 20 years land supply available for metropolitan Melbourne. This resulted in changes to the UGB.
- Approximately 30,000 new homes are proposed in the Melbourne North Investigation Area, roughly equating to 10,500ha of land capable of being developed.
- The Urban Growth Boundary will extend up to the South of Wallan and include Beveridge.
- There will need to be significant planning to cope with the demands on infrastructure, community services, open space, transport and environmental impacts to accommodate the growing community.



Key:

2009 → 2031
POPULATION



MITCHELL SHIRE
STRUCTURE



On Saturday 7 February 2009 the communities of Clonbinane, Wandong/Heathcote Junction, Kilmore East, Sunday Creek (Broadford) Reedy Creek, and Upper Plenty were dramatically affected by the Black Saturday Bushfires. The resulting surge in volunteer support across the shire was unprecedented. There were three lives lost within the shire and 1245 properties were reported destroyed. The short term effects on community health and wellbeing have been devastating. Of concern are also the long term health effects that will need to be carefully considered in the plan.

According to Fay H Johnston in her article “Bushfires and Human Health”, people affected by bushfire disasters are at increased risk of many ongoing physical and mental health issues. In South Australia, 1526 survivors of the Ash Wednesday Fires of 1983 were surveyed one year after the event. In comparison to the general population, the survivors had a significantly higher prevalence of a range of conditions, including hypertension, gastrointestinal disorders, diabetes, and mental illness. Forty-two percent of respondents met the criteria for a psychiatric diagnosis. Other impacts can be economic hardship, experiences of loss about the environment, relationship problems and family violence.

Other Priority Target Groups for the Health and Wellbeing Plan

- Vulnerable populations
- Children
- Young people
- Aged persons
- SEIFA index of disadvantaged
- Culturally and linguistically diverse



Predicted Changes in Health Issues in the Future (Victoria)

Projected changes in top twelve ranking order of the burden of disease for disability adjusted lived years (DALYs) of the major disease and injury groups by sex, Victoria 1996 and 2016.

Males BoD Condition	Rank 1996	Rank 2016		Females BoD Condition	Rank 1996	Rank 2016
Ischemic Heart Disease	1	1		Ischemic Heart Disease	1	2
Stroke	2	10		Stroke	2	9
Lung Cancer	3	4		Breast cancer	3	3
COPD	4	11		Dementia	4	1
Diabetes Mellitus	5	2		Depression	5	4
Bowel Cancer	6	8		COPD	6	6
Depression	7	9		Osteoarthritis	7	7
Prostate Cancer	8	3		Diabetes Mellitus	8	8
Suicide	9	13		Asthma	9	11
Road Traffic Accidents	10	29		Bowel Cancer	10	10
Dementia	11	5		Lung cancer	11	5
Hearing Loss	12	7		Generalised anxiety disorders	12	13
Osteoarthritis	15	12		Other vision disorders	13	12
Heroin/Poly Drug use	16	6		Heroin/Poly Suicide Prostate Cancer Drug use		

The above table indicates that dementia in women may overtake ischemic heart disease as the largest cause of ill health in Victoria in 2016. In men, dementia is also predicted to increase in the ranking order from eleventh to fifth. Diabetes, prostate cancer, hearing loss and heroin dependence in men, and lung cancer in women, are other conditions that will increase in rank. Other conditions like stroke in both men and women, and road traffic accidents, suicide and COPD in men, will drop considerably. However, according to the Victorian Burden of Disease Study: Morbidity, 1999, the projections of a continued drop in road traffic deaths following trends from 1979 to 1996 may be too optimistic.

Mitchell's Health – How do we Look?

Life Expectancy in Mitchell – Department of Human Services (2001 – 05)

Life Expectancy	Victoria	Hume	Mitchell
Males	79.8	78.2	77.8
Females	84.3	83.1	82.5

Life expectancy rates in Mitchell are below both Hume and Victorian averages for both males and females.

According to the LHPCP Health Profile data, March 2005, Burden of Disease figures show high suicide rates with the average numbers per 100,000 population approximately 1.5 times the Hume rate in Mitchell.

Disability Adjusted Life Years (DALY), Mitchell for males and females, 2001

The DALY is a measure of the disease burden in a population combining the loss of years of life due to premature mortality and the loss of healthy years of life due to disease or injury.

Cause	Female	Male	All persons
All causes	1488.2	1817.5	3305.7
Breast cancer	76.7		
Cancer colon/rectum	41.7	50.5	92.3
Cancer lung	38.1	68.5	106.6
Diabetes	67	61.7	128.7
Ishaemic heart disease	94.6	173.3	267.9
Asthma	62.8	62.7	125.5

Of most concern is the rate of Ischemic Heart Disease especially amongst men, followed by Diabetes particularly in women. Lung cancer is more prevalent in men.

Ambulatory Care Sensitive Conditions

Ambulatory Care Sensitive Conditions (ACSCs) are those conditions for which hospitalisation is thought to be avoidable if preventive care and early disease management are applied. In Mitchell, diabetes complications were the leading cause of ACSC admissions in 2004 – 2005.

ACSC	No of admissions	Rate per 1,000 persons	Average bed days
Diabetes complications	527	17.6	5.29
COPD	85	3.06	6.11
Dental conditions	88	2.61	1.14
Angina	71	2.53	2.56
Pyelonephritis	57	2.04	4.56

In the Mitchell Shire, the admission rates for diabetes complications increased from 6.91% in 2001 – 02 to 11.51% in 2005 – 06. (Ambulatory Care Sensitive Condition profile LHPCP 2001 – 02 to 2005 – 06. While Victoria's rates have steadied, rates continue to increase in the Mitchell Shire.

Percentage of Avoidable Deaths compared to Victoria

	Mitchell Shire	All Victoria
Percentage avoidable deaths due to smoking	14%	11.9%
Percentage avoidable deaths due to alcohol	3%	2.4%
Percentage avoidable death due to other drugs	0.1%	0.3%
Percentage avoidable death due to road accident	3%	1.2%

Deaths Attributable to smoking by LGA, 2009

	Region	Percentage
1	Mitchell Shire Council	14.0%
2	<u>Murrindindi Shire Council</u>	14.0%
3	<u>Wellington Shire Council</u>	14.0%
4	<u>Hume City Council</u>	13.8%
5	<u>Moira Shire Council</u>	13.7%
6	<u>Bass Coast Shire Council</u>	13.6%
7	<u>Central Goldfields Shire Council</u>	13.5%
8	<u>Melton Shire Council</u>	13.5%
9	<u>Greater Dandenong City Council</u>	13.4%
10	<u>Surf Coast Shire Council</u>	13.4%

Disease	No. of Deaths
Lung cancer	8
Mouth and throat cancer	0
Other cancers	3
Heart disease	4
Stroke	1
Chronic bronchitis and emphysema	7
Total deaths due to smoking	23

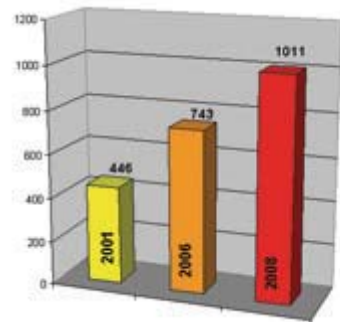
The Big Kill, Cancer Council of Victoria, 2009



Diabetes

The Incidence of diabetes in Mitchell has significantly increased since 2001.

Prevalence of diabetes:	446
% of Population:	1.6%
LGA Ranking:	64
Prevalence of diabetes:	743
% of Population:	2.2%
LGA Ranking:	74
Prevalence of diabetes:	1,011
% of Population:	3.0%
LGA Ranking:	68



number of people with diabetes in 2001
 number of people with diabetes in 2006
 number of people with diabetes in 2008

Prevalence of Diabetes in Victoria by Local Government Area – Diabetes Australia

Population estimates of people with significant mental health problems (2006)

Mental Health	Mitchell
High prevalence disorders	6235 (17%)
Serious psychiatric disorders	935

According to the Mitchell LGA Primary Health, Community and Home Based Ambulatory Care Service Plan



Community Indicators Victoria

The comprehensive framework of indicators included in Community Indicators Victoria was determined by the Victorian Community Indicators Project commissioned by VicHealth which ran from January 2005 until July 2006. Community Indicators Victoria figures show that in 2007, 51.2% respondents from the Mitchell Shire that reported their health to be excellent, this was less than both the Hume and Victorian state average.

Mitchell and Murrindindi LGAs rates lower than the Hume region and Victorian state average on the following indicators:

- Self-reported health
- Crime against the person
- Food security (both LGAs are significantly higher than Hume region and Victorian state averages)
- Transport limitations
- Acceptance of diverse cultures (both equal scores)
- Waste recycling is low

Patterns of Disadvantage in Lower Hume

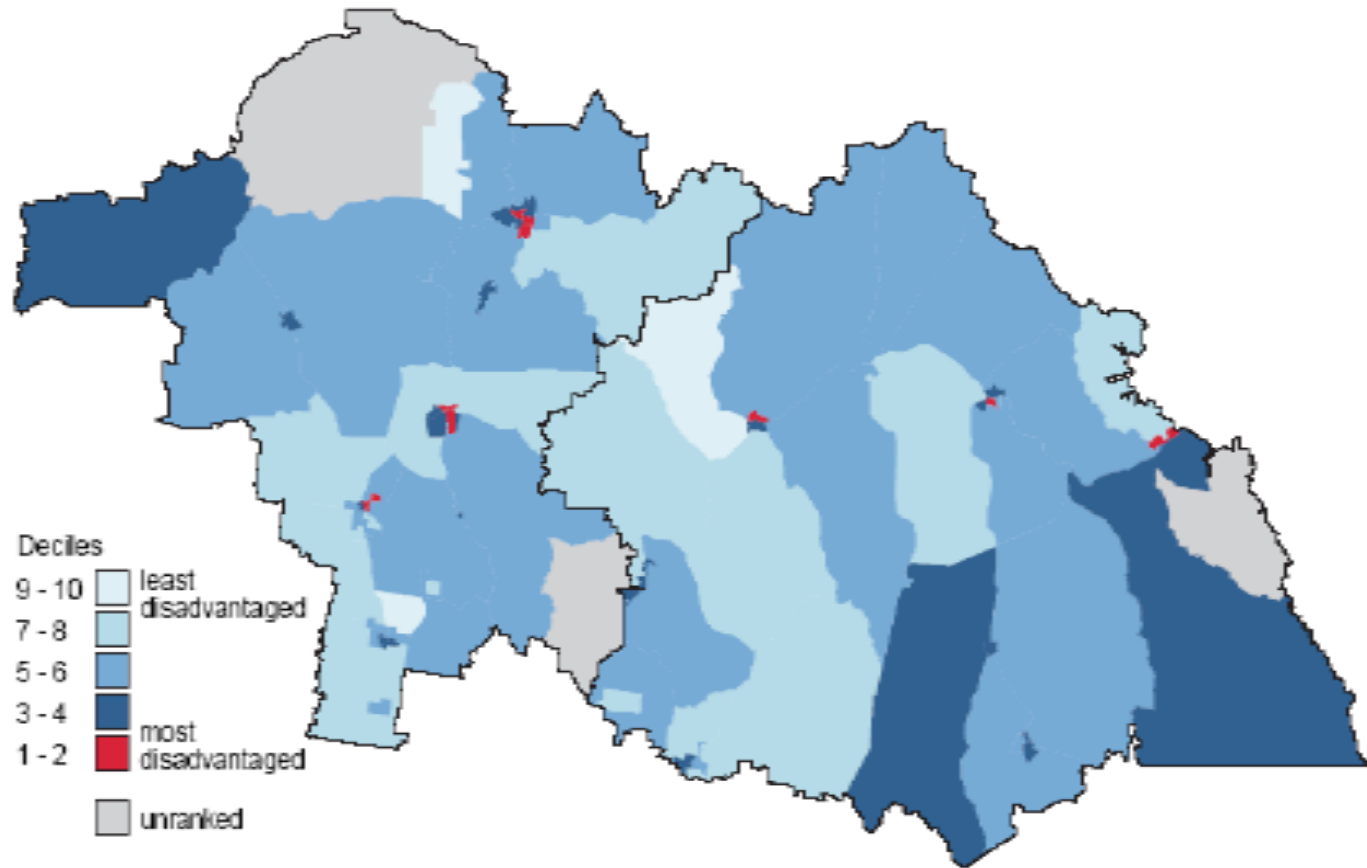
The large majority of highly disadvantaged areas are found in townships as opposed to rural areas. The concentration of disadvantaged areas in townships and urban locales is associated with higher proportions of people who require services moving to where they can better access these services, for example older people moving off the land or unemployed people moving to where they can find jobs. The five most disadvantaged small areas in the region are all in Seymour.

They all are included in the most disadvantaged ten percent of areas in Victoria. The least disadvantaged area in the region lies in a peri-urban zone just to the north of Wallan.

Lower Hume Primary Care Partnership – 27 May 2009 Lower Hume Primary Care Partnerships Community Profile



SEIFA index of relative socio-economic disadvantage
Census Collection Districts (CCDs) in Lower Hume region 2006



Source: ABS Socio-economic Indexes for Areas 2006 (cat no. 2033.0.55.001)



Like much of Victoria, the Hume region has experienced low rainfall over much of the past decade. This is reflected in the amount and severity of urban water restrictions in the region. The impacts of drought are particularly noticeable in the implementation of restrictions throughout the area in 2003 and 2007 – 2008.

Unlike the central and eastern parts of the Hume region, several towns in Mitchell Shire continued to experience water restrictions throughout the study period. The region also experienced a consistently high proportion of high and severe levels of restrictions. It was again Mitchell Shire rather than Murrindindi that was particularly affected.

Lower Hume Primary Care Partnerships Community Profile 2008

Results of Community Consultations

To support collaborative planning for the 2009 – 2012 Strategic Plan, the Lower Hume Primary Care Partnerships engaged Mitchell Community Health Service, Yea District and Memorial Hospital and Alexandra District Hospital to conduct stakeholder consultations in Mitchell early December 2008. The information gathered during the consultations was organised in line with the Social Determinants of Health, as identified by the World Health Organisation.

Key findings:

Category	Mitchell
Social gradient/poverty	5
Social connection	11
Support, social exclusion	5
Unemployment	3
Stress/emotional health	0
Addiction	4
Food	2
Transport	5
Housing	5
Education	4
Treatment services/service system	12
Capacity building	4



Key findings from Community Consultation at Lions Club Health and Wellbeing Expo were:

- Community safety especially with regards to bushfire preparedness
- Opportunities for people to be more connected
- Addressing cultural diversity in Mitchell South
- Having things for young people to do in Mitchell South
- More communication with Council
- Concern for more open space and land for sporting and recreational purposes
- The desire for more festivals in the south
- Concern for lack of services for the future

Wallan and District Community Network key priorities:

- Transport
- Families and children
- Expanding the recreational opportunities in Wallan South.

Key issues for bushfire affected communities include:

- Community meeting spaces for recovery
- Community recovery events
- Area beautification and environmental works
- Telecommunications



Our Goals:

- Goal 1.** Create a greater sense of community safety
- Goal 2.** Create an environment of connection and resilience through community building
- Goal 3.** Advocate for and promote early intervention
- Goal 4.** Support and enhance engagement, participation and partnerships
- Goal 5.** Maintain, enhance, develop and protect healthy environments






NB: Some KPIs are yet to be developed with key stakeholders input.









Goal 1: Create a greater sense of community safety







This health goal reflects the importance the community and organisations place on community safety. Mitchell Shire was heavily hit with the Black Saturday Bushfire heightening people's awareness of personal safety for the future.



Key to Environment Areas: ☺ Social 🏠 Built \$ Economic 🌿 Natural







E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
	Ensure Council assets are safe for community usage	Ensure sport, recreation and leisure facilities are safe	Conduct a regular maintenance programs of Council managed sport, recreation and leisure facilities	Enact	Recreation and Leisure, Asset Management, Works, Working Group	Recreation and Open Space Strategy, Council Plan 2009 – 2013, To be adopted Parks and Open Space Asset Management Plan	Community Sporting and Recreation Groups, Committees of Management	
			Act on all safety issues identified from Masterplans	Enact	Recreation and Leisure, Asset Management, Works, Working Group	Masterplans	Community Sporting and Recreation Groups, Committees of Management	
			Ensure ongoing renovation of ovals to ensure all year round safety	Enact	Recreation and Leisure, Asset Management, Works, Working Group	Recreation and Open Space Strategy	Community Sporting and Recreation Groups, Committees of Management	
		Ensure other Council owned assets are safe	Enact the plan for overall safety and connectivity of paths within the shire	Lead	Recreation and Leisure, Asset Management, Community Development, Connecting Mitchell, Working Group	Footpath Strategy	Community Groups and Organisations; Connecting Mitchell Partnership Committee	
			Enact plan for drains and bridges	Enact	Asset Management, Works, Working Group	Develop Strategy		
		Ensure Council owned buildings are safe and future works are planned	Maintain an assets register	Enact	Asset Management, Works, Working Group	Infrastructure Asset Management Plan – Building		

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
			Conduct audits and develop work plans to address defects	Enact	Recreation and Leisure, Assets Management, Works, Working Group	Capital Works Program, Infrastructure Asset Management Plan – Buildings		
			Forecast and plan for long term upgrade and renewal of buildings			Council Plan 2009 – 2013, Infrastructure Asset Management Plan – Buildings		
		Ensure Council roads are safe and in good condition	Conduct inspections and develop work plans	Enact	Assets Management, Working Group	Council Plan 2009 – 2013, Infrastructure Asset Management Plan – Roads		
	Ensure Council and community events activities/events are safe	Give support to community groups/ event in risk management	Work with FReeZA in development of Risk Management Plans	Support	Risk Management, Community Development	Community Development Business Plan	FReeZA Committee	
			Work with community groups wishing to hold events to implement risk management practices	Support	Risk Management, Community Development	Community Development Business Plan	Community Groups and Organisations	
	Ensure staff have access to personal support in matters of safety	Support given from Risk Management	Training and support in using risk register	Enact	Risk Management, All Council			
	Bushfire prevention	Promotion and communication around fire preparedness	Community bushfire preparedness information sessions	Advocate Enact	Municipal Recovery, Municipal Fire Prevention	Council Plan 2009 – 2013, Community Recovery Plans	CFA, Bushfire Community Advisory Groups, Mitchell Community Recovery Action Group	
			Bushfire Recovery Newsletter and Connecting Communities	Lead Enact	Communications, Community Development	Community Recovery Plans	Bushfire Community Advisory Groups, Mitchell Community Recovery Action Group	

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
			Work with CFA to extend the Fireguard Program in the Mitchell Shire	Support Advocate Plan	Environmental Services, Community Development, Municipal Recovery, Municipal Fire Prevention		CFA	
			Fuel reduction plans – burning, weed removal and slashing	Enact	Environmental Services, Municipal Recovery, Municipal Fire Prevention	Community Recovery Plans		
		Development of emergency management systems	Early warning systems emergency, communication systems such as communication trees	Advocate Plan	Municipal Recovery, Municipal Fire Prevention, Community Development	Community Recovery Plans	Broadford Community Advisory Group (Bushfire Recovery), Kilmore East CAG, Upper Plenty CAG, Clonbinane CAG	
			Improved telecommunications	Advocate	Municipal Recovery, Municipal Fire Prevention, Engineering and Infrastructure	Bushfire Community Recovery Plans, Council Plan 2009 – 2013	Clonbinane CAG, Reedy Creek CAG, Toobarac, Upper Plenty CAG	
			Development of road infrastructure/ accessibility	Advocate Enact Plan	Municipal Recovery, Municipal Fire Prevention, Engineering and Infrastructure	Bushfire Community Recovery Plans, Council Plan 2009 – 2013	Upper Plenty CAG	
			Develop a system to ensure vulnerable persons are looked after during an emergency	Support	Community Development, Connecting Mitchell		Lions, Hospitals, Connecting Mitchell	

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊		Development training and information around roles of emergency management organisations	Information packs to be sent to all households	Initiate Enact	Municipal Recovery, Municipal Fire Prevention, Community Development	Bushfire Community Recovery Plans, Council Plan 2009 – 2013	Clonbinane CAG, CFA	
😊			Refer enquiries for assessments of Neighbourhood Safe Places within the shire to the CFA	Support	Municipal Recovery, Municipal Fire Prevention		CFA	
😊			Work to clarify and match criteria for Neighbourhood Safe Places into the future	Support	Municipal Recovery, Municipal Fire Prevention		CFA, DHS	
😊			Supply information to the community on Relief centres if an emergency arises and it is activated	Support	Municipal Recovery, Municipal Fire Prevention		CFA, DHS	
😊			Meet with schools to assist them in emergency management plans	Support	Municipal Recovery, Municipal Fire Prevention		CFA, DHS	
😊		Put in place strategies required by Council to address findings of Royal Commission	Update Emergency Management Plan	Enact Support Plan	Municipal Recovery, Municipal Fire Prevention	Council Plan 2009 – 2013	CFA, DSE, DHS, DPI, CRC	
😊			Update Fire Prevention Policy	Enact Support Plan	Municipal Recovery, Municipal Fire Prevention			
😊		Promote a sense of empowerment and self-reliance in personal safety		Enact Support	Municipal Recovery, Municipal Fire Prevention			
⚡	Maintain a best practice framework for disease management	Monitor and stay informed on the spread of swine flu, equine influenza		Lead	Environmental Health, Municipal Recovery	Victorian Influenza Pandemic Plan	DHS Public Health, Central Highlands Division of GP's, Seymour District Memorial Hospital, Kilmore and District Hospital	

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊	Reduce the incidents of road accidents in the Mitchell Shire	Provide education	Support safe driving community forums	Support	Community Development	Road Management Plan, Council Plan 2009 – 2013	VicRoads, Victoria Police, Community, LHPCP	
😊			Provide information on driving in rural areas targeted at new residents	Lead Advocate	Community Development	VicRoads Safety Strategy 2002 – 2010, Road Management Plan	VicRoads, Victoria Police, Community, LHPCP	
😊		Support research into road accidents in the Mitchell Shire	Recommend and support initiatives in researching high rates of road accidents in the Mitchell Shire and support initiatives developed	Lead	Assets Management, Community Development	VicRoads Safety Strategy 2002 – 2010	Vic Roads, Victoria Police	
😊			Investigate joining network for Child Friendly Cities	Initiate	Planning and Development, Community Development, Engineering and Infrastructure	VicRoads Safety Strategy 2002 – 2010	VicRoads, Victoria Police	
😊		Develop strategies to address road safety issues in the shire	Pedestrian Strategy	Lead Plan Enact	Planning and Development, Children's Services, Community Development, Communications, Assets Management, Infrastructure and Engineering	Council Plan 2009 – 2013, Road Management Plan	VicRoads, Victoria Police, Schools, DOT	

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
			School road safety including support Primary School and Kindergarten Road Safety Program	Lead Plan Enact Support	Planning and Development, Children's Services, Community Development, Communications, Assets Management, Engineering and Infrastructure	Council Plan 2009 – 2013, Road Management Plan	VicRoads, Victoria Police Schools, DOT	
			Road Safety Strategy	Lead Plan Enact	Planning and Development, Children's Services, Community Development, Communications, Assets Management, Engineering and Infrastructure	Council Plan 2009 – 2013, Road Management Plan	VicRoads, Victoria Police, Schools, DOT	
			Encourage road safety awareness for bicycle users	Lead Advocate	Planning and Development, Children's Services, Community Development, Communications, Assets Management, Engineering and Infrastructure	Council Plan 2009 – 2013 Road Management Plan		
			Advocate for pedestrian crossing on Wallan Whittlesea Road at or near the police station	Advocate	All Council	Council Plan 2009 – 2013	VicRoads, Victoria Police, DOT	
			Advocate for installation of traffic lights at Union Street, Kilmore	Advocate	All Council	Council Plan 2009 – 2013	VicRoads, Victoria Police, DOT	
			Advocate for Wallan/Kilmore Bypass	Advocate	All Council	Council Plan 2009 – 2013	VicRoads, Victoria Police, DOT	

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊	Decrease the incidence of family and community crime/violence	Education about reporting of family violence	Best practice model development	Support	Maternal and Child Health, Community Development, Children's Services, Community Services, Communications	Mitchell District Safety Plan	Victoria Police, DEECD, RAG, MCHS, Seymour Community House, Lower Hume Family Violence Prevention Network, Community	
😊		Highlight the issue in the community	Family Violence Network	Support	Community Development, Maternal and Child Health, Community Development, Children's Services, Community Services, Communications	Mitchell District Safety Plan	Victoria Police, DEECD, RAG, MCHS, Seymour Community House, Lower Hume Family Violence Prevention Network, Community	
😊		Development of programs to address family violence	Development of men's programs	Support	Community Development	MCHS Health Promotion Plan	Victoria Police, DEECD, RAG, MCHS, Seymour Community House, Lower Hume Family Violence Prevention Network, FamilyCare, Community	
😊			Development of programs addressing violence coming as result of Black Saturday Bushfires	Support	Bushfire Community Development	MCHS Health Promotion Plan	FamilyCare, MCHS, Centacare, Victoria Police, Lower Hume Family Violence Prevention Network	
😊			GALS Programs – NH and Wallan pilot	Support	Community Development	MCHS Health Promotion Plan	RAG, MCHS, Seymour Community House, Berry Street, MI Fellowship, FamilyCare	

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊			Support White Ribbon Day activities	Support	Community Development, Communications	MCHS Health Promotion Plan		
😊			Continue to work with Mangalore Flight Training Academy to support integration of students in the community	Lead	Community Development, Economic Development, Communications		Victoria Police	
😊			Support development of community legal centre in Seymour	Support	Community Development		Uniting Care Cutting Edge	
😊			Support Victoria Police in addressing issues relating to crime in Mitchell including PCCC in Seymour and Kilmore	Support	Executive Services, Community Development, Communications			Decrease in reported crimes against person and property
😊			To raise awareness of bullying in schools and community	Support	Community Development, Communications	Student Wellbeing and Engagement Policies in all schools	Mitchell District Interagency Team, Lower Hume Family Violence Prevention Network, FamilyCare	
📦	Work on the creation safe spaces for the community to meet	Lighting	Hadfield Park lighting	Lead	Recreation and Leisure, Assets Management, Works	Hadfield Park Masterplan	Community Groups and Organisations using Hadfield Park	Lights installed
😊	Maintain a high standard of food safety	Random food inspections conducted yearly to encourage compliance		Enact	Environmental Health			
😊	Reduce the incidence of injuries in the home within the Mitchell Shire	Support health promotion strategies to educate the community on preventing home injury	Promote and encourage shared use of the Home Safety Kit to other service providers	Lead	Maternal and Child Health			
😊			Educate and train Family Day Care providers on home safety issues	Lead	Children's Services	New Municipal Early Years Plan		Greater feedback from parents about benefits

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊			Home safety resources available at all Kindergartens through pigeon holes, newsletters and on display	Lead	Children's Services	New Municipal Early Years Plan		
😊			Pet Ownership Program in Kindergartens		Children's Services			
😊			Resources handed out at Maternal Child and Health sessions e.g. SIDS		Maternal and Child Health			
😊	Keeping children and young people safe	Program development and skill building	Cyberbullying Programs	Support	Children's Services, Community Development, Youth Development		FamilyCare, Victoria Police. DIT	
😊			Support the work of organisations dealing with safe sex and unwanted pregnancy	Support	Community Development, Youth Development		FamilyCare, The Bridge, Berry Street, MCHS	

Goal 2. Create an environment of connection and resilience through community building











This health goal reflects the growing community awareness of the importance of social and supportive networks to individual and community wellbeing. Being connected is strongly related to the resilience of communities to cope with adversity. Individual's mental health is likely to be better if they do not experience discrimination, and are able to participate in economic and community life. Social isolation or exclusion on the other hand is considered to be a major factor inhibiting good health and recovery from illness. Community building and strengthening activities assist communities to remain resilient.

Evidence of priority health goal:

Key to Environment Areas: 😊 Social 🏠 Built 💰 Economic 🌿 Natural

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊 💰	Decrease the factors responsible for social isolation	Bushfire social, emotional and economic recovery	Roll out Bushfire Communication Strategy	Lead Support Advocate Plan Enact	Communications, Community Development, Economic Development	Council Plan 2009 – 2013	MCHS, FamilyCare, Berry Street, Centacare, VBRRRA	
😊 💰			Continue to support individuals and families with psycho social and physical support	Support	Community Development, Community and Recreation, Communications	Mitchell Community Health Service Health Promotion Plan	MCHS, LHPCP, Berry Street, FamilyCare, Centacare, VBRRRA	
😊			Support Bushfire Community Development, Volunteer and Youth Officers	Enact	Community Development, Community and Recreation	Community Development Business Plan	Mitchell Shire Community Recovery Committee, DPCD, DHS, Berry Street	
😊 💰			Support for bushfire community led events, celebrations and commemorations and memorials	Plan Enact Support	Community Development, Community and Recreation, Engineering and Infrastructure, Libraries Arts and Culture; Economic Development	Community Development Business Plan	MCHS, FamilyCare, Berry Street, Centacare, VBRRRA	










E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
☺ \$			Work closely with other organisations to support recovery	Support	Community Development, Community and Recreation, Economic Development	Council Plan 2009 – 2013, MCHS Health Promotion Plan, LHPCP Integrated Plan	LHPCP, MCHS, Berry Street, FamilyCare, Centacare, VBRRA	
☺			Undertake research into resilience around bushfire recovery in communities	Support	Community Development	Council Plan 2009 – 2013, MCHS Health Promotion Plan, LHPCP Integrated Plan	MCHS	
☺ 📦			Continue to work with communities and young people on the development and implementation of their community recovery plans	Support	Engineering and Infrastructure, Community Development, Environmental Services	Municipal Recovery Plan, Community Recovery Plans	Bushfire Affected Communities	
☺			Support the Broadford Community Services Hub	Support	Community Development		LHPCP, MCHS, Berry Street, FamilyCare, Centacare, VBRRA	
\$			Support the development and ongoing work of the Murrindindi Mitchell Bushfire Tourism Recovery Group (MMBTRG)	Support	Economic Development		Chambers of Commerce	
\$			Develop other initiatives to encourage shopping locally	Lead	Economic Development		Chambers of Commerce	
\$			Work with traders in bushfire affected areas e.g. Wandong traders group		Economic Development, Community Development	Community Recovery Plans		
☺	Transport	Ensure those who are socially isolated have accessible transport	Community Bus	Support	Connecting Mitchell, Risk Management	Connecting Mitchell Project Plan, Mitchell Youth Engagement Strategy	Mitchell Transport Solutions Committee, MCHS, NR, Broadford Community Centre, DOT	Decrease in number in shire experiencing transport limitations

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
 			Connecting Mitchell Program initiatives	Enact Plan	Community Development, Engineering and Infrastructure, Planning and Development	Connecting Mitchell Work Plan	WDCN, Connecting Mitchell Partnership Committee, Community	
	Telecommunications	Advocate for increased internet access across the shire		Advocate	Engineering and Infrastructure, Planning and Development All Council	Council Plan 2009 – 2013, Community Recovery Plans		Increased rates access in community indicators
		Challenge community stigmas	Enact strategies that challenge stigmas attached to young people, older people, culturally diverse communities and other minority groups	Support	Community Development, Community Services	Mitchell Youth Engagement Strategy, Positive Ageing Strategy	SNR	
	Disability access	Ensure people with a disability have equal opportunity to participate in community life	Ensure all people have access to buildings infrastructure and public space	Enact	All Council, Community Services	Disability Action Plan 2009 – 2012	Access and Inclusion Committee	
			Increase community awareness of issues and the development of solutions for people with a disability	Enact	All Council, Community Services	Disability Action Plan 2009 – 2012	Access and Inclusion Committee	
			Ensure written materials are accessible for people with a disability		Community Services, Community Development, Communications			
	Increase opportunities for social inclusion	Support for community groups and organisations	Continue to support the work of The Seymour We Want	Support	Community and Recreation, Community Development, Works	The Seymour We Want Action Plan	The Seymour We Want Action Committee, Seymour Community	
			Support for Neighbourhood Houses and Community Centres and S86 Committees	Support	Community Development, Community and Recreation	Council Plan 2009 – 2013		
			GALS Program in Seymour and Wallan	Support	Community Development		SNR, WDCN	







E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊			Older people	Support	Community Services	Positive Ageing Strategy, Council Plan 2009 – 2013	MCHS	
😊		Young families	Run first time parents groups across the shire	Enact	Maternal and Child Health			
😊			Deliver young mum's groups across the Shire	Enact Support	Maternal and Child Health		The Bridge	
😊			Continue to run "Mum's the Word" program	Enact	Maternal and Child Health			
😊			Maintain a consistency in staff in Maternal and Child Health through Scholarship Program	Lead	Maternal and Child Health			
😊		Encourage and support community celebrations and events that create a culture of respect and harmony	Celebrate International Women's Day	Lead	Community Services	Community Services Plan		
😊			Celebrate Harmony Day	Lead	Community Development, Communications			
😊			Celebrate NAIDOC Week	Support	Community Services, Community Development, Children's Services, Communications	Kindergarten Business Plan; Community Development Business Plan	Members of the Indigenous Community, Community, Local Schools	
😊			Australia Day celebrations and Citizenship Ceremonies	Lead	Executive Services, Communications	Council Plan 2009 – 2013		
💰😊			Promote and participate in the Great Australian Bike Ride	Support	Economic Development, Communications			
💰😊			Initiate new events in the Shire such as Tourism Expo, Youth Festival, Fishing Competition	Lead	Economic Development, Communications			

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊		Diversity	Development of Cultural Diversity Policy and Committee	Lead	Community Development	Community Development Business Plan	Members of the CALD Communities	
😊			Initiate a multi-cultural festival/celebrations in the Shire	Support	Community and Recreation, Community Development, Economic Development		Schools, Community Health and Service Organisations	
😊			Celebrate cultural diversity in Council run services e.g. Kindergartens	Enact	Children's Services, Community Services, Youth Development			
😊		Support volunteers and volunteer organisations in the community	Development supportive structures and processes for recruitment training and retention of volunteers e.g. Skillsbank and Visitors Information Centres	Lead	Recreation and Leisure, Community Development, Economic Development	Council Plan 2009 – 2013	Mitchell Shire Volunteer Forum	Increase in percentage of volunteers in Mitchell Shire as per Community Indicator Index
😊			Celebrate National Volunteers Week and International Volunteers Day	Enact	Community Development	Community Development Business Plan	Mitchell Shire Volunteer Forum	
😊			Implement annual Community Grants Program	Enact	Libraries Arts and Culture, Recreation and Leisure, Economic Development	Community Services Plan, Council Plan 2009 – 2013	Community Service Organisations, Local Business	
😊			Continue to produce and distribute newsletters	Enact	Recreation and Leisure, Community Development, Economic Development			

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊		Provide support to help develop skills for community groups, organisations and clubs	Annual Community Group Training Program session developed around community group needs assessment	Lead Enact	Recreation and Leisure, Community Development, Community Services, Children's Services, Environmental Services, Economic Development	Council Plan 2009 – 2013, Leisure and Wellbeing Business Plan, Community Development Business Plan	Community Groups and Organisations, Clubs, Committees of Management	
😊			Support the succession planning process for Kindergarten Committee's of Management	Enact	Children's Services	Children's Services Business Plan		
😊			Continue to advocate for the needs for ongoing support for Volunteer Development position	Advocate	Community Development, Economic Development, Recreation and Leisure	Community Development Business Plan		
😊	Promote a sense of community belongingness							
😊		Embed teaching into Council run service programs	Kinder Program Maternal Child Health visits Family Day Care Youth Services	Enact	Children's Services			
😊		Encourage involvement of wider community in community and Council run activities	Kindergarten Program	Support	Children's Services, Youth Development	Council Plan 2009 – 2013	FamilyCare	
😊			All Abilities Day activities	Enact Support	Community Services	Disability Action Plan	MCHS, Neighbourhood Houses, Access and Inclusion Committee, FamilyCare	

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
		Involve community representatives	S86 Committees Landcare Program Sustainable Communities Program Council Advisory Committees	Lead Enact	Environmental Services	Council Plan 2009 – 2013	Community Groups and Organisations	
		Develop and increase community connectedness in the new communities of the Shire	Continue to provide support to the Wallan and District Community Network	Support	Community Development, Community and Recreation, Recreation and Leisure, Planning and Development	MSPMP Beveridge Social Impact Assessment	Community Groups and Organisations, WDCN	
			Advocate for Community Development/Social Planning Officer for south of the Shire	Initiate	Community Development, Planning and Development	MSPMP Beveridge Social Impact Assessment	Community Groups and Organisations, WDCN	
			Encourage and support the multi-use function of open space and community centres	Lead Initiate	Community Services, Recreation and Leisure, Community Development, Assets Management	Council Plan 2009 – 2013		
 	Provide places for people to meet	Youth space	Investigate Wallan youth space	Initiate Advocate Enact	Recreation and Leisure, Community Development	Council Plan 2009 – 2013		
			Expand youth space and activities available to young people in Broadford	Enact	Recreation and Leisure, Community Development	Mitchell Youth Engagement Strategy		
			Continue to support Seymour Youth and Fitness Centre	Support	Recreation and Leisure	Council Plan 2009 – 2013		
			Support Vietnam Veterans Commemorative Walk	Lead	Economic Development	Council Plan 2009 – 2013		

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊	Recognise and address the needs of vulnerable groups in the community	Continue to provide older people with the opportunity for participation	Planned Activity Groups Home Care Support Personal Support District Nursing Property Maintenance Delivered Meals Respite Care	Enact Support	Community Services	Positive Ageing Strategy, Community Services Plan 2007	MCHS, LHPCP, FamilyCare, Berry Street, Seymour Neighbourhood Renewal	
😊			Develop and support Men's Shed Programs	Support	Community Development, Recreation and Leisure	Community Development Business Plan	MCHS, LHPCP, FamilyCare	
😊			Provide support to Seymour Neighbourhood Renewal in areas outlined in their plan		Community Development, Economic Development	Vulnerable Youth Framework	MCHS, LHPCP, FamilyCare, Berry Street, Cutting Edge	
😊			Investigate potential new community centres	Support	Community Development	Council Plan 2009 – 2013	Community Groups and Organisations	
📄		Community and Council noticeboards	Maintain Council noticeboards	Enact	Community and Recreation	Council Plan 2009 – 2013		
📄			Additional community noticeboards in key areas as communities as they grow and change	Advocate	Community Development		Bushfire Community Recovery Advisory Groups, MCRAAG, NR	
😊		Support the development of new playgroups within the Shire		Initiate	Children's Services		FamilyCare	
💰	Increase opportunities for economic participation by groups and individuals	Support to business	Economic Development Advisory Committee	Enact	Economic Development			
💰			Investigate the establishment of a business incubator in the Shire	Plan	Economic Development			
💰			Mitchell Shire prospectus for new business on website	Enact	Economic Development, Communications			
💰		Support for tourism	United Approach to Tourism	Enact Plan	Economic Development			








E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
\$			Exploring the options for Shire Tourism Association Support the Provincial Victoria Campaign	Support	Economic Development			
 	Ensure community service and infrastructure development is in line with growth and change in the Shire		Work with developers to ensure service provision needs are met	Advocate Plan	Planning and Development	Wallan Structure Plan, Framework for Beveridge Structure Plan	WDCN, Better Beveridge	
			Monitor trigger points for service development within the Shire		Community and Recreation, Community Services	Council Plan 2009 – 2013, Community Services Plan, Beveridge Social Impact Assessment		
	Support the viability of groups using art as a form of expression		Street Art Project	Support	Library Arts and Culture	Council Plan 2009 – 2013	Community, Artists, Cultural Groups, Schools and Young People	
			Utilise Council infrastructure to display public art exhibitions	Lead	Library Arts and Culture	Council Plan 2009 – 2013	Schools, Art Groups, Community	
	Work to minimise emotional impact of drought on communities in the Mitchell Shire		Support Drought Coordinator position and strategies that arise from committee	Support	Community Services	Council Plan 2009 – 2013	FamilyCare	








Goal 3. Early intervention, prevention and advocacy

This goal reflects the importance of early intervention and promotion in the prevention of disease and to enhance best outcomes for the health and wellbeing of our children. It addresses risk factors for the development of chronic disease such as diabetes. Such risk factors include: A lack of physical activity, unhealthy eating, being overweight and having high blood pressure and cholesterol.

Key to Environment Areas: 😊 **Social** 🏠 **Built** 💰 **Economic** 🌿 **Natural**

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊	Decrease the rates of diabetes in the Mitchell Shire	Empower the community to make healthy lifestyle choices	Encourage healthy eating initiatives throughout the community	Support	Community and Recreation, Community Services, Community Development	LHPCP Integrated Health Promotion Plan	MCHS, LHPCP	
			Provide water at all council run and supported activities	Initiate	Community and Recreation, Community Services, Community Development	MCHS Health Promotion Plan		
💰		Encourage new business and community opportunities in the Shire that provide fresh and competitively priced food	Encourage the development of farmers markets	Support	Economic Development	Council Plan 2009 – 2013		
😊			Encourage the development of community gardens	Support	Economic Development, Community Development	Clonbinane and Reedy Creek Community, Recovery Plans Seymour		
😊			Encourage community groups/organisations who organise events to offer a range of healthy eating options	Support	Community Development, Community Services			
😊		Empower Council staff to make healthy food choices		Support	All Council			
😊			Provide water at all staff activities	Enact	All Council			









E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
			Provide a range of healthy options at all council functions	Enact	All Council			
		Empower the community to increase physical activity						
			Continue to encourage participation and development of active sports and other recreational opportunities	Support	Recreation and Leisure	LHPCP Integrated Health Promotion Plan		
			Encourage incidental physical activity	Support	Recreation and Leisure	LHPCP Integrated Health Promotion Plan		
			Continue to develop footpaths, walking trails and tracks within the Shire	Enact	Recreation and Leisure, Assets Management, Engineering and Infrastructure, Planning and Development, Connecting Mitchell		Walking Groups, MBUG	
			Increase areas of walk and cycle ability within the Shire	Lead Enact	Recreation and Leisure, Assets Management, Engineering and Infrastructure, Connecting Mitchell	Council Plan 2009 – 2013, Open Space Strategy	MBUG	
			Increase community awareness of local opportunities for physical activity	Support	Connecting Mitchell, Communications, Community Development	MCHS Health Promotion Plan, Health Promotion Priorities, VicHealth	MBUG, Sporting and other Recreation Clubs within the Shire, VicHealth	
			Continue to support Walk/Ride to Work and School Day	Support	Executive Services, Communications, All Council			







E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
			Support and promote low cost or free community activities involving physical activity		Recreation and Leisure	Seymour Neighbourhood Renewal Plan		
		Plan for open space and recreational and sporting facilities into the future	Initiate the development of an open space network in the south of the Shire incorporating the four hills	Initiate	Recreation and Leisure, Community and Recreation, Assets Management, Engineering and Infrastructure	Council Plan 2009 – 2013	WDCN, Sporting and Other Clubs	
		Encourage sporting clubs to maximise participation opportunities	Adopt policies regarding the management of discrimination within your community organisations and clubs	Support	Recreation and Leisure, Community and Recreation, Community Development			
		Empower and give opportunities to Council staff to increase physical activity						
			Continue to implement and extend lunch time exercise program	Enact Initiate	Recreation and Leisure, Community and Recreation			
			Provide healthy fresh food at Council meetings and functions and family events	Enact	Business Services, Community and Recreation, Engineering and Environment, All Council		VicHealth, Community, Local Businesses	Healthy choices provided
			Encourage community partners to provide fresh food at functions	Lead	Business Services, Community and Recreation, Engineering and Environment, All Council		VicHealth, Health and Community Services, Organisations, Schools, Sporting and Leisure Clubs	Healthy choices always provided at Council functions

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊		Encourage screening of blood pressure, cholesterol and blood sugar testing	Snapshot and Connecting Communities during health promotion weeks		Finance, Communication, Community Development		MCHS	
😊			Posters in the workplace		Community Development			
😊			Use incidental opportunities at Council to offer blood pressure checks		Maternal and Child Health			
			Support Diabetes and Chronic Health Screening Program a and Education Programs				MCHS, LHPCP, Access, Care, and Life Program through GP's	
😊		Target healthy eating and physical activity as a priority for children aged 0 – 2 years in the Shire	Include as a priority in the reviewed Municipal Early Years Plan	Initiate	Children's Services, Maternal and Child Health, Community Services			
			Support the Go for Your Life Award Program including having the Mayor attend	Support	Children's Services, Maternal and Child Health, Community Services		MCHS	
			Make resources available at all libraries	Initiate	Children's Services, Maternal and Child Health, Community Services			
😊	Decrease smoking related health morbidity and mortality rates in the Mitchell Shire	Decrease rates of uptake by young people particularly young women	Encourage the extension of the QUIT Program to young people	Support	Youth Development, Community Development, Community Services	MCHS Health Promotion Plan	Schools, MCHS, LHPCP, SFYS	

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊			Development of health and wellbeing arm of Youth Council to address the issue	Initiate	Youth Development	Council Plan 2009 – 2013, Mitchell Youth Engagement Strategy	MYA	
😊	Tobacco Control Program	Provide support for staff to QUIT	QUIT offered to staff	Initiate	Environmental Health			
😊		Enforcement of regulations of tobacco acts	Regulation of promotion, place of sale, regulation of tobacco tax, regulation of packaging of product	Enact	Environmental Health	The Australian National Tobacco Strategy		
😊		Raise public awareness of “The Big Kill” and Shire’s statistics	Post on Council website Connecting Communities articles and media releases	Enact	Environmental Health, Community Development, Communications		VicHealth, DHS, MCHS, SNR	
⚡		Develop and enforce smoke free policies in all Local Government facilities		Enact	Environmental Health, Community Services, Recreation and Leisure	The Australian National Tobacco Strategy	VicHealth, DHS, MCHS, SNR	
⚡		Encourage clubs and organisations to be smoke-free environments	Put on brochures for training program	Enact	Environmental Health, Community Services, Recreation and Leisure		SNR	
😊		Support the push for complete bans on tobacco retail displays	Work with VicHealth	Support			VicHealth, DHS, MCHS	
			Promote smoke free environments in home	Support	Children’s Services, Maternal and Child Health			

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊	Promote a reduction in the use of alcohol, and other potentially harmful substance	Promote a better understanding of the harmful effects of cannabis usage in secondary schools	Give support to Drug Action Week	Support	Youth Development	LHPCP Plan, Hume Region Alcohol and Drug Profile 2005, Alcohol Team and Community National Drug Strategy	LHPCP, DHS, Victoria Police, MCHS, FamilyCare	
😊		Responsible Alcohol Licensing of Premises through a Liquor Accord (Across Shire)		Support	Environmental Health	Responsible Serving of Alcohol	Hoteliers Association, Hoteliers, Victoria Police and Safety Committee	Liquor Accord is extended across the Shire
😊			Encourage sporting clubs to adopt the Good Sports Program	Enact	Community and Recreation	Valley Sports	Sporting Clubs, Valley Sports	Increase in accredited clubs
😊	Increase immunisation rates in the Mitchell Shire		Maintain a high infant immunisation rate	Enact	Maternal and Child Health	Guidelines for Immunisation Practice in Local Governments 2006	Community, DHS, SNR	
😊	Support early years intervention approach to health and wellbeing						MCHS, FamilyCare	
		Within Council services	Enhanced home visiting service	Enact	Maternal and Child Health	Maternal and Child Health Business Plan, Municipal Early Years Plan		
😊			Maternal and Child Health Program/checks by nurses	Enact	Maternal and Child Health	Maternal and Child Health Business Plan, Municipal Early Years Plan, Council Plan 2009 – 2013		
😊			Breastfeed Day Stay	Enact	Maternal and Child Health	Maternal and Child Health Business Plan, Municipal Early Years Plan		

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
			Support the ELF program			To be incorporated into Municipal Early Years Plan		
			Support other Early Childhood Services within the Municipality		Maternal and Child Health, Children's Services	Maternal and Child Health Business Plan, Children Services Business Plan, Municipal Early Years Plan	FamilyCare, Berry Street, The Bridge, CAMHS	
			Continue to run annual Children's Expo	Enact	Children's Services	Children Services Business Plan, Municipal Early Years Plan	FamilyCare, Berry Street, Kindergartens, Schools	
			Implement strategies to address issues that arise from the Australian Early Development Index	Initiate	Children's Services			
		Strategically plan for future service demand in early years services	Consult with community and use data to guide planning	Lead	Children's Services, Community Services	Municipal Early Years Plan, Community Services Plan 2007	MCHS, FamilyCare, DIT	
			Plan for and construct additional Maternal and Child Health facility in Wallan	Initiate	Maternal and Child Health, Engineering and Infrastructure	Municipal Early Years Plan, Community Services Plan 2007		
		Advocating for young people needs	Advocate for a Youth specific Health Worker to be based in Mitchell Shire	Advocate Support	Community Services, Community Development	Mitchell Youth Engagement Strategy, MSPMP, DIT Strategic Plan	MCHS, SFYS, LHPCP, MYA, DHS, DIT	
	Increase suitable housing availability and affordability in the Mitchell Shire			Advocate Support	Community Services, Community Development		Rural Housing Network, Pathways, SNR	Decrease community indicator rates spending more than 30% of income

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
	Decrease rates of oral health disease in the Shire		Continue to investigate the need to fluoridate water in areas of the Shire	Enact	Community Services, Environmental Health	Mitchell LGA Primary Health Community Area Services Plan 2006	Community, Oral Health Providers, Water Boards, MCHS, LHPCP	
			Continue to advocate for an increase in oral health resources for across the Shire	Advocate	Environmental Health, Community Services	Mitchell LGA Primary Health Community Area Services Plan 2006	Dental Health Unit, Dental Services Vic, MCHS, LHPCP, FamilyCare	
		Provision of community education programs around oral health	Smiles for Miles – expansion to Family Day Care and Development of 10 Ten Club		Children's Services		MCHS, LHPCP, SNR, Seymour Special School	
	Ensure growth of health clinics and allied health services to match community growth		Support development of super clinic in Wallan		Community Services		MCHS	
	Sun smart	Ensure all staff events/activities have effective mechanisms to avoid sun damage			All Council			
		Support initiatives that prevent individuals and families getting into debt	Support education programs to young people, and others in the community		Community Services		MCHS, WDCN	

Goal 4. Engagement, participation and partnerships

This goal reflects the importance Council, community and other organisations have started to place on working together to achieve better health outcomes. Partnering means that a more focused and sustained approach to main health challenges can be developed. There is able to be more effective and specialised approaches developed when partners work together on specific areas of concern. Empowerment of individuals and community in the development of solutions leads to better health outcomes.

Key to Environment Areas: 😊 Social 🏠 Built 💰 Economic 🌿 Natural

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊	Increase purposeful community engagement with the community							
😊		Promote and create supportive environments for engagement						
😊			Go out to where people are at to consult and engage	Enact Support Initiate Plan	All Council, Community Development, Economic Development	Council Plan 2009 – 2013, Mitchell Youth Engagement Strategy, MCHS Health Promotion Plan, Community Development Business Plan	MCHS, SNR	
😊			Continue to support Community Development work in empowering the community to have a say in decision making and to lobby for what they need	Enact	Community Development	Council Plan 2009 – 2013, Community Development Business Plan, To be developed Community Engagement and Participation Strategy	MCHS, WDCN, SNR	
😊			Ensure people are able to access meetings or forums where community issues are being addressed	Plan Support Initiate Enact	All Council, Community Development	Community Development Business Plan	MCHS, Connecting Mitchell Partnership Committee	
😊		Continue to provide support for activities that are run by the community for the community	Support the work of FReeZA and Youth Council	Plan Support Initiate Enact	Community Development		MYA	

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊			Adopt guiding principals of effective community engagement	Initiate Enact	All Council, Community Development	Mitchell Youth Engagement Strategy, To be developed Community Engagement and Participation Strategy, Council Plan 2009 – 2013		
😊		Provide opportunities for community to be involved in community leadership	Community planning processes across Shire beginning in Wallan	Support	Community Development, Environmental Services, Economic Development, Planning and Development, Engineering and Infrastructure, Recreation and Leisure	Council Plan 2009 – 2013, Bushfire Community Recovery Plans, Structure Plans	Community Groups and Organisations, WDCN	
😊			Continue to support the development of mentoring programs	Support	Community Development, Economic Development		SNR, Cutting Edge	
😊			Continue to support the work of MCRAAG and miniCags in community recovery process	Support	Community Development		Community Recovery Committee	
😊			Continue to work with community groups and organisations on leadership including Support the annual Youth Conference and implement Youth Council		Youth Development, Executive Services		Schools, SNR, TSWW, WDCN MYA, Victoria Police, DIT	

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊		Involve the community in Council strategic planning and community planning decisions across all departments	Work collectively across departments to work with the community on key issues as they arise e.g. extension of Kerbside Collection Service	Plan	Community Development, Planning and Development, Economic Development, Engineering and Infrastructure, Recreation and Leisure			
😊			Develop Community Participation and Engagement Strategy and toolkit	Plan Enact Lead	Community Development			
😊	Develop the communities knowledge of community strengths, assets, resources and services	Better inform the community of services	Youth services booklet and website	Support	Community Services, Community Development, Youth Development	Mitchell Youth Engagement Strategy, DIT Strategic Plan	DIT	
😊			Continue to develop and maintain an electronic community services directory located on Council's homepage	Enact	Community and Recreation, Information Technology, Communications	Community Services Plan 2007	Health and Community Services, Sporting and Leisure Clubs	
😊			Give greater support and input to community newsletters such as What's News	Enact	All Council, Communications			
😊			Continue to keep community informed through Connecting Communities, website updates and media releases	Enact				
😊			Support for annual Careers Expo	Support	All Council		The Apprenticeship Factory	

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
😊	Build and maintain partnership across government and community health and service organisations		Support place based initiatives such as the Wallan and District Community Network	Support	Community Development, Community and Recreation, Recreation and Leisure, Planning and Development, Community Services		LHPCP, DPCD, DHS, DSE, DPI, MAV	
😊			Develop relationship between schools and community service and health organisations e.g. DIT	Support	Community Development, Recreation and Leisure, Economic Development, Children's Services, Maternal and Child Health		DIT, Schools	
😊			Support the work of LHPCP including the development of shared evaluation processes around health and wellbeing outcomes	Support	Community Development, Community Services			
😊	Work with the community in the delivering of better health and wellbeing outcomes		Health and Wellbeing Advisory Group development	Initiate	Community Development		TAFE	
			Focus service development in Children's Services on partnerships with families, communities and businesses					
😊	Lobby and advocate on behalf of the community		Gas, Transport outcomes service provision	Advocate	Council Plan 2009 – 2013			

Goal 5: Develop, maintain, enhance and protect healthy environments within the shire

Mitchell Shire covers an area of 2,864 square kilometres and offers a unique combination of a rural setting with close access to Melbourne's attractions. Underpinning the Shire's strategic planning is that future development must maintain the urban-rural mix and the integrity, character and historic ambience of the Shire's five towns. The Goulburn River passes through the Shire providing an important setting for water based activities for residents and visitors, as well as a picturesque setting for picnics, caravanning and camping. The community appreciates and takes pride in the sporting and recreational opportunities that are offered in the Shire, particularly the walking and biking trails which create participation in healthy exercise for the different age groups.










The majority of people choose to live in Mitchell Shire for the healthy aspect of enjoying a rural lifestyle. As many people commute to work outside the Shire, recreational and leisure activities are an important way for people to connect to their community, as well as maintain good health and a sense of wellbeing. Friendships and relationships are often formed through participating or having an interest in an activity or sport. A Shire with many activities, places of interest and sporting venues attract visitors and tourists who in turn create positive economic activity for shops, tearooms and other small businesses. Good planning and guidelines is essential to ensure that activities, interest and sporting groups can coexist sharing the resources of the Shire without impinging on the environment, residential and farming land and other user group's equal access.









Many small landholders are unaware of the responsibilities, resources and support that is available to ensure that they preserve and maintain their landholding to coexist with the natural environment. Aspects of rural life that many people are unequipped to deal with include wildlife on roads and around residences, maintaining septic tanks and employing water-wise strategies. Harmful practices that impact on the environment include harsh chemicals and pesticides use, domestic pets killing native animals, and degradation of native vegetation. Solar heating, water efficient gardens, recycled septic treatments will ensure that the next generation can enjoy the attractions of the Shire tomorrow.









The strong growth impinges on the local environment and care needs to be taken to ensure that future development is sustainable and can preserve and enhance the natural environment.


Key to Environment Areas: ☺ Social 🏠 Built 💰 Economic 🌿 Natural

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
🌿	Encourage and promote practices that preserve and maintain the environment	Encourage new landholders to join Landcare and other environmental groups		Support Enable	Environmental Services, Communications	Environment Strategy	Community, Landholders, New Residents, Environment Groups	Information enquiry form included in the New Residents Kits
🌿		Encourage and educate environmentally friendly alternatives for weed control		Enable	Environmental Services	Environment Strategy	Rural Landholders, Community, Garden Enthusiasts	Information has been drafted and distributed
🌿	Ensure the natural environment is preserved and enhanced	Continue to protect and enhance our native vegetation in open spaces		Lead	Environmental Programs	Planning Scheme, Recreation and Open Space Strategy		Abide by the Victorian Native Vegetation Framework

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
		Encourage protection of paddock trees by landholders		Support	Environmental Services	Planning Scheme, Environment Strategy	DPI	Information has been drafted and distributed
		Support the completion of the Cities for Climate Protection Program		Lead	Environmental Programs, Assets Management, Planning and Development	Greenhouse Gas Reduction Strategy, Cities for Climate Control	ICLEI	20% reduction on 2002 levels by 2010 for the corporate sector; and 15% the community sector
		Retain substantial tree canopies, streetscapes, reserves, private space in the public realm		Enable	Planning and Development, Works, Environmental Programs	Recreation and Open Space Strategy, Environment Strategy	Community, Environmental Groups, Volunteers	Public space has adequate shade and allows privacy
		Identify strategic routes for footpaths and tree in verges for the main Shire towns		Enable	Assets Management, Works	Recreation and Open Space Strategy	Seymour Community, The Seymour We Want Committee, Neighbourhood Renewal	Works are budgeted and timetabled
		Work with town communities to beautify and upgrade streetscapes		Support Enable	Engineering and Infrastructure, Works, Planning and Development	The Seymour We Want, Town Plans	Community, The Seymour We Want Committee	Works are budgeted and timetabled
		Protect and enhance culturally significant indigenous vegetation		Lead Enable	Environmental Programs, Planning and Development	Planning Scheme	Environmental Groups, Landholders, DSE, Community	Sites identified for future preservation
		Protect waterway health		Lead Enable	Environmental Programs, Planning and Development, Environmental Health	Stormwater Management Plan, Planning Scheme	DSE, CMA, EPA, Yarra Water	Stormwater Management Policy has been updated
		Protect rare and threatened flora and fauna		Lead	Environmental Programs	Planning Scheme	DSE	Amended Planning Overlay
		Lead and encourage environmentally sustainable building standards and practices		Lead	Building, Environmental Programs	Greenhouse Gas Reduction Strategy	Owner Builders, Building Companies, Developers	Sustainable building practices introduced

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
	Encourage and promote practices that preserve and maintain the environment	Inform and encourage landholders with creek frontage properties, on government funding and environment preservation incentives		Support	Environmental Programs	Environment Strategy	DPI, Water Catchment Authorities, Rural Landowners	Information is disseminated through New Residents Kits
		Involve young people in environmental programs		Lead Support	Environmental Programs, Volunteer Development	Environment Strategy	Scouts, Schools, Youth Groups, Volunteers, Landcare	Young people are involved in Environmental Groups
	Increase passive recreational opportunities for all young people	Plan for additional informal sports facilities in parks and open spaces i.e. a half court		Enact	Works, Recreation and Leisure	Recreation and Open Space Strategy	Young People, Community	
		Ensure recreational activities are accessible to all abilities		Enact	Recreation and Leisure, Community Services	Disability Action Plan, DDA Legislation	MCHS Rural Access Worker, LHPCP, GVFC	DDA compliant check for all new recreational activities
		Increase passive recreational opportunities for all young people...cont	Plan for youth from outer areas of the Shire to access greater participation opportunities	Support	Youth Development	Mitchell Youth Engagement Policy	Mitchell Youth Affairs Network, Transport Providers	Increase in participation opportunities
		Develop sport and recreation opportunities that address changing community demand	Increase the quality and innovation of design of future recreation and leisure facilities to include people with a Disability Plan	Lead	Recreation and Leisure, Works, Planning and Development	Recreation and Open Space Strategy	Sporting and Recreation Groups, Clubs, Young People, Community	New recreation and leisure centre facilities are accessible to all abilities
		Develop, maintain and manage the Shire's signage to encourage and increase leisure and recreational activities	Develop a series of positive signs encouraging utilisation of public spaces to enhance healthy pursuits and activities	Initiate Lead	Recreation and Leisure, Works		VicHealth, <i>Go for your Life</i>	Signs are in place
		Ensure future open space acquisitions are part of future subdivisions		Plan	Planning and Development	Recreation and Open Space Strategy	Property Developers, Businesses, Community	Open space is included in new developments

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
		Support the development of the junior football clubs, soccer clubs and associated fields, ovals, amenities		Support	Recreation and Leisure, Works	Recreation and Open Space Strategy	Football and Soccer Clubs, Community, Other Sporting Groups	Clubs developed and supported
	Assist community and user groups to manage the Shire's resources by providing quality information and support	Develop a Masterplan for Hadfield Park facilities to include an accessible regional playground		Plan	Recreation and Leisure, Community and Recreation	Recreation and Open Space Strategy	Wallan Community, Young People	Plan is completed
	Assist community and user groups to manage the Shire's resources by providing quality information and support	Consider creating additional neighbourhood parks for social family and recreational use		Plan	Planning and Development, Community and Recreation	Recreation and Open Space Strategy	Developers, Community	Neighbourhood parks, in all new housing estates
		Finish AAA Playground in Seymour		Plan	Planning and Development, Recreation and Leisure, Community and Recreation	Recreation and Open Space Strategy	Tenant Clubs and Committee of Management Chittick and Kings Park, Seymour Neighbourhood Renewal	Playground has been planned and approved
	Ensure the natural environment is preserved and enhanced	Develop and implement a plan to protect and enhance the Beveridge natural spring		Plan	Environmental Programs	Environment Strategy, Recreation and Open Space Strategy	Committee of Management Beveridge Reserve, Melbourne Water	Plan is developed by 2008
	Manage pest control in a environmentally responsible manner	Encourage the relocation of reptiles and other native species and discourage harming the animals		Lead	Environmental Programs, Environmental Services	Victorian Flora and Fauna Guarantee Act 1988	Community	Community Education Program has been introduced
		Promote best practice in pest plant removal and management	Lead		Environmental Programs	Environment Strategy	Farmers, Landholders, Community	Recommendations of the Environment Strategy implemented
	Promote community awareness to conserve and preserve our natural resources	Encourage the recycling of waste water		Lead	Environmental Programs, Sustainable Communities Program	Domestic Wastewater Management Plan	Community, Goulburn Valley Water, Melbourne Water	Water conservation information kit distributed through community

E	Objective	Strategies	Actions	Council Role	Responsible Area	Strategic Plan	Community Partners	KPIs
	Continue Mitchell Shire Land Management Rebate Grant for Conservation Covenants			Lead	Environmental Programs	Land Management Rebate Policy	Landholders, Farmers, Landcare Groups, Land Management Rebate Scheme, Conservation Covenant Program	

Monitoring the Implementation of the Plan

The Mitchell Shire Health and Wellbeing Plan will continue to be developed over the four year period. Whilst the overall responsibility of monitoring the implementation of the plan will sit with the General Manager Community and Recreation, it is anticipated that individual and unit actions of Council will be reflected in work plans and targets.

The amended Health and Wellbeing Plan is intended to continue its development particularly of strategies over the 2010 – 2011 period. The process of inter-organisational partnerships and reviews, community consultation (in the form of a Health and Wellbeing Advisory Group with Councillor representation) and ongoing consultation within Council will occur at quarterly intervals.

Strategies will begin to be implemented immediately and review of key performance indicators will occur regularly. An evaluation of the plan will take place before the commencement of the next health plan scheduled under current guidelines for 2013.



Resourcing the Health and Wellbeing Plan and Budget Implications

The Health and Wellbeing Plan 2009 – 2013 can be largely resourced through the current work of Council within the constraints of the current budget. Where specific strategies are identified which lie outside this area there will be opportunities to seek additional funding through other state government and philanthropic opportunities.

Inclusion of some items will need to be considered in future Council budgets as they relate to the process of rolling out the plan, working with staff and additional areas that are within Council business.

The following is an outline of anticipated budget items.

- Support for health and wellbeing meetings
- Resources to promote road safety
- Other health promotion resources
- Staff sessions
- Drug Action Week support
- Family Violence Program support
- Community leadership programs
- Review and final evaluation and report

It is anticipated that the budget for the implementation of the plan would be \$20,000 over the four years, which is the same amount allocated to the previous plan.



Appendix 1: ACRONYMS

Acronym

Term

ACSC	Ambulatory Care Sensitive Conditions
BoD	Burden of Disease
CCP	Cities for Climate Protection
CHP	Community Health Plan
COPD	Chronic Obstructive Pulmonary Disease
DALYs	Disability Adjusted Life Expectancy
DHS	Department of Human Services
HP	Health Promotion
LGA	Local Government Area
LHPCP	Lower Hume Primary Care Partnerships
MAV	Municipal Association of Victoria
MPHP	Municipal Public Health Plan
MSS	Municipal Strategic Statement
WHO	World Health Organisation
YLL	Years of Life Lost
YLD	Years Lived with a Disability



Appendix 2: GLOSSARY

Community

A group of people who not only live in proximity to one another, but who also share common interests or concerns. It may refer to an ethnic or cultural group, a neighbourhood, those who have similar social, economic or health conditions or even a group of organisations or agencies that have a common interest. A specific group of people, often living in a defined geographical area, who share a common culture, share values and norms, and are arranged in a social structure according to relationships that the community has developed over a period of time. Members of the community gain their personal and social identity by sharing common beliefs values and norms that have been developed by the community in the past and may be modified in the future. They exhibit some awareness of their identity as a group, and share common needs and a commitment to meeting them.

Community Development

A way of working underpinned by a commitment to equity, social justice, participation and empowerment that enables people to identify common concerns and that supports them in taking action relating to them.

Community Wellbeing

Wellbeing refers to the condition or state of being well, contented and satisfied with life. Wellbeing has several components, including physical, mental, social and spiritual. Wellbeing can be used in a collective sense, to describe how well a society satisfies people's wants and needs.

Consultation

Often forms an integral part of statutory planning process and involves people being referred to for information and asked their opinions. Although this implies that communities' views may be taken into consideration, it has not generally meant that people are actively engaged in the decision making process.

Council

Council refers to the organisation that makes up Local Government in Mitchell Shire.

Environmental Health

Environmental Health refers to those aspects of human health and disease that are determined by factors in the environment. It also refers to the theory and practice of assessing and controlling factors in the environment that can potentially affect health. Environmental Health includes both the direct pathological effects of chemicals, radiation and some biological agents, and the effects (often indirect) on health and wellbeing of the broad physical, psychological, social and aesthetic environment, which includes housing, urban development, land use and transport.



Equity in Health

Equity in Health implies that ideally everyone should have a fair opportunity to attain his or her full health potential, and, more pragmatically, that no one should be disadvantaged from achieving this potential, if it can be avoided.

Health Promotion

Health Promotion is the process of enabling people to increase control over, and to improve their health. A comprehensive social and political process that embraces actions to strengthen the skills and capabilities of individuals and actions directed towards changing social, environmental and economic conditions to alleviate their impact on public and individual health promotion action.

Health Outcomes

A change in the health status of an individual, group or population which is attributable to a planned intervention or series of interventions, regardless of whether such an intervention was intended to change health status.

Mitchell Shire

“Mitchell Shire” or the “Shire” refers to the physical locality that makes up Mitchell Shire.

Population Health Approach

A Population Health Approach emphasises a view of the community as a whole, addressing the key determinants of health and wellbeing of the population and reducing health inequities, in addition to treating and supporting individuals. Population health activity encompasses organised response to promote and protect health, to prevent illness, injury and disability, to decrease the burden of illness and to restore and rehabilitate those with chronic disease.

Social Model of Health

A social view of health implies that we must intervene to change those aspects of the environment which are promoting ill health, rather than continue to simply deal with illness after it appears, or continue to exhort individuals to change their attitudes and lifestyles when, in fact, the environment in which they live and work gives them little or no choice or support for making such changes.

Sustainable Development

Development that meets the needs of the present without compromising the ability of future generations to meet their own needs.

