

A woman with long red hair, wearing a white helmet, a grey scarf, a green shirt, and black pants, is riding a light blue bicycle. She has her legs spread wide in the air and a joyful expression. The background features large trees with yellow and orange autumn leaves. A large green circular graphic is overlaid on the bottom left of the image.

Greater Bendigo Health and Wellbeing Plan 2017-2021



**Dhelkunya Djandaki, Dhelkunya Murrup, Dhelkunya
Djaara Ngulumbarra – Murun dhelk**

**Healing our Country, Healing Spirit, Healing People
gathering together - living good health.**

It is essential to create balance in the mind, body and spirit to experience holistic health and wellbeing. Creating good mental, physical and spiritual health comes from the foundations of knowing that we are all a part of something much bigger than ourselves. That we are connected to the health and wellbeing of our environment and our community. Healing one part will help heal another.

Rebecca Phillips
Dja Dja Wurrung woman

Acknowledgement of Country

The ancestors and descendants of the Dja Dja Wurrung and Taungurung are the traditional owners of this Country.

The City of Greater Bendigo acknowledges that they have been custodians for many centuries and continue to perform age old ceremonies of celebration, initiation and renewal.

We all acknowledge their living culture and their unique role in the life of this region.



Introduction

The World Health Organization defines health as a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

Many factors affect the health and wellbeing of individuals and communities. The quality of our health is created in our day to day lives – where and how we live, work and play, the health of the environment, our income and education level, and our relationships with family and friends all have an impact on our health and wellbeing.

Good health and wellbeing is important to everyone and enables people to participate fully in community life. It is essential for a strong economy.

Local government, community organisations, businesses and individuals all have responsibilities and a role to play in supporting improvements to local health and wellbeing. This can be through changes to policy, community action, cultural and individual behaviour change, and through improving our neighbourhoods and environment.

Local governments are ideally placed to lead the development and implementation of local policies and actions that address community health and wellbeing through their work.






The Greater Bendigo Health and Wellbeing Plan will guide Council and its partners in working to improve the health and wellbeing of our community over the next four years. The plan was developed following a review of relevant Federal, State and Local Government policy, analysis of local health and wellbeing data, engagement of the community and key stakeholders, and identification of health and wellbeing issues where we can influence the outcomes.

How the plan was developed

- Reflecting on outcomes from the Greater Bendigo Health and Wellbeing Plan 2013 - 2017
- Establishment of an Internal Working Group and an External Project Reference Group, which identified the issues the plan had the greatest potential to address and reviewed the evidence about what works best to create change
- Review of Federal, State and Local Government policy
- Research and analysis of health and wellbeing data and indicators
- Review of recent Council community engagement
- Engagement with the community and key stakeholders to identify priorities for actions, current actions underway, focus of future actions and governance for the plan
- Identifying the principles, approach, focus, settings and environments, and enablers for action
- Development of ways to monitor and evaluate the plan's progress and achievement
- Designing a structure to ensure collaborative effort towards common goals and to guide ongoing community and partner engagement.



Greater Bendigo Health and Wellbeing Plan

| Healthy and well  | Safe and secure  | Able to participate  | Connected to culture and community  | Liveable  |
|---|--|--|---|---|
| Proportion of adults, adolescents and children who rate their health as very good or excellent | Proportion of adults feeling safe walking in their street at night / in their home at night | Employment rate | Proportion of adults who feel valued by society | Greater Bendigo Liveability Indicators (score across relevant selection) |
| <ul style="list-style-type: none"> • Promote healthy lifestyles <ul style="list-style-type: none"> - Healthy eating - Increase physical activity and decrease sedentary behaviour • Promote positive mental wellbeing • Improved sexual and reproductive health • Reduce harm from <ul style="list-style-type: none"> - Tobacco - Alcohol and misuse of drugs - Gambling | <ul style="list-style-type: none"> • Prevent violence against women and children • Increase community safety <ul style="list-style-type: none"> - Decrease crime and antisocial behaviour - Deliver health protection services - Lead community-based emergency management planning • Reduce socio-economic disadvantage by increasing access to affordable: <ul style="list-style-type: none"> - Nutritious food - Diverse housing - Energy | <ul style="list-style-type: none"> • Support early years learning and development • Promote educational attainment • Support inclusive employment • Improve health, financial and digital literacy • Support positive ageing | <ul style="list-style-type: none"> • Support inclusive communities by valuing: <ul style="list-style-type: none"> - Aboriginal and Torres Strait Islander people - Cultural diversity - People with a disability - Lesbian, Gay, Bisexual, Transgender, Intersex and Questioning/Queer (LGBTIQ) community • Build community resilience <ul style="list-style-type: none"> - Strengthen community participation and belonging - Increase social connection and reduce loneliness | <ul style="list-style-type: none"> • Promote environmental sustainability and resilience to a changing climate • Improve accessibility <ul style="list-style-type: none"> - Health and community services - Transport - Technology and information • Facilitate supportive built and natural environments |

Our Framework for Action

| | | | | | | | | |
|------------------------------|--|------------------------------------|-----------------------------------|-----------------------------------|-----------------------------|-----------------------------|-----------------------|-------------------------------|
| Our principles | Equity and fairness | Accessibility | Policy alignment | Community engagement | Evidence informed | Evaluation | | |
| Our approach | Place based | Co-design | Health in all policies | Asset-based community development | Systems thinking | Collective impact | | |
| Our focus | Children and young people | Older residents | Disabled residents | Gender equity | Socio-economic disadvantage | Cultural diversity | Climate change impact | |
| Our settings and environment | Whole of population | Rural communities | Public space | Schools (including early years) | Arts and culture | Sport and active recreation | Workplaces | Health and community services |
| Our enablers | Shared leadership and strategic thinking | Community groups and organisations | Financing and resource allocation | Media and communications | Learning and development | | | |



Monitoring and evaluation




The Victorian Public Health and Wellbeing Outcomes Framework provides a number of measures that can be used to help monitor and evaluate the plan.

The following measures have been identified as the best currently known measures of the goals and objectives of this plan. They have been selected as they are readily available and provide insights at a Local Government level. Over the life of the plan, other measures will be sought for those goals and objectives without a suitable measure. In addition to these key measures, others will be reviewed to assess progress towards goals and objectives.



| <div>Healthy and well</div> <div></div> | <div>Safe and secure</div> <div></div> |
|--|---|
| <div>Proportion of adults, adolescents and children who rate their health as very good or excellent</div> <ul style="list-style-type: none"> • Proportion of adults, adolescents and children who consume sufficient fruit and vegetables • Proportion of adults, adolescents and children who consume sugar-sweetened beverages daily • Proportion of adults, adolescents and children who are sufficiently physically active • Proportion of adults, and adolescents with psychological distress • Birth rate for young women 15 – 19 years • Proportion of adults and adolescents who smoke • Proportion of adults and adolescents who consume excess alcohol • Rate of alcohol, prescription drug or illicit drug-related ambulance attendances • Number of gaming machines per person and average spend per adult on electronic gaming machines <div>For investigation:</div> <ul style="list-style-type: none"> • Whether to include overweight and obesity measure: proportion of adults, adolescents and children who are overweight and obese | <div>Proportion of adults feeling safe walking in their street at night / in their home at night</div> <ul style="list-style-type: none"> • Rate of incidents of family violence by police • Crime rate – including offences of crimes against the person • Immunisation coverage rate at school entry • Proportion of adults and children who ran out of food and could not afford to buy more • Proportion of households with housing costs that represent 30% or more of household gross income <div>For investigation:</div> <ul style="list-style-type: none"> • Suitable measures for community-based emergency management planning • Suitable measures to reduce socio-economic disadvantage through provision of access to affordable energy |



| Able to participate  | Connected to culture and community  | Liveable  |
|--|--|---|
| Employment rate | Proportion of adults who feel valued by society | Greater Bendigo Liveability Indicators (score across relevant selection) |
| <ul style="list-style-type: none"> • Proportion of children at school entry who are developmentally on track in all five domains of the Australian Early Development Census • Proportion of the adult population who have completed year 12, a bachelor degree or higher, or a vocational qualification • Local unemployment and labour force participation rates for selected groups (long term unemployed, Aboriginal and Torres Strait Islander peoples, people with a disability, young people, seniors) <p>For investigation:</p> <ul style="list-style-type: none"> • Suitable measures for health, financial and digital literacy • Suitable measures for positive ageing • Whether to include youth engagement in education measure: Increased proportion of 17 year-olds still attending education, including school and vocational training | <ul style="list-style-type: none"> • Proportion of adults who thought multiculturalism definitely made life in their area better • Rate of use of local recreation facilities among people with a disability • Proportion of adults who feel part of the community • Proportion of the population who are 75 years or older and living alone <p>For investigation:</p> <ul style="list-style-type: none"> • Valuing Aboriginal diversity. The State Government has committed to developing a measure of Connected to Culture and Country for Aboriginal and Torres Strait Islander residents to respond to • Suitable measures for valuing LGBTIQ communities | <ul style="list-style-type: none"> • Average number of days it has taken for a new client to commence the HACC service from the point of referral • Average number of days it takes for Council to action food complaints received from members of the public • Distance of footpaths, off-road paths, on-road bike lanes and on-road protected bike lanes • Proportion of households who can access the internet at home <p>For investigation:</p> <ul style="list-style-type: none"> • Suitable measures to promote environmental sustainability and resilience to a changing climate, for example: <ul style="list-style-type: none"> - Energy usage per household - Kerbside diversion rate (recyclables and organics) - Consider One Planet Living measures • Suitable measures to facilitate supportive built and natural environments, i.e. proportion of households living within walking distance of: <ul style="list-style-type: none"> - An activity centre - Recreation/open space - Consider One Planet Living measures |



Background

The Public Health and Wellbeing Act 2008 (the Act) mandates that Local Governments have a responsibility to protect, improve and promote public health and wellbeing within their municipalities.

The Act sets out the following functions for councils:

- Create an environment that supports the health of members of the local community and strengthens the capacity of the community and individuals to achieve better health;
- Initiate, support and manage public health planning processes at the Local Government level;
- Develop and implement public health policies and programs within the municipal district;
- Develop and enforce up-to-date public health standards and intervene if the health of people within the municipal district is affected;
- Facilitate and support local agencies whose work has an impact on public health and wellbeing to improve public health and wellbeing in the local community;
- Co-ordinate and provide immunisation services to children living or being educated within the municipal district; and
- Ensure that the municipal district is maintained in a clean and sanitary condition.

Councils must prepare a Municipal Public Health and Wellbeing Plan (the plan) every four years within 12 months of the council elections. The plan is a strategic plan that sits alongside and integrates with the Council Plan and Municipal Strategic Statement.

The Act mandates the plan must:

- a) Include an examination of data about health status and health determinants in the municipal district;
- 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 public health and wellbeing plan;
- d) Specify how the council will work in partnership with the Department of Health and Human Services and other agencies undertaking public health initiatives, projects and programs to accomplish the goals and strategies identified in the plan.

The Victorian Climate Change Act 2011 requires that every Municipal Public Health and Wellbeing Plan also considers the short and long term impacts of climate change in relation to health and wellbeing priorities. The new Climate Change Act 2017 came into effect on November 1.

The Department of Health and Human Services provides Local Government with guidance on developing a Municipal Public Health and Wellbeing Plan. In May 2017, additional advice was provided with regard to councils' responsibilities in preventing and responding to family violence and the need to incorporate relevant actions into Municipal Public Health and Wellbeing Plans.



The Greater Bendigo community

To assist with identifying priorities for the plan, a data profile outlining community demographics, health determinants and behaviours, and health status was developed.

Analysis of this data identified the following 'emerging themes' for consideration:

Vulnerable children

It is internationally recognised that early years learning and development has a significant impact on future life outcomes

Disengaged youth

Experiences during the transition to adulthood influence future life outcomes

Ageing

As people age, the incidence of chronic conditions such as type 2 diabetes, arthritis and heart disease increases as does the risk of stroke and cancer

Health behaviours

- Poor diet is a known contributor to a wide range of health conditions, including obesity, type 2 diabetes, heart disease, osteoporosis and some cancers
- Smoking is still a leading cause of death across Victoria
- Problem gambling can have negative effects for families, friends and co-workers

Health inequity

- Socio-economic opportunities and health outcomes are not equally distributed across the Greater Bendigo community. Many of these inequities are avoidable and unfair
- People living in rural environments generally experience poorer health outcomes than their urban peers

Community safety

Rates of reported family violence are higher than the Victorian average

Community resilience and environmental sustainability

- The pace of societal change is growing. Inability to adapt to this rapid change can lead to high levels of anxiety and depression
- Climate change is causing an increase in frequency of extreme weather events. Responding to these incidents requires high levels of community resilience
- Evidence shows that spending time in nature is good for both physical and mental wellbeing

Educational attainment

Education attainment is associated with better health and economic outcomes throughout life

Connection and inclusion

- A socially inclusive community is one where all people feel valued, their differences respected and their basic needs met so they can live in dignity
- Aboriginal or Torres Strait Islanders experience poorer health outcomes than the rest of the community

Affordable housing

A good quality, secure home, that is affordable and energy efficient is a key determinant of health and wellbeing



Health and wellbeing policy influence

(Table 1)

To inform the development of the plan, a review of key Federal, State and Local Government policy documents was undertaken. It highlighted that there has been increased focus over the last few years on:

- Mental health
- Prevention of violence against women and children
- Affordable housing
- Early years learning and development
- Climate change
- Drugs and alcohol – specifically ice

Some key themes from these policies in these areas include:

- A focus on prevention and early intervention
- Using place-based approaches that are delivered in partnership with the community
- The need to consider the whole system when designing interventions
- Applying a 'health lens' to all policy development
- The use of the 'collective impact' approach
- The importance of partnerships and collaboration
- The need to build on the strengths of the community rather than taking a deficit approach

A key influence for the plan was the Victorian Public Health and Wellbeing Plan 2015 – 2019. A summary of the State Government plan is depicted in Table 1.

Planning alignment

To ensure a coordinated local prevention effort, it is expected that organisations and councils receiving prevention and health promotion funding work together with the Department of Health and Human Services and other local partners to establish a common approach to the preparation of health and wellbeing plans.

The Bendigo Loddon Primary Care Partnership, Bendigo Community Health, Bendigo Health (GREATER), Heathcote Health and Women's Health Loddon Mallee are in the process of developing

Vision

This plan establishes a vision for the state: a Victoria free of the avoidable burden of disease and injury so that all Victorians can enjoy the highest attainable standards of health, wellbeing and participation at every age.

Strategic directions

• Improvements at every stage of life

- Starting well
- Resilient adolescence and youth
- Healthy adulthood
- Active and healthy ageing

• Promoting health and wellbeing

- Healthier eating and active living
- Tobacco-free living
- Reducing harmful alcohol and drug use
- Improving mental health
- Preventing violence and injury
- Improving social and reproductive health

• Platforms for change

- Healthy and sustainable environments
- Place-based approaches
- People-centred approaches

a joint strategic approach to integrated health promotion planning aligned to this plan.

The State Government Koolin Balit, which means healthy people in Boonwurrung language, is a Victorian Government strategy that commits the health system to improve the length and quality of life of Aboriginal people in Victoria by 2022. Koolin Balit provides a clear path forward to achieving significant and measurable outcomes in Aboriginal health.



Health and climate change

The impact of climate change presents serious environmental, economic and health challenges. Some people will be at higher risk of health problems related to weather and climate change impacts. This includes children, older adults, people with existing medical conditions, people who work outdoors and those who live in areas most likely to be affected, such as rural communities.

Impacts can be direct, such as illness, injury or death from extreme weather events, or indirect such as reduced access to fresh food or mental health issues caused by economic and social stress from drought.

The Greater Bendigo region is experiencing and will continue to experience the following changes in climate:

- Higher overall temperatures year-round
- More heatwaves
- Less annual rainfall (including more time spent in drought)
- More intense rainfall events (more flooding)
- More very high and extreme fire danger days, and longer fire seasons

The highest health and wellbeing risks due to climate change in Greater Bendigo are:

- Injuries or death as a result of increased bushfire frequency and intensity
- Premature deaths as a result of heatwaves
- Mental ill health after disaster events (bushfires, floods, drought)
- Increased thunderstorm asthma as a result of changing rainfall patterns and extreme weather
- Increased vector borne diseases (e.g. Ross River virus, Barmah Forest virus, dengue fever, Murray Valley encephalitis or Legionnaires' disease)
- Social and economic impacts from the spread of animal disease

These impacts put increased pressure on health services and infrastructure. They, and others identified, are all projected to increase in the future

as the climate continues to change.

Building our resilience to the health impacts of climate change will involve:

- Building a climate-resilient health and community services sector
- Identifying vulnerable people and groups and gaps in infrastructure to support them
- Enhancing the capacity of communities to anticipate their climate risks and reduce impacts
- Adopting policies that reduce risks to health and wellbeing, while reducing greenhouse emissions.

Royal Commission into Family Violence – recommendation 94

In May 2017 the Victorian Department of Health and Human Services released guidance for Local Government that requires councils to “*report on the measures they propose to take to reduce family violence and respond to the needs of the victim*” in preparing their Municipal Public Health and Wellbeing Plans.

Greater Bendigo Community Plan 2017-2021 – Vision: Creating the world's most liveable community

In June 2017, the Greater Bendigo Council endorsed its new Community Plan (Council Plan) for 2017 – 2021.

Lead and govern for all

Effective community engagement will guide well-informed, responsive decision-making and financially responsible resource allocations, which are transparent and accountable.

Wellbeing and fairness

Inclusive policies, partnerships and projects that increase access, improve health and learning opportunities by building better connections and quality of life for all.

Strengthening the economy

Advocacy, innovation and support to grow jobs and diversify the local and regional economy.

Presentation and managing growth

Planning, developments and infrastructure that increase our liveability and pride in where we live.

Environmental sustainability

Protect and enhance our environment, conserve our resources and increase resilience to a changing climate.

Embracing our culture and heritage

Recognise and celebrate our unique history and diverse cultures.

How the plan fits with other Council strategies and plans

The following policies, strategies and plans have influenced the final priorities for this plan:







Community engagement

The objectives of the community engagement process were:

- Communicate the health and wellbeing status of the Greater Bendigo community
- Identify and explore other health and wellbeing concerns
- Strengthen understanding of health and wellbeing issues for vulnerable groups within the community
- Build understanding of current barriers within the community that limit health and wellbeing
- Strengthen relationships with key stakeholder groups to increase their engagement in health and wellbeing planning and implementation
- Build a common understanding of opportunities to strengthen community health and wellbeing and the various roles that individuals, organisations and the wider community can play
- Identify evidence-based and achievable actions
- Encourage a whole-of-community commitment and identify opportunities for ongoing dialogue

Strategy review

Over the last few years Council has engaged with the community in developing a wide range of plans and strategies including the:

- Community Access and Inclusion Plan 2015 - 2018
- Community Plan 2017 - 2021
- Cultural Diversity and Inclusion Plan 2016 - 2019
- Draft Public Space Strategy 2017
- Draft Youth Strategy 2017
- Greater Bendigo Environment Strategy 2016 - 2021
- Municipal Early Years Plan 2015 - 2018
- Reconciliation Action Plan 2016
- Residential Strategy
- Rural Communities Strategy 2016

Engagement reports from these were reviewed to identify issues and priorities relevant to the plan.

Community health and wellbeing planning forums

In April 2017 an invitation to three community forums was sent to more than 100 organisations, networks and businesses that were identified as having a link to health and wellbeing through a comprehensive stakeholder analysis.

Forum one

Approximately 100 stakeholder agencies and network representatives came together to consider the emerging themes and identify priorities.

Forum two

Approximately 30 participants reviewed the draft Healthy Greater Bendigo Framework and identified current and future actions and relevant lead agencies. Data from this work is being utilised to develop an annual action plan to guide implementation of the plan.

Forum three

Approximately 30 participants considered the final goals and objectives and framework for action, and considered future governance for the Plan and coordination between agencies.

Other

Other groups consulted about the Plan have included:

- Greater Bendigo Rural Support Network
- Heathcote Community Capacity Builders Group
- Parks Victoria
- Mental A-Z Network
- Sustainability and Environment Advisory Committee

Staff

A forum was held with approximately 25 City of Greater Bendigo staff to consider the emerging themes and priorities. Focus groups were held with all City departments to share the emerging themes and seek further input. This was complemented with an online and hard copy survey that was completed by 209 individuals.



Governance

Internal working group

An internal working group with membership from across the organisation led the development of the plan over six months. This included a workshop addressing the health and wellbeing issues created by climate change. This group will guide future implementation of initiatives internally.

External project reference group

An external project reference group was formed with membership including:

- Bendigo Health
- Bendigo Community Health Services
- Heathcote Health
- Women's Health Loddon Mallee
- Bendigo Loddon Primary Care Partnership
- Department of Health and Human Services
- Councillor, City Managers and Social Planners

This group provided input into the draft goals, objectives and framework for action and governance, meeting twice during the development of the plan. All member agencies participated in the forums.

Findings

Overall feedback from the community engagement process identified that the emerging themes identified through earlier data analysis provided a comprehensive picture of the current and future health and wellbeing issues for the community.

The only addition was the significant concern regarding the increasing rates of mental illness in the community, including suicide, depression and anxiety. Review of the evidence for prevention of mental illness indicates that promoting inclusive communities, building community resilience, preventing violence against women and children, and reducing socio-economic disadvantage will work towards addressing this concern.

The various forms of engagement offered diverse opportunities for input both from the community and from City staff as well as forums for building common understanding and commitment to agreed priorities.

Many of the organisations and networks that have participated in the development of this plan have their own community engagement activities that engage with our vulnerable community members, which has allowed their voices to be reflected in the plan.

Stage two consultations: draft for community comment

The draft plan was available for community comment from August 16 to September 24, 2017. Invitations to comment on the draft plan were sent to all workshop attendees as well as others identified as having an interest in health and wellbeing. City staff attended regular meetings of a number of groups such as the Sustainability and Environment Advisory group, the Farmers Advisory Group, the Shamrock Cluster of Neighbourhood Houses, Bendigo Loddon Primary Care Partnership, Bendigo Community Health Services and staff meetings, all of which provided feedback and comments to strengthen the plan.

Key points raised at the meetings were:

- The need to include the LGBTIQ community in 'promote inclusive communities'
- Remove 'problem' from gambling
- The need for an Action Plan
- The need for alignment with the Human Rights Charter
- The need for indicators/measures

Formal submissions:

There was 19 formal submissions received, they supported the plan, identified future actions and partnerships, and highlighted the need for an action plan and measures.

Identifying our goals

The Victorian Public Health and Wellbeing Outcomes Framework has been used to organise the goals and objectives for the plan. The outcomes framework brings together a comprehensive set of indicators drawn from multiple data sources that can help track whether prevention efforts are improving the health and wellbeing of Victorians over time. Use of the framework will enable Council to benchmark progress and outcomes achieved across Greater Bendigo with those achieved in other communities across Victoria.

Victorian Health and Wellbeing Outcomes Framework (Table 2):

The goals and objectives for the plan are supported by a Framework for Action. This includes the following:

Principles

These will inform decision making and prioritisation of actions

Approaches

These are the recognised best practice approaches in working to improve community health and wellbeing at a community and/or whole-of-population level

Focus

These are factors that need to be considered when designing our interventions

Settings and environments

These are the places where interventions will be delivered

Enablers

These are the key factors that will support the work

(Table 2)

Domain 1: Victorians are healthy and well

- Victorians have good physical health
- Victorians have good mental health
- Victorians act to protect and promote health

Domain 2: Victorians are safe and secure

- Victorians live free from abuse and violence
- Victorians have suitable and stable housing

Domain 3: Victorians have the capabilities to participate

- Victorians participate in learning and education
- Victorians participate in and contribute to the economy
- Victorians have financial security

Domain 4: Victorians are connected to culture and community

- Victorians are socially engaged and live in inclusive communities
- Victorians can safely identify and connect with their culture and identity (indigenous)

Domain 3: Victoria is liveable

- Victorians belong to resilient and liveable communities
- Victorians have access to sustainable built and natural environments

Goal 1: Healthy and well

The Greater Bendigo community has good physical and mental health supported by healthy lifestyles.



Promote healthy lifestyles

Dietary risks are estimated to account for 10.55 per cent of the total burden of disease in Australia, followed by overweight and obesity (8.5 per cent). Estimates suggest that the cost of obesity to health care systems could reach up to 20 per cent of all health care spending. In Greater Bendigo, 53.4 per cent of adults are overweight or obese.

Healthy eating

Healthy eating is vital for optimal growth, development and health throughout life and contributes to physical vitality, mental health and social wellbeing. In Greater Bendigo, 91.4 per cent of adults do not meet the guidelines for vegetable intake and only 42.4 per cent meet the guidelines for fruit intake.

Increase physical activity and decrease sedentary behaviour

The health benefits of regular physical activity include improved physical health, reduced risk of developing major chronic diseases, managing body weight and helping prevent and manage mental health problems. In Greater Bendigo, 52 per cent of adults do not meet the guidelines for daily physical activity.

Promote positive mental wellbeing

Mental wellbeing has been defined as 'a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community'. In Greater Bendigo, 8.7 per cent of adults have indicated they experience high or very high rates of psychological distress.

Improved sexual and reproductive health

Sexual health is an important element of health and wellbeing, requiring respect, safety and freedom from discrimination and violence. It is critically influenced by power dynamics, gender norms and expectations, and is expressed through diverse sexualities (World Health Organization 2015c). The pregnancy rate for women under 19 years is 18.9 per 1,000 in Greater Bendigo, compared to 10.4 for Victoria. Rates of sexually transmitted infections are also high.

Reduce harm from unhealthy behaviours

Tobacco

Tobacco usage remains one of the leading causes of death and disease in Victoria. It is linked to coronary heart disease, lung cancer and chronic obstructive pulmonary disease. In Greater Bendigo, 23.6 per cent of adult males and 13 per cent of adult females smoke.

Alcohol and drug use

Excessive alcohol and drug use can contribute to the likelihood and frequency of being involved in violence. In Greater Bendigo, 44.1 per cent of adults use alcohol at harmful levels.

Gambling

Gambling is associated with mental and physical health issues. Poker machine expenditure is also associated with increased crime rates, including crimes of violence. For each problem gambler, between five and 10 other people, including family members, other relatives, friends, employers and workmates may be affected. The average gambling spend for Greater Bendigo adults is approximately \$576 per year.

Goal 2: Safe and secure

The Greater Bendigo community lives free from violence and abuse, is protected from environmental risks and is supported to live affordably.



Prevent violence against women and children

Women and children have the right to feel safe in their home and in their relationship.

In Greater Bendigo there are high rates of family violence incidents and violence against women is still the leading cause of ill-health, disability and premature death for women aged 15 to 44 years.

Increase community safety

Decrease crime and antisocial behaviour

Antisocial behaviour incorporates a range of behaviours from minor offensive or harmful acts, to more serious criminal activity. Antisocial behaviour can have a negative impact on community perceptions of safety and people's quality of life. Individuals who engage in antisocial behaviour risk becoming excluded from important support mechanisms such as school, their families and

service providers. They also risk coming into contact with the criminal justice system. There are approximately nine criminal offences per 100 adult residents each year in Greater Bendigo.

Lead community-based emergency management planning

The incidence of emergency incidents such as bushfire, flood, pandemic and drought is increasing. It is important that the community is prepared for such events and has systems in place to support relief and recovery.

Deliver health protection services

Health protection builds the capacity of people to make healthy decisions, through increasing health literacy in early years, libraries, immunisations, food safety and environmental health services.

Reduce socio-economic disadvantage by increasing access to and affordability of:

Nutritious food

To be food secure means being able to regularly buy nutritionally adequate, culturally acceptable, safe foods from non-emergency sources like the supermarket or green grocer. People who cannot do this or lack the knowledge and skills to make healthy and inexpensive meals, look to more readily available and low nutritional options. This can result in poor health outcomes such as being overweight or obese, type 2 diabetes, hypertension and heart disease. Approximately 10 per cent of Greater Bendigo residents experience food insecurity.

Diverse housing

A good quality, secure home is important to our wellbeing. Appropriate housing helps us maintain a job, keep families safe, raise happy and healthy children, better enjoy the lifestyle we want and contribute to society in ways we would like. In Greater Bendigo, 10.3 per cent of households experience mortgage stress and 27.3 per cent experience rental stress. This means they spend more than 30 per cent of their income on housing costs.

Energy

The cost of energy is rising, consuming a greater proportion of household income, which is a significant issue for low income households. The energy efficiency of a home is improved through good design and orientation. A more efficient home is more comfortable to live in and is cheaper to run with reduced greenhouse gas emissions.

Locally, energy use per occupied private dwellings is 5.4 megawatts an hour.

Goal 3: Able to participate

The Greater Bendigo community has the capability to participate and contribute to the local economy and community life.

Support early years learning and development

The early years of every child's life are crucial for their healthy growth, wellbeing and development throughout life. Early years learning and development lays the foundations for future stages of life and has a significant impact on future life experiences.

The Australian Early Childhood Development Index surveys indicate that 19.2 per cent of Greater Bendigo prep-aged children are vulnerable in one or more areas, whilst 11.8 per cent are vulnerable in two areas.

Promote educational attainment

Education is associated with better health throughout life. It equips people to achieve stable employment, have a secure home, provide for families and cope with ill health.

Locally, 38.2 per cent have completed year 12. This figure is used to predict positive health outcomes.

Support inclusive employment

Having secure employment affects many aspects of our lives. Aside from the obvious financial benefits and the security this brings, employment brings stability to relationships and families, opportunities for personal growth, allows us to connect with other people and gives us greater choice when making decisions. Inclusive workplaces are characterised by respect and where all individuals' unique perspectives, ideas and contributions are recognised and valued. A number of groups within the community have poorer employment outcomes.

Improve health, financial and digital literacy

Literacy is an important determinant of health and wellbeing across the lifespan. Literacy used to refer only to the ability to read and write, but the concept has evolved to focus more broadly on a person's ability to understand and act on information that is needed to function well in society. Health, financial and digital literacy and the ability to access, understand, and utilise information in ways that promote good health and financial outcomes are three domains of literacy that are particularly important in modern society. Lower levels of literacy have been linked to poorer health outcomes and economic disadvantage throughout life.

Support positive ageing

Being healthy and active throughout life will assist people to be healthy and independent as they age. Positive ageing implies people will continue to participate and contribute socially and economically to the community as they age.

Goal 4: Connected to culture and community

The Greater Bendigo community is socially engaged and inclusive and is a place where people can safely identify and connect with their culture and identity.

Support inclusive communities by valuing

Aboriginal and Torres Strait Islander people

Indigenous people experience significantly poorer health outcomes than the general community. On average, they live 10 years less than non-indigenous people. Indigenous health means not just the physical wellbeing of an individual but refers to the social, emotional and cultural wellbeing of the whole community in which each individual is able to achieve their full potential as a human being thereby bringing about the total wellbeing of their community. In Greater Bendigo, 1.7 per cent of the community are Aboriginal.

Cultural diversity and safety

It is important that all residents, regardless of their cultural background, can equally participate in community life, live free from discrimination, and fulfil their cultural and religious human rights. Whilst the proportion of Greater Bendigo residents who were born overseas is low compared with other parts of Victoria, this is rapidly changing. Cultural safety is achieved through mutual respect for another's worldview and development of shared understanding about social and cultural practices.

People with a disability

People with a disability experience much poorer health outcomes than members of the general community, so require a special focus within the health and wellbeing plan. More than 5.5 per cent of the Greater Bendigo community need assistance with core tasks and it is estimated that another 14.5 per cent have some form of disability that impacts on how they move around the municipality, access information and/or interact with other community members.

LGBTIQ community

The LGBTIQ community experiences higher rates of discrimination and social exclusion, particularly young people experience poorer physical and mental health outcomes within our community.

Build community resilience

Strengthen community participation and belonging

To live in a socially inclusive society means feeling valued, respecting each other's differences and having our basic needs met so as we can live in dignity. When we are socially connected we get to interact with others in the community and have the opportunity to make decisions together and in each other's best interests. This provides a sense of belonging, which is an important part of having good health and wellbeing. In Greater Bendigo, 75 per cent of residents feel part of the community.

Increase social connection and reduce loneliness

Despite Greater Bendigo being a vibrant place that offers a wide range of opportunities for socialising, dining, playing and attending sport or artistic events, some people are isolated, they don't mix with other people or they say they are lonely. Minority groups, including people living with a disability or mental illness, or people from cultural groups that differ from the majority sometimes find it especially hard to feel they belong in our community.





Goal 5: Liveable

The Greater Bendigo community is adaptable and resilient and has access to sustainable natural, built, social and economic environments that support and enhance health and wellbeing.

Promote environmental sustainability and resilience to a changing climate

Protection and connection to natural environments - Connection to nature underpins our communities, providing us with places (and things) to explore, learn from and enjoy. Our wellbeing, creativity, health and intelligence are increased through connection to the natural world. People who connect with the natural world are more likely to be advocates for our environment. The importance of our parks and open space was a consistent message received through the community engagement process.

Environmental sustainability – Rapid transition to renewable energy and low emissions food and transport systems will help mitigate the impacts of climate change.

Resilience and adaptation to climate change - Being prepared for disasters and emergencies is part of being resilient to climate change, especially for rural communities.

Improve accessibility

Health and community services

Provision of and access to conveniently located health and community services and information are important for people to maintain a healthy life. These services are provided by a wide range of organisations across Greater Bendigo, however they do tend to be clustered in the urban areas making accessibility more difficult for residents living in rural areas.

Transport

Access to transport is important to people's health and wellbeing and their ability to participate in society. Diverse transport options are required in diverse communities like Greater Bendigo. Modes of transport like walking, riding, catching the bus or train can significantly improve our health and wellbeing, and can improve the environment and road safety. Affordable and accessible transport options are particularly important for young people, the elderly, people with a disability and people on low incomes.

Technology and information

Technology and information provide connection with friends and family and sharing of information. Access to technology and information are not evenly distributed across Greater Bendigo, with availability and cost preventing some in the community from accessing it.

Facilitate supportive built and natural environments

Where we live has the potential to improve or reduce our quality of life. The design of streets, access to local shopping and recreation facilities, shade and footpaths can make a place appealing and healthier to live in. Similarly, standard features in housing design can make a home more comfortable and less expensive to live in.

Framework for action

In developing the new plan, it became apparent that we needed a framework for action to ensure that our initiatives were evidence-based and targeted appropriately. The framework includes the following:

Our principles

- Equity and fairness
- Accessibility
- Policy alignment
- Community engagement
- Evidence informed
- Evaluation

Our approach

- Place-based
- Co-design environments for health
- Health in all policies
- Asset-based community development
- Systems thinking
- Collective impact

Our focus

- Children and young people
- Older residents
- Disabled residents
- Gender equity
- Socio-economic disadvantage
- Cultural diversity
- Climate change impact

Our settings and environments

- Whole-of-population
- Rural communities
- Public space
- Schools (including Early Years)
- Arts and culture
- Sport and active recreation
- Workplaces
- Health and community services

Our enablers

- Shared leadership and strategic thinking
- Community groups and organisations
- Financing and resource allocation
- Media and communications
- Learning and development

A glossary of terms and accompanying references is available on the City's website - www.bendigo.vic.gov.au





Evaluation

Evaluation is concerned with demonstrating accountability for the investment of resources in health and wellbeing action and with learning more about what does and does not work. This information can be used to guide future investment in health and wellbeing action and provides an opportunity to report achievements and to share and celebrate successes.

Evaluation is most effective when designed early in the planning cycle. This allows information collection and other evaluation tasks to be designed and carried out throughout the life of the plan, leading to a final evaluation to inform the next planning cycle.

Legislative considerations

Public Health and Wellbeing Act s. 26 requirements: (2)(c) provide for the involvement of people in the local community in the development, implementation and evaluation of the public health and wellbeing plan;

As part of the implementation of the plan and meeting the requirements of the Act, an Evaluation Strategy will be developed to answer the following questions (Table 3):

(Table 3)

| Outcome evaluation | Impact evaluation | Process evaluation | Planning evaluation |
|--|---|---|---|
| <p>Have we done what we said we would?</p> <p>What difference have we made?</p> | <p>Are we having the influence intended?</p> | <p>Have we achieved the change we sought?</p> <p>Have we done what we said we would do?</p> | <p>What worked well and what needs improvement?</p> <p>How will we know what's worked and not worked?</p> |
| <ul style="list-style-type: none"> • Select health and wellbeing evidence | <ul style="list-style-type: none"> • Select policies, programs or activities for evaluation over the plan cycles | <ul style="list-style-type: none"> • Preparation of an annual action plan and report annually to the community | <ul style="list-style-type: none"> • Select topics for evaluation over the plan cycles |



Governance

Improving health and wellbeing is a shared responsibility across all levels of society and is beyond the scope of one agency or level of government. Managing or solving complex public health challenges requires broad, collaborative and innovative approaches that may demand societal-level change.

A number of existing networks and governance groups exist that align with the goals within the plan. These include but are not limited to:

- Bendigo Loddon Primary Care Partnership
- Communities for Children
- Community Safety Committee
- Cultural Diversity and Inclusion Plan Governance Group
- Disability Access and Inclusion Governance Group
- First Quarter
- GREATER
- Loddon Mallee Prevention of Violence against Women Stewardship Group
- Reconciliation Action Plan Governance Group
- Sustainability and Environment Advisory Committee

Rather than create another group, twice yearly forums will be held to share the outcomes of initiatives, identify opportunities for crossover of work and discuss new and emerging issues. These forums will also undertake the annual review of the plan.

Other contributors to health and wellbeing:

- Bendigo Loddon Primary Care Partnership
- Bendigo Sustainability Group
- Centre for Non-Violence
- Communities for Children
- Conservation Volunteers Australia
- Department of Health and Human Services
- Disability and Inclusion Advisory Group
- GREATER
- Greater Bendigo Cultural Diversity and Inclusion Plan Governance Group
- Greater Bendigo Principals Council
- Heathcote Health
- Loddon Campaspe Centre Against Sexual Assault
- Loddon Children and Youth Area Partnership
- Loddon Mallee Prevention of Violence against Women Stewardship Group
- Marong Neighbourhood House
- Mental AZ
- Northern Cluster Emergency Management Group
- Parks Victoria
- Positive Ageing Advisory Group
- Rural Challenge Project
- Rural Communities Advisory Group
- Rural Farmers Advisory Group
- Safe Community Forum
- Shamrock Cluster of Neighbourhood Houses (six houses)
- The National Centre for Farmer Health
- Women's Health Loddon Mallee



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