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# HORSHAM RURAL CITY COUNCIL **HEALTH & WELLBEING PLAN**

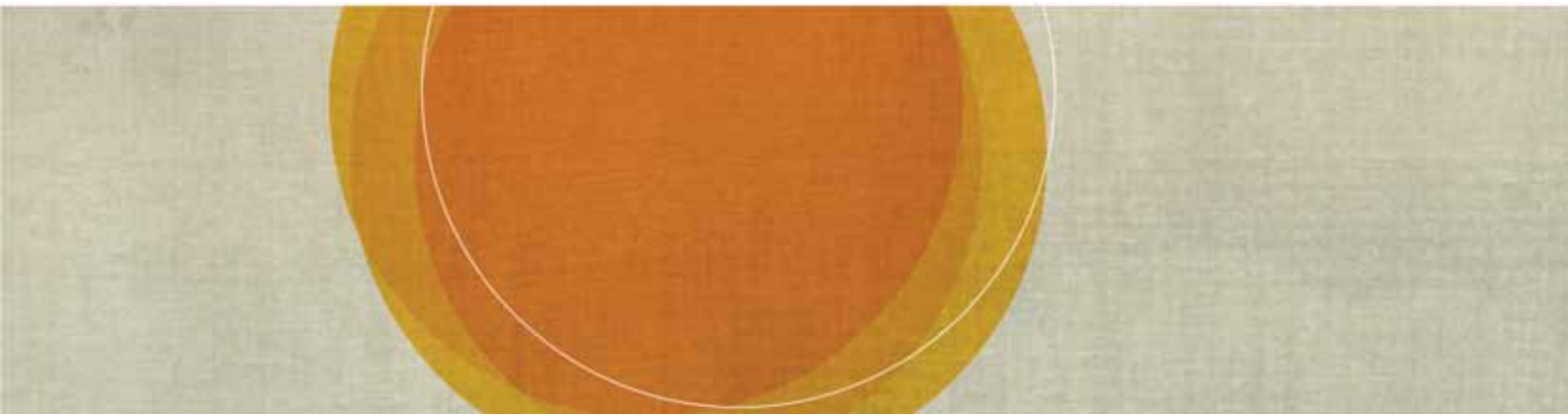
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**2013 – 2017**

NOVEMBER 2013



**Horsham Rural City  
Council** urban rural balance



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**Recognition of Our Land's Traditional Owners**

Horsham Rural City Council recognises the five Traditional Owner groups of this land: the Wotjobaluk, Wergaia, Jupagulk, Jaadwa and Jadawadjali people.

Cover Photo - Botanic Gardens Park. Photo credit - Horsham Rural City Council.



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# EXECUTIVE SUMMARY

The purpose of the Municipal Health and Wellbeing Plan is to protect, improve and promote public health and wellbeing within Horsham Rural City. In doing so, the plan identifies health and wellbeing priority issues and needs of the Horsham community. A plan of action has been developed in response to the identified needs to be implemented over the next four years.

Research shows Horsham Rural City residents are faring better than the Victorian average in a number of areas. These include a reported greater sense of wellbeing, sharing a meal with their families at least five days per week, being more likely to volunteer and being involved in some type of citizen engagement in the previous 12 months. Horsham also has higher breast feeding from 0-6 months of age and immunization rates than the Victorian average.

Horsham Rural City residents fare worse than the Victorian average in some areas such as attending arts activities or events in the previous three months, being likely to have completed Year 12, meeting physical activity guidelines, being sedentary, overweight or obese, not meeting recommended fruit intake and life expectancy.

Horsham Rural City residents also have the 4<sup>th</sup> highest reported incidences of violence against women in the state and the second highest rate of drug and alcohol clients of all LGA's.

Horsham Rural City has a higher than Victorian average of residents aged over 65 which is expected to grow over the coming years and a higher percentage of people aged over 75 who live alone.

As a result of these findings the main priority areas Horsham Rural City Council will focus on are:

- Social Connection – supporting opportunities for social connection
- Physical Activity – increased levels of physical activity
- Healthy Eating – encourage all people to choose a healthy way of eating
- Preventing Violence against Women – Increased awareness of rates of violence against women and family violence
- Healthy, Safe and Liveable Environments – Create a built environment that supports active living and social connectedness
- Education and Economic Development – Access to education and employment opportunities
- Public Health and Safety – Ensure compliance with legislation related to public health.

This plan contains just over 80 actions across the seven priority areas that Council will undertake to improve the health and wellbeing in the community over the next four years. This plan will be reviewed annually by an internal reference group and twice yearly with an external partner reference group. The plan will be amended if necessary and progress reports will be presented to Council on an annual basis.





# 1. INTRODUCTION

## ROLE AND PURPOSE OF THE PLAN

The purpose of this plan is to outline actions that Council will undertake to improve the health and wellbeing of the community. The Plan is required under Section 26 of the Victorian *Public Health and Wellbeing Act 2008*.

Under the Act, a Municipal Public Health and Wellbeing Plan must:

- Include an examination of data about health status and health determinants in the municipal district.
- Identify goals and strategies based on available evidence for creating a local community in which people can achieve maximum health and wellbeing.
- Provide for the involvement of people in the local community in the development, implementation and evaluation of the public health and wellbeing plan.
- 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 in the public health and wellbeing plan.

Under the Act, Councils are also required to consider the implications of climate change on health. The State Government climate change projections predict that the municipality can expect:

- Increased temperatures with the greatest increases occurring in summer.
- To be drier with greater decreases in rainfall expected in spring.

- To have an increase in the intensity of rainfall but a decrease in the number of rainy days.

With increased temperatures and a decreased amount of rainfall, water will be a key issue in the future for the community, Council, primary producers and businesses as will heatwave conditions.

These climate change predictions have been taken into account in writing the Health and Wellbeing Plan. This has included provision for water at sporting grounds in times of drought and the need for shade in various locations throughout the municipality as well as implementation of the Heatwave Plan.

## LINKS TO OTHER PLANS

The Health and Wellbeing Plan is one of Council's key strategic plans and is consistent with the Council Plan and the Municipal Strategic Statement and links to these plans are shown in the following diagram. By directly linking in with the Council Plan, the Health and Wellbeing Plan influences all Council policies, service plans and annual business unit plans.

The 2012-2016 Council Plan has a key direction to "Develop an environment that promotes a safe, active and healthy community, encouraging participation". A particular commitment in the Council Plan is to "support health promotion activities within the municipality as per the Health and Wellbeing Plan". This shows a high level of commitment from Council in relation to health and wellbeing.





## DETERMINANTS OF HEALTH – WHAT MAKES US HEALTHY?

Health and wellbeing is influenced by a series of factors. In this Plan a social model of health has been used – *“a social model of health is a conceptual framework for thinking about health. Within this framework, improvements in health and wellbeing are achieved by addressing the many social, cultural, environmental, biological, political and economic determinants of health”*<sup>1</sup>

Our social and economic environment is probably the most important influence on our health. Contributors to good health are a decent income, good education, a safe environment, secure housing, social support and access to transport. Contributors to poor health include unemployment, poor housing, and isolation/social exclusion, lack of public transport, income inequality and poverty<sup>2</sup>.

*‘Health is a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity’ World Health Organisation, 1948*

The natural environment has positive influences on health by providing clean air, open spaces, rain and climate conditions and natural features such as mountains, rivers, sunrises etc. In times of fire, flood, drought and other natural disasters, health can be adversely affected.

The built and urban environment influences health in providing such things as safe footpaths for pedestrians, lighting, access to appropriate services and places for people to sit. Inadequate footpaths, lack of lighting and inaccessibility can all contribute to poorer health.

## COUNCIL’S ROLE IN HEALTH AND WELLBEING

Under the *Public Health and Wellbeing Act 2008*, the function of Councils is to seek to protect, improve and promote public health and wellbeing within the municipal district by:

- creating an environment which supports the health of members of the local community and strengthens the capacity of the community and individuals to achieve better health;
- initiating, supporting and managing public health planning processes at the local government level;
- developing and implementing public health policies and programs within the municipal district;
- developing and enforcing up-to-date public health standards and intervening if the health of people within the municipal district is affected;
- facilitating and supporting local agencies whose work has an impact on public health and wellbeing to improve public health and wellbeing in the local community;
- co-ordinating and providing immunisation services to children living or being educated within the municipal district;
- ensuring that the municipal district is maintained in a clean and sanitary condition.

Council’s services have a role in influencing the health and wellbeing of the community. Some of Council’s activities that influence health and wellbeing are:

- Provision of sports grounds, parks and gardens, walking and bike trails and the Horsham Aquatic Centre.



*Gym equipment along Barnes Boulevard.*

- Provision of facilities & services such as the Horsham Regional Art Gallery, Horsham Town Hall, Horsham Library and local halls. Venues such as the Gallery, the Library and the Town Hall provide places for people to meet and connect and also have regular programmed activities for groups and the community providing for social connection.
- Leadership in bringing people together.
- Urban planning.
- Community Development & Support – working with and strengthening communities.
- Festivals, Events and arts.
- Roads, footpaths and trails.
- Children’s Services – immunisation, maternal and child health services, preschool, playgroups, mothers groups and post natal depression support.
- Aged & Disability Services to over 600 clients – Home & Personal care (e.g. shopping, cleaning, showering, preparing for bed, meals), Meals on Wheels, Home Handyman services for elderly and disabled.
- Environmental Health Services such as food premises registration, waste water permits, tobacco control and public safety.
- Emergency Management & Recovery – assistance with cleaning up after emergencies such as bushfires and floods, restoration of services and ongoing recovery work.
- Waste Management – waste collection and recycling services.
- Economic development.
- Environmental programs – e.g. landcare, urban wetlands.



## 2. CHARACTERISTICS OF THE COMMUNITY

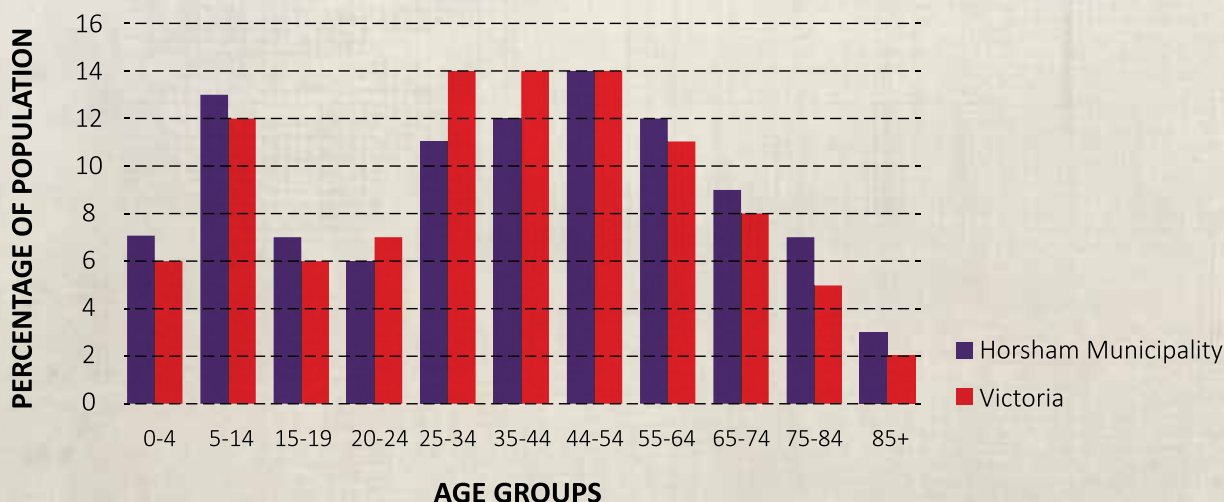
### DEMOGRAPHICS

#### AGE

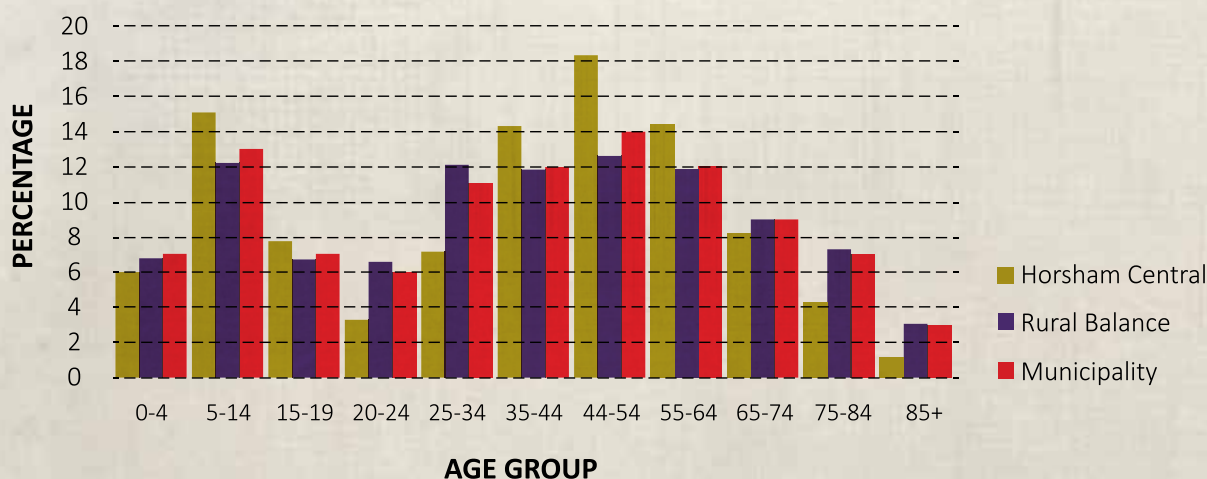
In June 2011 Horsham Rural City Council had population of 19,279<sup>3</sup>. Nearly three quarters of residents live in the central urban area of Horsham with a population of 14,285<sup>4</sup>. 4,994 people live in the rural areas of the municipality and in communities such as Natimuk, Dadswells Bridge, Pimpinio, Jung, Haven, Laharum and Wartook. The Victorian Governments population projections for 2031 forecast the municipal population to rise to 22,571<sup>5</sup>.

The age profile of the municipality compared to other parts of the State can be seen in Figure 1. This graph shows that there are a healthy percentage of children below 19 years living in the municipality, emphasising the importance of early childhood services and services for school aged children. The graph shows a lower percentage of young adults in the municipality – a factor which is well known and reflected regionally as school leavers move to Melbourne or larger regional centres for employment and education opportunities. The municipality has a higher percentage of people aged over 55 compared to Victoria. Differences within the municipality can be seen in Figure 2.

**FIGURE 1 – AGE PROFILE COMPARISON**



**FIGURE 2 – AGE PROFILE WITHIN HORSHAM RURAL CITY COUNCIL AREA**



Future trends <sup>6</sup>:

- The municipality is forecast to grow at an average of .5% per annum which is in contrast to surrounding municipalities in the Wimmera all of which are forecast to have a population decline. Horsham is projected to have 44% of the population of the Wimmera by 2031 compared to the current level of 40%. Whilst Horsham will experience growth, overall the region as a whole is forecast to experience a slight population loss.
- The Wimmera’s population is ageing. By 2031 the percentage of the population in the Wimmera over 60 will be 36.8% (32.3% for Horsham) compared to 26.9% in 2011 (23.1% for Horsham). This ageing population will lead to a higher demand for health services.

- It is projected that there will be a greater concentration of the regions children in Horsham. This projection combined with the current percentage of children in the municipality means service provision for young children is still important.
- Growth in Horsham occurs from internal migration in the Wimmera, natural increase as well as some people moving to the region from other parts of Victoria and a small percentage of skilled migrants from overseas. This skilled migration is contributing to an increase in cultural diversity.



## ECONOMIC

The Health Care and Social Assistance sector is the largest sector of employment in the municipality – employing 15.5% of the workforce <sup>7</sup>. Over the next 20 years the Health Care and Social Services sector is expected to grow <sup>8</sup>. The Wimmera Southern Mallee Local Learning and Employment Network forecast a shortage of employees in the health sector. For the Health and Wellbeing Plan this is important in terms of training and attracting skilled professionals to the region.

In March 2013 the unemployment rate was 4.5% for the municipality, which is lower than the Grampians average of 5.6% <sup>9</sup>. During the 2011 Census the Horsham North, Vectis, Natimuk Urban and Pimpinio statistical local areas had higher rates of people that indicated they were unemployed and looking for full time or part time work.

### Education

In 2011, the percentage of 16 year olds participating in school full time for Horsham Central was 76% and for Horsham Balance it was 77.3% - these percentages are lower than the Victorian (81.8%) and non-metropolitan Victorian averages (79.6%) <sup>10</sup>. In 2011, 16.4% of people aged 17 in Horsham Central were enrolled in higher education, in the Horsham Balance this was 26.3% - these percentages are lower than the Victorian (35.2%) and in the case of Horsham Central lower than the non-metropolitan Victorian average (23.1%). Rates of participation in vocational training in both Horsham Central 9.9/100 and the Horsham Balance 13.4/100 were higher than the Victorian 8.8/100 and in the case of Horsham balance higher than the non-metropolitan Victorian average of 12.6/100 <sup>11</sup>.

In 2011 41.9% of people aged 20-64 within the municipality had completed Year 12 or equivalent, which is up from the 2006 figure of 38.1% - this is however lower than the regional Victorian and Victorian average <sup>12</sup>. In the Wimmera Southern Mallee region a higher percentage of early school leavers take up apprenticeships and traineeships and full time / part time work compared to the Victorian average.

In 2011, 68% of dwellings across the municipality had internet connection – this is up from 52% in 2006. Of dwellings with an internet connection, 89% had broadband (2011) – which is up from 43% in 2006. The last five years show a substantial increase in the percentage of dwellings with internet connection; however these rates are below the State average for the percentage of dwellings with internet connections.

The median household income of \$946 is less than the Victoria average of \$1,216. 39.7% of persons had an individual income of less than \$400/week <sup>13</sup>. The municipality has a slightly lower percentage of people on a low income compared to the Grampians and Victorian averages.

In the 2011 Census, as it was in the 2006 Census, the area of Horsham bounded by Kalkee Road, Dooen Road and north of the railway line had the highest level of disadvantage in the municipality – in the most disadvantaged decile on the SEIFA Index. Other areas that are high on the SEIFA index of disadvantage include Horsham West, the Sunnyside area, the area around Jung and Natimuk. The SEIFA Index can be used to show relative socio-economic disadvantage in terms of people's access to material and social resources, and their ability to participate in society. This is of relevance to this plan as socio-economic status can have an effect on health.

## INDIGENOUS

Aboriginal and Torres Strait Islander people make up 1.5% of the population. The Koolin Balit Strategy notes that “at the population level there is a significant gap between the health status of Victoria’s Aboriginal population and the general population. However, many Aboriginal Victorians do enjoy good health, with almost three-quarters assessing their health as excellent or very good”<sup>14</sup> within the area covered by Goolum Goolum, there are higher rates of smoking and rates of overweight and obesity in the indigenous population compared to the State and non-indigenous rates.

## CULTURAL DIVERSITY

Whilst still a small percentage, the municipalities’ cultural diversity is growing. As well as those born in Australia, the municipality is home to people born in 28 countries. There are 27 languages, including English spoken in the municipality.

### Country of Birth

Country of Birth	Percentage 2011	Percentage 2006
Australia	89%	90%
Other countries	6%	5%
Not stated	5%	5%

Of stated countries of birth (2011) – top ten in order of the number of people were United Kingdom, New Zealand, India, Italy, Netherlands, Philippines, South Africa, Germany, Turkey and China.

### Language spoken at home

LANGUAGE	PERCENTAGE 2011	PERCENTAGE 2006
Speaks only English at home	93%	95%
Not stated	4%	3%
Other Languages spoken at home	3%	2%

The most predominant “other languages” spoken at home are Italian, Indo-Aryan languages (incl Bengali, Sinhalese, Urdu), South East Asian Austronesian languages (incl Filipino, Indonesian, Tagalog), Chinese languages (incl Mandarin, Cantonese), Arabic, French, German, Croatian, Greek, Turkish and others.





*Jellybeans Playgroup.*



*2013 Nati Frinj Festival Tangled & Twisted Workshop.*

### Proficiency in Spoken English/Language on Arrival in Australia

PROFICIENCY IN LANGUAGE ON ARRIVAL	PERCENTAGE 2011
Speaks English only	62%
Speaks other language and speaks English very well or well	34%
Speaks other language and speaks English not well or not at all	4%

Of those that speak other languages, 89% spoke English very well or well. 66% of people that did not or didn't speak English very well were females.

Consultations with agencies that work with new migrants, highlights that there may be a level of under reporting in the Census data as new migrants or people with limited English are unable to fill out the census.

### RELIGION

Christian religions were the dominant religions identified as being practiced. Buddhism, Islam and Hinduism were the next most frequently practiced religions. Within the municipality many church

and faith based organisations run programs and initiatives that support community connectedness, skills development and education.

### 3. LIFESTYLE HEALTH BEHAVIOURS

This section provides a municipal snapshot of some lifestyle behaviours which have a direct effect on health.

**Smoking** rates appear to have decreased with 13.3% of people in the municipality smoking <sup>15</sup>. This is below the Victorian and Grampians averages.

Information on rates of **alcohol consumption** within the municipality varies. Alcohol consumption at levels considered to be a high risk to health (modelled estimate) for persons aged 18 years and over in Horsham Central is 6.8/100 and in Horsham Balance 6.5 / 100. The Wimmera average is 6.5/100. All of these rates are higher than the non-metropolitan Victorian average (5.4/100) and the Victorian average (4.6/100) <sup>16</sup>. The number of alcohol and other drug clients per 1,000 in Horsham is estimated to be 14.1 which is substantially higher than the Victorian measure at 5.1, and indicates that HRCC has the second highest rate of drug and alcohol clients in the state <sup>17</sup>. Anecdotal information from Grampians Community Health confirms the number of clients.

**Physical Activity** – 29.6% of residents in the municipality did not meet physical activity guidelines – this is higher than the Grampians (25.7%) and Victorian (27.4%) averages <sup>18</sup>. A higher percentage of females did not meet the guidelines. Within the municipality there is a higher rate of people compared to the regional and Victorian average who indicate they are sedentary (5.7%).

**Healthy eating** - 50.2% of people don't meet the daily fruit and vegetable consumption guidelines compared to 48.2% in Victoria <sup>19</sup>. 13.5% of residents consume soft drink daily as compared with the Victorian average of 12.4%.

4.1% of residents in the municipality ran out of food in the previous 12 months and couldn't afford to buy more, which is lower than the Victorian average of 5.6%.

In the municipality, 59.4% of infants are fully breastfed at three months compared to the Victorian average of 51.8% and at six months 41.0% are breastfed compared to the State average of 35.7%. <sup>20</sup> 67% or more than two thirds of Horsham residents reported sharing a meal with their families at least five days a week which is in line with the Victorian average (66.3%). <sup>21</sup>

**Immunisation Rates** – 98.1% of children were fully immunised at 24-27 months, which is higher than the regional and state average <sup>22</sup>.



*Horsham North Community Garden.*



## 4. HEALTH STATUS

Below are some statistics which highlight the health status of residents of the municipality:

- Asthma rates are slightly higher in the municipality at 10.4% for Horsham Central and 10.1% for Horsham Balance compared to 10.1% for non-metropolitan Victoria and 9.1% for Victoria <sup>23</sup>
- Horsham Central had a slightly higher rate of high cholesterol compared to the Wimmera average of 5.6/100 and the Victorian average of 5.4/100. Horsham Balance was 5.5/100 <sup>24</sup>
- Type 2 Diabetes 3.6/100 for Horsham Balance and 3.4 /100 for Horsham Central – Wimmera is 3.5 compared to Victorian average of 3.4/100 <sup>25</sup>. Rates of diabetes have increased significantly between 2001 and 2011. Local health services and the State Government predict this to rise in future. As is the case across the State, diabetes complications were the highest cause of hospitalisations for ambulatory care sensitive conditions.
- Cancer rates – The rate of malignant cancers diagnosed per 1000 population in the municipality is 6.09/1000 population which is slightly higher than the Grampians (6) and Victorian average (5.13) <sup>26</sup>.
- 53.9% of people in the municipality are obese and overweight which equates to 10,300 people. This is higher than the State average and especially high in males (66.8% compared to Victorian average of 57.2%) <sup>27</sup>.
- The municipality has a higher rate of mortality from circulatory system disease, respiratory system disease and road traffic injuries than Victoria. It has a lower rate of mortality due to cancer and suicide/self- inflicted injuries <sup>28</sup>.
- Oral Health – In the Rural City of Horsham, between 2007-08 and 2011-12, admission rates for dental conditions in children aged 0-4 years have decreased from 16.0 in 2007 08 to 3.9 in 2011-12 <sup>29</sup>. For this age group this rate is now below the Victorian average. For other ages the admission rate for dental conditions for Horsham Rural City has decreased, but this is still higher than the regional Victorian and Victorian average admission rates for dental conditions. <sup>30</sup> General dental waiting times at Wimmera Health Care Group had the highest waiting time in the Grampians region at almost twice the state average.

## 5. OTHER COMMUNITY INDICATORS

Many factors have a positive effect on Health and Wellbeing. Below are some indicators:

**Volunteering-** In the 2011 Census 30.2% of people aged over 15 indicated that they did voluntary work through an organisation or group in the year before the Census – this is higher than the Victorian (17.7%) and non-metropolitan Victorian (23.3%) averages <sup>31</sup>. The 2011 Vic Health Survey results indicated that 51% of Horsham residents reported volunteering at least once per month – a rate that is significantly more favourable than the Victorian average. There are slightly higher rates of volunteering in women.

67.4% of residents reported some type of citizen engagement in the previous 12 months and this is higher than the Victorian average of 50.5% <sup>32</sup>

In 2011 <sup>33</sup> residents reported significantly greater wellbeing than the Victorian average. Residents gave their wellbeing an average score of 81.2 out of 100 compared to the state average of 77.5. In the 2007 Community Indicators Victoria Survey, the average Personal Wellbeing Index score for persons living in Horsham was 78.8 <sup>34</sup>.

44.3% of Vic Health Indicators Survey respondents reported an adequate work-life balance which is lower than the Victorian average of 53.1%.

88.5% of Vic Health Indicators Survey respondents believed the area has good facilities and services – which is higher than the Grampians and Victorian averages. Similarly the municipality has a higher percentage of people (69.6% <sup>35</sup>) who attended community events than the Victorian and Grampians averages.

### **Safety**

97.9% of Vic Health Indicators Survey respondents indicated they feel safe walking alone during the day. This was slightly higher than the Victorian average of 97%. Comparatively 75.1% felt safe walking along at night, but this is also higher than the Victorian average of 70.3% <sup>36</sup>. A higher percentage of men felt safe at night.

In 2011/12 the municipality had higher rates of family violence incidents, drug usage and possession offences, violent crime and total offences than the Grampians and Victorian averages <sup>37</sup>. In the case of family violence incidents within the municipality there has been an increase in the number of reported incidents over the 2008/09 – 2011/12 period. This is consistent with general trends in the Grampians region and across the State where there has also been a general increase. Within the municipality in the 2012/13 year the rate of reported incidents (1738 per 100,000 <sup>38</sup>) was down from the previous year. Addressing family violence has been a focus of local Police for a number of years. This recent decrease is positive however Horsham rates are still high compared with Grampians and Victorian averages.



## 6. WHAT THE CONSULTATIONS AND WIMMERA PRIMARY CARE PARTNERSHIP PLAN TELL US

Wimmera Primary Care Partnership (Wimmera PCP), of which Council is a member, has prepared a Strategic Plan for 2013-2017. Goals from this plan are:

- To increase levels of physical activity and promote greater opportunities for participation in the Wimmera PCP catchment.
- Increased health and wellbeing through improved choices and access for the social connection of people experiencing disadvantage in the Wimmera PCP catchment.
- People in the Wimmera PCP catchment are able to have access to food that is safe, nutritious and culturally valued.

These regional priorities have fed into this plan.

As part of the consultation for the Wimmera wide plan and to feed into the Health and Wellbeing Plans being developed by each local government, the Wimmera Primary Care Partnership undertook a series of consultations in 2008 and again in 2012 across the Wimmera to ask people about what is good about where they live, what has a positive effect on health and wellbeing and what could be done to improve their wellbeing. In 2008 44 consultations were held, with 15 in the municipality and in 2012, 20 consultations were held with 5 of them in the municipality. Despite floods and fires occurring between consultations similar factors were identified in the consultations. The diagram below highlights factors that have a positive effect on health and wellbeing.

### FACTORS HAVING A POSITIVE EFFECT ON HEALTH AND WELLBEING

#### SOCIAL FACTORS

- Social interaction – meeting and doing things with others in the community
- Community engagement, involvement & belonging
- Sense of contribution
- Volunteering and keeping busy
- Being involved in groups & avoiding isolation
- Safety – community and personal

#### ECONOMIC FACTORS

- Having positive-looking and vibrant communities
- Financial security
- Access to information and knowing where to go for help or to find out about resources and services
- Access to services including health services, transport and shopping
- Work life balance


#### NATURAL ENVIRONMENT FACTORS

- Clean air
- Climate and rain
- Sunsets, sunrises and big skies, stars
- Open Space
- The natural environment of the municipality e.g. Mt Arapiles, the Grampians, the Wimmera River & bushland

#### BUILT / URBAN ENVIRONMENTAL FACTORS

- Pedestrian safety
- Quality footpaths and access ways, including lighting
- Spaces to sit
- Access to services and shops

*Source: From the Wimmera PCP Health and Wellbeing Consultations, 2008 and 2012.*



From the community consultations the following were general themes to emerge on what could be done to improve health and wellbeing:

- Information – make sure people have up to date information on services, groups and resources.
- Social activities – supporting community activities and events. Supporting existing services and activities is also important.
- Activities for youth.
- Transport.
- Mental health.
- Men’s health.
- Housing – need for appropriate, diverse and affordable housing stock.
- Child care services
- Communication and engagement with Council.

The following are priorities identified in the Horsham Community Plan 2013 as the top priorities of the Horsham community:

- Enhance characteristics and facilities along the Wimmera River
- Generate active participation in total health and wellbeing
- Develop a multi-purpose sports facility in Horsham, including indoor sports facilities
- Develop art spaces in Horsham
- Improve and extend bike and walking tracks
- Create new festivals and events and enhance existing ones
- Improve promotion with a tourism focus (with Recreation Vehicle awareness)
- Promote and develop accessible and improved transport
- Lobby for and support improved medical services and facilities

- Create music in the street
- Engage in education advocacy - for improved facilities at all levels
- Develop and improve playgrounds in Horsham

This highlights that the community see health and wellbeing as a priority.

Given the breadth of factors that influence health and wellbeing outcomes, no one agency can be responsible for health and wellbeing. Council must work with other agencies, a range of community, church and faith based organisations and the general community to work towards the goal of creating a community in which people can achieve maximum health and wellbeing. Council must also work across its own areas of responsibility to ensure that the objectives of health and wellbeing are implemented by decisions on planning permits, asset management (footpaths and roads) and other areas where we have primary responsibility.

There are some areas Council has primary responsibility for such as infrastructure provision, maintenance of public space and regulatory services and we need to ensure that community health and wellbeing initiatives are incorporated into the decision making that occurs in these areas. In other areas Council may partner with other agencies to deliver services or support initiatives. This support may take the form of provision of venues, publicity or resources such as staff or financial support or advocacy. As a member of the Wimmera Primary Care Partnership, many health promotion activities will happen in conjunction with other partner agencies.

# 7. PRIORITIES AND ACTIONS

The key priorities for this Horsham Rural City Council Health and Wellbeing Plan are:

- Social Connection
- Physical Activity
- Healthy Eating
- Preventing Violence against Women
- Healthy, Safe and Liveable Environments
- Education and Economic Development
- Public Health and Safety

These seven priorities are based on an analysis of information from a number of sources including the Wimmera Primary Care Partnership Strategic Plan, the 2011-2015 Victorian Public Health and Wellbeing Plan, consultations with partner agencies and the community including the Horsham Community Plan and the Primary Care Partnership consultations. Key data sources include the Wimmera Primary Care Partnerships Population Health and Wellbeing Profile 2013, Vic Health Indicators Survey 2011, Women's Health Grampians Reporting, Victorian Department of Health, Australian Drug Foundation (August 2012) and the Horsham Rural City Council Health and Wellbeing Plan (2010-13).

As mentioned earlier Council undertakes many functions that contribute to health and wellbeing of the community. This plan highlights a number of specific actions relating to the priority areas and reference is made to other strategies that guide Councils work and contribute to the health and wellbeing of the community.

## 7.1 SOCIAL CONNECTION

### *Supporting opportunities for social connection.*

Social connection has a positive contribution to health and wellbeing. Belonging to a social network makes people feel cared for and valued which has a powerful protective effect on health. People who are socially isolated and excluded are more likely to experience low self-esteem, depressive symptoms and have a higher risk of coronary heart disease<sup>39</sup>. The amount of social support available varies by social and economic status, and poverty can contribute to social exclusion and isolation.

The actions listed below aim to maintain and increase social connection in the community as a whole but also a particular emphasis on social connection for those experiencing disadvantage in recognition of the priority for these groups in the Wimmera Primary Care Partnerships' strategic plan. Supporting opportunities for social connection is a goal of this plan.



2013 Nati Frinj Festival, Silent Disco Walking Tour.

ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Specific Initiatives</b>			
1. Develop the Horsham Town Hall and Art Gallery as a state of the art regional facility for visual and performing arts, community and conferencing activities.	Community Services, Venue Manager, Art Gallery Director, technical Services	2015	State Government Federal Government, Community groups
2. Develop an Early Years Strategy for the municipality.	Community Services	2017	Department of Education and Early Childhood Development, Horsham North Primary School, Wimmera Uniting Care, Horsham District Kindergarten Association, Noahs Ark
3. Work with the Horsham Men's Shed, Natimuk Men's Shed and other agencies to ensure a secure and sustainable future for Men's Sheds and encourage the development and implementation of men's health programs.	Community Development	Ongoing	Wimmera Primary Care Partnership, Wimmera Uniting Care, Grampians Community Health, Wimmera Regional Sports Assembly
4. Work with agencies to promote priority health and wellbeing days or weeks throughout the year that are consistent with the priorities of this Plan.	Community Services	Ongoing	Volunteering Western Victoria, Wimmera Health Care Group, Horsham Aquatic Centre, Wimmera Uniting Care





ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Specific Initiatives</b>			
5. Participate in the Wimmera Primary Care Health Promotion Meetings.	Community Services	Ongoing	
6. Work with organisations to ensure new migrants are welcomed into the community and provided with information on services and activities. Where necessary information should be available in different languages	Economic Development & Community Services	Ongoing	Wimmera Development Association, Visitor Information Centre, Wimmera Settlement Program, Oasis Wimmera, Wimmera Uniting Care, Church and faith organisations
7. Support initiatives that provide for social connection, physical activity and recreation for new migrants.	Community Development	Ongoing	Oasis Wimmera, Church and faith organisations
<b>Ongoing Actions</b>			
8. Continue to support and facilitate playgroups in the municipality.	Children's Services	Ongoing	Wimmera Uniting Care
9. Support Nexus in the delivery of youth specific activities.	Community Development	Ongoing	Nexus, Grampians Community Health
10. Provide post natal depression support for mothers.	Maternal and Child Health Services	Ongoing	Wimmera Health Care Group



ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Ongoing Actions</b>			
11. Support initiatives aimed at creating social connection opportunities for older adults.	Aged and Disability Services	Ongoing	Wimmera Health Care Group, Western Victoria Volunteering, Church and faith organisations
12. Support cultural events, festivals and local activities throughout the municipality that aim to promote social connection.	Community and Cultural Development, Horsham Regional Art Gallery	Ongoing	Library, Community Arts Organisations, community groups, Church and faith organisations
13. Support the provision of up to date information on sporting groups, service and other clubs and activities and events.	Sustainability, Environment and Emergency Services, Planning and Promotion Services, Media Officer	Ongoing	Wimmera Regional Sports Assembly, Wimmera Primary Care Partnership, Wimmera Information Network, Horsham Aquatic Centre, Volunteering Western Victoria, Media and others
14. Provide funding for community information sources such as the Wimmera Community Directory, local community newsletters and other mechanisms.	Corporate Services Annually	Community Groups	



ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Ongoing Actions</b>			
15. Encourage service providers to conduct depression and mental health awareness initiatives across the municipality and advocate for the need for mental health services and initiatives throughout the municipality.	Community Development	Ongoing	Wimmera Primary Care Partnership, Wimmera Health Care Group, Grampians Community Health, Wimmera Uniting Care, Psych Services, Medicare Local
16. Support health promotion activities throughout the municipality & investigate funding for a worker to undertake health promotion activities and other health and wellbeing initiatives identified in this plan.	Community Development	Ongoing	Wimmera Primary Care Partnership, West Wimmera Health Service, Wimmera Health Care Group
17. Continue to build partnerships and projects that support greater participation and acceptance in community life for all residents including people with disabilities, indigenous residents and people of different cultural backgrounds.	Community Services	Ongoing	Rural Access Worker, Wimmera Development Association, Wimmera Disability Access Forum , Wimmera Uniting care
18. Administer the Community Grants Program.	Corporate Services	Ongoing	



ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Ongoing Actions</b>			
19. Work with community groups and other agencies to strengthen the financial and social sustainability of volunteer groups throughout the municipality.	Community and Cultural Development, Sustainability, Environment and Emergency Services	Ongoing	Volunteering Western Victoria, Wimmera Regional Sports Assembly, VCFL, Netball Victoria, Local sport associations, DPCD
20. Participate in the Wimmera Aboriginal Health Sub Committee to implement initiatives from the Koolin Balit Strategy	Human Services	Ongoing	Agencies represented on the subcommittee.
21. Continue to participate in Delkaia Aboriginal Best Start Project.	Human Services	Ongoing	Wimmera Health Care Group, Goolum Goolum Cooperative, Barenji Gadjin Land Council, Wimmera Uniting Care, Department of Education and Early Childhood Development, Wimmera Primary Care Partnership

These actions will be supported by implementation of the following Council plans and strategies that contain initiatives that support social connection, including:

- Community Development Framework 2010
- Public Art Policy 2013
- Active Communities Positive Living – Planning for Longevity in the Wimmera 2009 – 2029.
- Draft Cultural Plan





EVALUATION MEASURES	SOURCE
Increased feelings of health and wellbeing according to the Community Indicators Victoria survey	Vic Health Community Indicators
Number and value of grants provided to community groups through Council's Community Grants program	Council Budget
Number of participants in the Delkaia Program	Council
Levels of volunteering	ABS Census
Attendance at local community events	DPCD - 2008
Membership of organised groups	DPCD - 2008

## 7.2 PHYSICAL ACTIVITY

### *Increased levels of physical activity.*

Physical activity has a positive effect on health and wellbeing in many ways. It can prevent the development of many health conditions such as obesity, heart disease and diabetes. Physical activity can also improve individuals' self-confidence and social connections contribute to safer communities <sup>40</sup>.

Increased levels of physical activity and opportunities for participation of people experiencing disadvantage are a Wimmera PCP priority for the next four years. Physical activity is ranked second only to tobacco control in being the most important factor in health promotion and disease prevention in Australia <sup>41</sup>. Council has a role in encouraging the community to be physically active through the provision of a variety of facilities that allow for both organised and individual sport and recreation and through partnerships with other agencies and the community to run programs that encourage physical activity.



*Wimmera Women's Circus.*

ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Specific Initiatives</b>			
22. Pursue the staged development of the Horsham to Natimuk Bike Trail connection.	Technical Services and Community Development	2017	Community groups
23. Ensure messages regarding physical activity are advertised by a variety of different means including Council's community bulletins.	Media Officer	Ongoing	
24. Investigate creating a fitness providers working group.	Environmental Health Officer	Wimmera PCP, Wimmera Health Care Group	
25. Encourage programs that aim to get families active using existing infrastructure (e.g. fun at the pool days and active parks programs).	Community Services	Ongoing	Wimmera Health Care Group, Horsham Aquatic Centre / YMCA
26. Install end of trip facilities at the Roberts Avenue Council Office including secure bike parking, shower and change room facilities.	Building Services	2013	
27. Develop an Open Space Strategy for the municipality.	Sustainability, Environment and Emergency Services Planning	2017	
28. Develop a walking strategy.	Community Development	2017	



ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Specific Initiatives</b>			
29. Amend the HRCC Community Development Grant Guidelines to provide more weighting to clubs that are part of the 'Healthy Sporting Environments' Program (or similar), when assessing HRCC Community Grants.	Corporate Services	Ongoing	WRSA
30. In partnership with other agencies identify current barriers to physical activity.	Community Services	Ongoing	Wimmera Regional Sports Assembly, Horsham Aquatic Centre, PCP Partner Agencies
31. Offer health checks and educational sessions to Council staff.	OHS Committee, Senior Management	Ongoing	
<b>Ongoing Actions</b>			
32. Support the Horsham Aquatic Centre and the child care centre that operates there.	Community Services	Ongoing	Horsham Aquatic Centre, Wimmera Heath Care Group
33. Continue to support specific children's physical activity projects including learn to swim classes.	Community Services	Ongoing	Wimmera Primary Care Partnership, Nexus, Wimmera Heath Care Group, WRSA
34. Promote physical activity and strength activities to the older community throughout the municipality.	Aged and Disability Services	Ongoing	Health Agencies, HUB, U3A, Wimmera Health Care Group
35. Continue to develop and maintain the HYPE (Horsham Youth Park Enterprise) Skate Park Facility.	Technical Services	Ongoing	Community groups

ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Ongoing Actions</b>			
36. Work with agencies to increase the availability of affordable exercise options and programs especially for those experiencing disadvantage throughout the municipality.	Community Services, Aged and Disability Services, Maternal and Child Health Services	Ongoing	Horsham Aquatic Centre, Schools, Retirement Villages, Health Services, Wimmera PCP, Horsham Aquatic Centre, Wimmera Health Care Group, WRSA
37. Work with agencies to support and seek funding for local / community based physical activity initiatives throughout the wider municipality.	Community Services	Ongoing	West Wimmera Health Service, Wimmera Health Care Group, YMCA
38. Within Council encourage use of active transport to and from work and support participation in workplace physical activity programs, especially those involving walking and cycling e.g. Ride to Work Day.	Environmental Health Officer, OH&S Committee	Ongoing	
39. Support walking groups and physical activity programs that especially meet the needs of those experiencing disadvantage.	Community Services	Ongoing	Wimmera Regional Sports Assembly, Horsham Aquatic Centre, Wimmera Health Care Group, West Wimmera Health Service
40. Continue to work with Sporting Clubs, Committees of Management and other agencies to ensure sporting facilities have an approach to deal with water supply or other treatments where necessary to ensure facilities can continue to be provided and maintained to suitable standards.	Sustainability, Environment and Emergency Services	Ongoing	Sporting Clubs, Committees of Management, GWM Water, Sports and Recreation Victoria





ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Ongoing Actions</b>			
41. Work with other agencies to achieve reduced / affordable recreation water costs for clubs.	Sustainability, Environment and Emergency Services	Ongoing	Sporting Clubs, Committees of Management, GWM Water, Sports and Recreation Victoria

These actions will be supported by implementation of the following Council plans and strategies that contain initiatives that support physical activity, including:

- Bicycle Plan, 2012
- Sports and Recreation Strategy, 2013-2018
- Active Communities Positive Living – Planning for Longevity in the Wimmera 2009 – 2029
- Playground Development Plan, 2000
- Neighbourhood Parks Rationalisation Plan, 2000.

EVALUATION MEASURES	BASE DATA SOURCE
Rates of overweight and obesity	2008 Population Health Survey
Increased physical activity levels of the community according to the latest data	2008 Population Health Survey
Physical activity messages (such as in the Council community bulletins) are recognised by the public	Council
Number of members and visitors to the Horsham Aquatic Centre and other fitness facilities	Horsham Aquatic Centre
Number of pedestrians on the annual count day	Council
Number of cyclists on the annual count day	Council

### 7.3 HEALTHY EATING

*Encourage all people to choose a healthy way of eating.*

Healthy eating reduces the likelihood of people being overweight or obese. Obesity is associated with premature death and a wide range of chronic and debilitating illnesses such as diabetes, heart disease, some cancers and hypertension. These risk factors cause up to 16% of the burden of disease in Australia <sup>42</sup>. Excessive body weight is also frequently associated with psychosocial problems, many of which appear to result from the negative cultural bias and prejudice directed against obese people in Australia <sup>43</sup>. The rate of people being overweight or obese is increasing.

Council has a role in early childhood development through Maternal and Child Health, Kindergartens and schools. This provides opportunity to educate at an early age which will hopefully carry through to later years. Healthy eating is a Wimmera PCP regional priority for the next four years.



*Healthy Eating at HRCC.*

ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Specific Initiatives</b>			
42. Develop a policy within Council requiring provision of healthy food options when catering.	Corporate Services	2014	
<b>Ongoing Actions</b>			
43. Encourage kindergartens, schools, maternal and child health and home care services to promote healthy eating and other initiatives.	Maternal and Child Health, Aged and Disability Services	Ongoing	Wimmera Health Care Group, Wimmera PCP, HDKA



ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Ongoing Actions</b>			
44. Ensure messages regarding healthy eating are advertised by a variety of different means including Council's community bulletins.	Media Officer	Ongoing	
45. Support initiatives to establish community gardens.	Community Development	Ongoing	Sustainability, Environment and Emergency

EVALUATION MEASURES	BASE DATA SOURCE
The number of people meeting fruit and vegetable guidelines	2008 Victorian Population Health Survey
Healthy Eating messages (such as in the Council community bulletins) are recognised by the community.	Council
Rates of infants fully breastfed at 3 months	Maternal and Child Health Reporting Data



*Natimuk Farmer's Market.*

## 7.4 PREVENTION OF VIOLENCE AGAINST WOMEN

### *Increased awareness of rates of violence against women and family violence*

Violence against women is one of the least visible, yet most common forms of violence and rates of family violence in Horsham are amongst the highest

in the Grampians region. Intimate partner violence is the leading preventable contributor to death, disability and illness in Victorian women aged 15-44 years<sup>44</sup>. Non-physical forms of violence can also have a significant impact on health and wellbeing. Council can work to increase awareness to prevent violence against women and promote gender equity and equal and respectful relationships between men and women.



*White Ribbon Walk, 2013.*





ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Specific Initiatives</b>			
46. Include family violence provisions in the Horsham Rural City Council Enterprise Bargaining Agreement.	Corporate Services	2013	
47. Develop and endorse a statement within Horsham Rural City Council regarding prevention of violence against women.	CEO	2014	Women's Health Grampians
48. Participate in the Grampians Integrated Family Violence Network and other forums that focus on safety and crime prevention.	Human Services, Community Development	Ongoing	Women's Health Grampians, Grampians Community Health, Wimmera Uniting Care
<b>Ongoing Actions</b>			
49. Support the White Ribbon Initiative.	CEO		
50. Support and partner with community groups and clubs that are undertaking prevention against family violence work with a focus on violence against women.			
51. In partnership with other organisations, display information on how to seek help against family violence.		Ongoing	Women's Health Grampians
<b>EVALUATION MEASURES</b>			<b>BASE DATA SOURCE</b>
Reduced reported incidences of violence against women			
Percentage of women who feel safe walking alone during the day and at night			VicHealth Community Indicators

## 7.5 HEALTHY, SAFE AND LIVEABLE ENVIRONMENTS

*Create a built environment that supports active living & social connectedness.*

Council is the agency that has the main responsibility for creation and maintenance of the urban form of the municipality. Council's actions from planning, through to infrastructure provision and maintenance affect how people use the built environment. It is well documented that the urban environment affects health and wellbeing.

If created and maintained appropriately it can be conducive to good health and wellbeing outcomes.

Horsham is in a good position to create a sustainable and healthy built form with the edges of the urban area being no more than 3 kilometres from the central part of Horsham. Natimuk is a small contained community where all houses are located within 500-750 metres of the centrally located shops and services. Both of these townships are flat with gradients that are ideal for walking and cycling. The actions listed in the plan aim to create a built environment that supports active living and social connectedness.



*Arapiles Bike Trail.*



ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Specific Initiatives</b>			
52. Prepare a Healthy Design Local Planning Policy for inclusion into Clause 22 of the Horsham Planning Scheme to require new development to meet healthy design guidelines for development. Modify existing checklists to include reference to the adopted policy.	Planning Services	2013/2014 To be prepared as part of the rewrite of, Clauses 21 and 22 of the Horsham Planning Scheme.	
53. Conduct workshops with the Local Development Sector so as to provide information on how the Healthy Design Local Policy is to be implemented.	Planning Services	2014/15	Local Development Sector
54. Develop a Housing Strategy for the municipality that considers housing diversity, affordability and accessibility.	Planning	2014/15	
55. Review the Safer Routes to School initiative and take into account when new residential subdivisions are established.	Technical Services	Ongoing	Local Primary Schools
56. Develop, identify gaps and progressively implement priority pedestrian routes linking all residential areas in Horsham to the Horsham Central Business District, the medical precincts of the Wimmera Base Hospital and Baillie Street and schools and ensure routes are provided with appropriate shade, water, seating and night time lighting.	Technical Services	2017	Department of Transport, Planning and Local Infrastructure
57. Pursue funding for installation of shade at the Horsham and Natimuk Skate Parks.	Sustainability, Environment and Emergency Services Community Development	2017	

ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Specific Initiatives</b>			
58. Work with agencies to encourage community members to know their neighbours; especially those living alone.	All departments	Ongoing	Volunteering Western Victoria
59. Review the Council's Sustainability Strategy.	Sustainability, Environment and Emergency	Ongoing	Wimmera CMA, DEPI
60. Implement the expansion of the CCTV program in central Horsham.	Technical Services	2014	
<b>Ongoing Actions</b>			
61. Ensure that the following factors are considered when developing Council plans and strategies relating to the urban environment: <ul style="list-style-type: none"> <li>• Provision for and promotion of cycling and walking</li> <li>• Connectivity of the street network</li> <li>• Environments for all</li> <li>• Mixed land use and density</li> <li>• Parks and open space that provide for passive and active sports and recreation opportunities</li> <li>• Safety and surveillance</li> <li>• Social inclusion</li> <li>• Good urban design features such as active frontages, building commercial buildings to the street frontage and provide awnings for shade, and passive surveillance</li> <li>• Provision of supporting infrastructure – e.g. seats, signage, water, lighting, shade.</li> </ul>	All departments	Ongoing	
62. Work with agencies and groups to identify needs and improve public and community transport, and scheduling of public transport services.	Technical Services and Community Services	Ongoing	State Government Local transport providers





ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Ongoing Actions</b>			
63. Encourage provision of shade at public facilities / reserves that are not directly owned or managed by Council.	Sustainability Environment and Emergency Services	Ongoing	Relevant Committees of Management
64. Continue to implement Council's Footpath Management Plan to maintain and improve existing footpaths and progressively roll out a program of creating new footpaths to improve linkages in the pedestrian network.	Technical Services	Ongoing	
65. Continue to improve shade at Council run facilities.	Sustainability, Environment and Emergency Services	Ongoing	
66. Advocate for provision for recreational water allocation for the municipalities lakes.	Technical Services	Ongoing	
67. Support the activities of Wimmera Roadsafe, Police and Community Consultative Committee, Wimmera Southern Mallee Crime Prevention Committee and other organisations addressing community and road safety.	Technical Services Community Development	Ongoing	Department of Justice Victoria Police

These actions will be supported by implementation of the following Council plans and strategies that contain initiatives that support liveable environments, including:

- Sports and Recreation Plan, 2013-2018
- Disability Access and Action Plan 2013-2016
- Sustainability Strategy, 2009
- Street Tree Policy, 2009

- Footpath Management Plan
- Road Management Plan
- Asset Management Plan
- Public Art Policy 2013
- Horsham North Urban Design Framework, 2013
- Central Activities District Strategy 2013



EVALUATION MEASURES	BASE DATA SOURCE
The number of new areas shade has been constructed (built/planted)	Council
The length of new footpath built or gifted to HRCC and dollars spent on their maintenance.	Council
The length of new bicycle track constructed and dollars spent on their maintenance.	Council
The perceptions of public safety according to Community Indicator figures	2008 Victorian Population Health Survey
The number of people reporting trips on footpaths	Council

## 7.6 EDUCATION AND ECONOMIC DEVELOPMENT

### *Access to education and employment opportunities.*

A strong, educated and vibrant economy is essential for the community’s health and wellbeing. Data shows lower levels of education often lead to lower socioeconomic status and poorer health outcomes. By Council supporting educational

and vocational training in the municipality, better economic, and therefore health and wellbeing outcomes can be expected.

Council undertakes many actions relating to economic development and works closely with Wimmera Development Association, Regional Development Victoria and other agencies at the local, regional and State level to ensure the economy of the municipality and the Wimmera Region is strong and prosperous.



*Wimmera Trade Training Centre.*



ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Specific Initiatives</b>			
68. Prepare a Municipal Economic Development Strategy.	Economic Development	2014	Regional Development Victoria, Wimmera Development Association, Business Horsham
69. Support the rollout of the National Broadband Network Program and advocate for improved communication infrastructure.	Economic Development	Ongoing	Wimmera Development Association
70. Advocate for improved education facilities and services for the municipality including for Horsham College.	CEO	Ongoing	
71. Participate in initiatives aimed at promoting the Wimmera region as a place to live and work.	Economic Development	Ongoing	
<b>Ongoing Actions</b>			
72. Work with agencies in the Wimmera and the State to support initiatives coming out of the Wimmera Southern Mallee Strategic Plan in the areas of: <ul style="list-style-type: none"> <li>• Education and training</li> <li>• Attraction of skilled professionals and trades to the region</li> <li>• Retraining of the existing workforce.</li> </ul>	Economic Development	Ongoing	Regional Development Victoria, Wimmera Development Association, Wimmera HUB
73. Continued support of the education sector & foster the provision and take up of apprenticeship and traineeship programs and support e.g. mentoring programs.	Economic Development	Ongoing	University of Ballarat, Wimmera HUB, Longrenong College, Secondary Schools, Employment Service agencies



ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Ongoing Actions</b>			
74. Continue to support the Wimmera Business Centre and the business advice and services offered there.	Economic Development	Ongoing	Wimmera Development Association

These actions will be supported by implementation of the following Council plans and strategies:

- Digital Community Strategy, 2013
- Wimmera Intermodal Freight Terminal Structure Plan, 2013

EVALUATION MEASURES	BASE DATA SOURCE
Employment Levels	Australian Bureau of Statistics
The percentage of people who have completed Year 12	ABS Census
The percentage of people who are employed or studying aged 15 and over	ABS Census
The percentage of people who have access to the internet at home	ABS Census

## 7.7 PUBLIC HEALTH AND SAFETY

*Ensure compliance with legislation related to public health.*

Council is mandated under various pieces of legislation to maintain public safety. Council plays a key role in creating safe communities to ensure a liveable environment.



ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Specific Initiatives</b>			
75. Develop a Public Health Environmental Management Plan.	Environmental Health	2017	
76. Participate in the Wimmera Drug Action Task Force.	Community Services	Ongoing	Grampians Community Health, Victoria Police, Wimmera Uniting Care and other agencies
77. Map and collect data on the extent of permanent liquor licences in the municipality and provide information to Drug Action Task Force.	Planning Services	2014	
78. Participate in the Liquor Licence Accord.	Community Services	Ongoing	Victoria Police, Grampians Community Health
79. Offer QUIT programs and other workplace health initiatives to Council staff.	Environmental Health, Senior Management	Ongoing	
80. Develop a Strategic Waste Management Plan.	Technical Services	2017	Grampians Regional Waste Group
81. Identify preferred methodologies for waste water management in growth areas.	Planning, Environmental Health Technical Services	2017	GWM Water
82. Increase the percentage of children assessed at key developmental stages by the Maternal and Child Health Service.	Maternal and Child Health Services	Ongoing	



ACTION	RESPONSIBILITY	TIMELINE	EXTERNAL PARTNERS
<b>Ongoing Actions</b>			
83. Provide emergency management and emergency recovery services in accordance with adopted plans, policies and procedures.	MERO MRM	Ongoing	SES, CFA, Department of Sustainability and Environment, Victoria Police, Wimmera Catchment Management Authority, Department of Human Services
84. Work with other agencies to improve and monitor water quality in recreational water bodies.	Technical Services	Ongoing	Wimmera Catchment Management Authority, GWM Water

These actions will be supported by implementation of the following Council plans and strategies that contain initiatives that support public health and safety, including:

- Municipal Emergency Management Plan 2013
- Domestic Waste Water Management Plan
- Heatwave Plan
- Municipal Fire Prevention Plan

EVALUATION MEASURES	BASE DATA SOURCE
Percentage of immunizations in the municipality at 24-27 months	Council
Percentage of children assessed by the Child and Maternal Health Service at key stages	Council
Number of drug and alcohol clients in the municipality according to the latest data	
Percentage of registered premises inspected that meet the requirements of the Food Act	Council
Percentage of registered premises inspected that meet the requirements of the Tobacco Act	Council



## 8. REVIEW

An annual review of this plan is a requirement under the *Public Health and Wellbeing Act 2008*. This review is to occur via consultation with an internal stakeholder group made up of representatives from sections of Council involved in implementation of actions under this plan. Horsham Rural City Council will also review the plan twice yearly via an organised consultation with partner agencies listed in this plan.

The Evaluation Measures listed below each priority area will be addressed in the annual review.

As a key Council plan, the review of this plan should be linked with and feed into the annual Council Plan review. Actions from this plan will be included in Council's "Interplan" system which will allocate the actions to the appropriate officer.

Council will also participate in regional processes associated with review of the Wimmera Primary Care Partnership Strategic Plan.

# GLOSSARY

**ABS** – Australian Bureau of Statistics.

**Barengi Gadjin Land Council** – an organisation involved in cultural heritage and indigenous land management. This is the only body in the region with the legislative authority to make legal decisions on cultural heritage.

**Business Horsham** – a collective voice for local businesses aiming to retain rural youth in the area and create a unified business group within the community.

**CFA** – Country Fire Authority.

**CCTV** – closed-circuit television.

**Decile** – one of the values of a statistical variable that divides the distribution of the variable into ten groups having equal frequencies.

**DEPI** – Department of Environment and Primary Industries- focuses on protecting our environment, boosting productivity in Victoria’s world class food and fibre sector and the management of our natural resources.

**DPCD** – Department of Planning and Community Development.

**EBA** – Enterprise Bargaining Agreement.

**GCH** – Grampians Community Health- delivers a broad range of primary health care and community services for individuals and families in the Grampians region aiming to promote healthy living whilst improving the standard of living.

**Goolum Goolum Cooperative** – a community controlled Aboriginal organisation delivering Health and Community Services to the local Koori community in the Wimmera and Western Grampians regions of Victoria.

**Grampians Integrated Family Violence Network** – consists of statutory bodies including Victoria Police, Department of Human Services together with State Government funded family violence and sexual assault agencies and other relevant agencies in the Grampians Region.

**GWM Water** – Grampians Wimmera Mallee Water.

**HDKA** – Horsham District Kindergarten Association - the Cluster Manager and licensee of seven kindergartens in the Horsham district.

**Healthy Sporting Environments** – a VicHealth initiative to support sports clubs to become healthier, welcoming and more inclusive.

**Horsham Balance** – a statistical category covering the Horsham Rural City excluding those in the urban area of Horsham.

**Horsham Central** – a statistical category covering the entire urban area of Horsham excluding Haven.

**HRCC** – Horsham Rural City Council.

**LLEN** – Wimmera Southern Mallee Local Learning and Employment Network.

**Medicare Local** – a government funded agency which plans and funds a wide variety of health services in line with the health needs of the local community.

**Nexus** – a youth centre located in Horsham which provides and promotes education, safety and recreation opportunities for young people throughout the Wimmera.

**Oasis Wimmera** – a group supporting and assisting overseas migrants to integrate into Australian society.

**QUIT** – a quit smoking organisation dedicated to eliminating the pain, suffering and costs caused by tobacco.

**RDV** – Regional Development Victoria - Victorian Government’s lead agency in developing rural and regional Victoria.

**SEIFA** – Socio-Economic Indexes for Areas - a product developed by the ABS that ranks areas in Australia according to relative socio-economic advantage and disadvantage. The indexes are based on information from the Census.

**SES** – State Emergency Service.



**U3A** – University of the Third Age- a volunteer learning organisation for mature adults.

**VCFL** – Victorian Country Football League.

**Vic Health Indicators Survey** – a Victorian community wellbeing survey which focuses on the social determinants of health. The survey is based on core questions related to individual and community health and wellbeing, critical to inform decisions about public health priorities.

**Victorian Department of Health** – A department aiming to achieve the best health and wellbeing for all Victorians through planning, policy development, funding and regulation of health service providers and activities.

**Volunteering Western Victoria** – an organisation assisting volunteer involving organisations in supporting their volunteers and participation within their communities.

**WDA** – Wimmera Development Association - the peak economic development organisation for the Wimmera Southern Mallee region.

**WDAF** – Wimmera Disability Access Forum - an independent group of individuals and organisations promoting the wellbeing of the citizens of Horsham and the Wimmera who have a disability.

**WHCG** – Wimmera Health Care Group.

**White Ribbon Initiative** – aims to raise awareness about the issue of violence against women.

**Wimmera CMA** – Wimmera Catchment Management Authority - is responsible for creating a healthier and more sustainable environment.

**Wimmera HUB** – a provider of a wide range of training programs within the Wimmera community that are relevant to the community services sector and local industries.

**Wimmera Primary Care Partnership** (Wimmera PCP) – a state government funded organisation set up to improve access to services and continuity of care for people through improved service coordination, as well as chronic disease prevention, integrated health promotion and partnership development. The catchment includes the shires of West Wimmera, Yarriambiack, Hindmarsh and Horsham Rural City.

**Wimmera Settlement Program** – a program which helps migrants settle into life in Australia.

**Wimmera Southern Mallee Region** – involves six municipalities in western Victoria including Horsham Rural City, Hindmarsh, Northern Grampians, West Wimmera, Yarriambiack and Buloke.

**WIN- Wimmera Information Network** – a database of non-profit community groups, organisations and services in the five shires of the Wimmera, Grampians and Mallee Region of Victoria.

**Women's Health Grampians** – A service which provides women with information, support and access to services and health practitioners, to assist them in making informed decisions about their health.

**WRSA** – Wimmera Regional Sports Assembly – a volunteer based organisation supporting the growth, development and promotion of sports and recreation at the grass roots level.

**WUC** – Wimmera Uniting Care – a not for profit organisation that supports and strengthens individuals, families and communities in the Wimmera.

**WWHS** – West Wimmera Health Service.

# ENDNOTES

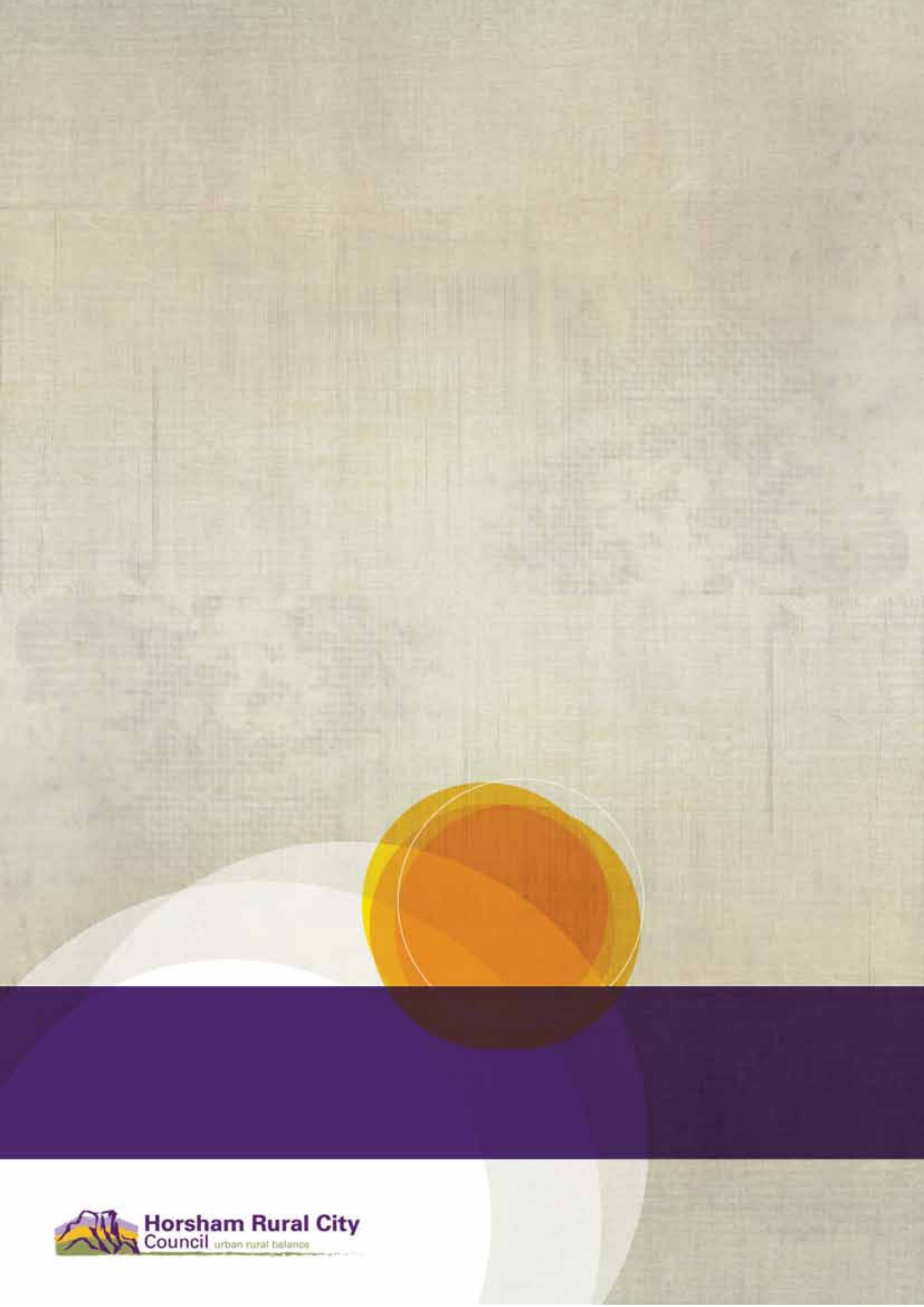
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