

HRCC Health and Wellbeing Plan 2017-2021

evaluation measures summary

This document provides a summary of the evaluation measures underneath each priority area from the 2017 - 2021 HRCC Health and Wellbeing Plan. It provides the latest statistical data along with key achievements.

Priority: Increasing healthy eating and active living

Objective 1 To increase healthy eating options (food and beverage) in the community

Objective 2 To increase opportunities for participation in physical activity

EVALUATION MEASURES

| Relevant Objective | Indicator | Start of plan | Target | End of plan |
|--------------------|--|---------------|----------------|---------------|
| Objective 1 | The number of people meeting the vegetable consumption guidelines* | 9.2% | 1-5% increase | 4% |
| | The number of people meeting the fruit consumption guidelines* | 47.5% | 1-5% increase | 40% |
| | Proportion of people who consume sugar-sweetened soft drink daily* | 14.4% | 5-10% decrease | 16% |
| Objective 2 | Proportion of people participating in organised physical activity* | 24.5% | 1-5% increase | Not available |
| | Proportion of people who are sufficiently physically active* | 48.5% | 1-5% increase | 47.6% |
| | Proportion of people who are overweight/pre-obese* | 26.6% | 1-5% decrease | 27% |

Key achievements

- HRCC Open Space Strategy developed, adopted and implementation begun.
- Bike path prioritization process developed and begun use
- Integrated Management System Implemented to assist with booking and use of public spaces.
- Ride to school program saw decals installed in 2019



Priority: Reducing Harmful alcohol and drug use

Objective 1 To reduce alcohol consumption and minimise harm associated with the misuse of alcohol and other drugs

EVALUATION MEASURES

| Indicator | Start of plan | Target | End of plan | |
|--|----------------------------------|----------------|---------------------------|---|
| Proportion of adults who consume alcohol at increased lifetime risk of harm* | 62.3% | 1-5% decrease | 57% | ● |
| Treatment episodes of care rates (per 10,000 population) for alcohol for 0-14 years and 15-24 years age groups | 0-14: 26.4 15-24: 125.3 | 5-10% decrease | 0-14: 0 15-24: 67.2 | ● |
| Rate of prescription drug-related ambulance attendances (per 10,000 population)* | 23.3 | 5-10% decrease | 432.7 | ● |
| Rate of illicit drug-related ambulance attendances (per 10,000 population)* | 10.7 | 5-10% decrease | 100.6 | ● |

Key achievements

- Alcohol Culture Change program implemented with Stage 2 selected by VicHealth for replication.
- Youth C.A.N delivery
- Successful adoption of a Youth Strategy
- Development and adoption of HRCC Youth Strategy and begun implementation including formation of a Youth Council.



Priority: Improving mental health

Objective 1 To increase social cohesion and resilience in the community

EVALUATION MEASURES

| Indicator | Start of plan | Target | End of plan |
|--|---------------|----------------|---------------|
| People with lifetime prevalence of depression and/or anxiety | 19.8% | 1-5% decrease | 34% |
| Perceptions of Neighbourhood - proportion of people who agree people are willing to help each other* | 83.5% | 1-5% increase | Not available |
| Proportion of people who can definitely get help from friend, family and/or neighbours when needed* | 89.6% | 1-5% increase | Not available |
| Community acceptance of diverse cultures* | 42.4% | 5-10% increase | 38% |

Key achievements

- Development and adoption of the Age Friendly Community Project and Implementation Plan.
- A range of activities were supported and promoted in an effort to build community resilience and improve social connection. Across the years these included the Karen New Year celebration and Cultural Diversity Week celebration at Horsham Town Hall.
- Opportunities for innovative cultural offerings during Covid-19 restrictions - National Reconciliation Action Week activities, HRAG online virtual exhibition tours, HRAG online school holiday art activities.



Priority: Preventing family violence

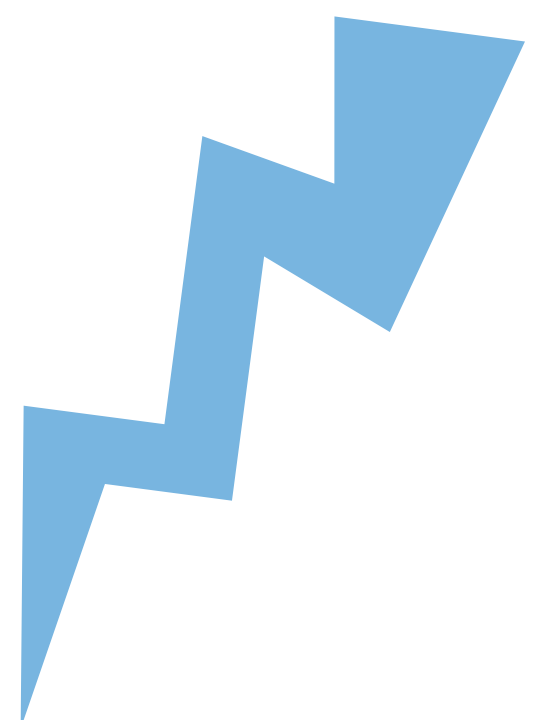
- Objective 1** Improve awareness and knowledge of violence against women
- Objective 2** Address key drivers of gender inequality leading to violence against women

EVALUATION MEASURES

| Indicator | Start of plan | Target | End of plan |
|---|----------------------|-----------------|--|
| Family violence incident rate per 10,000 population | 218.9 | 10-15% decrease | 179.77  |
| Perceptions of safety - Proportion of people who feel safe walking alone during the day | 92.2% | 1-5% increase | Not available |
| Perceptions of safety - Proportion of people who feel safe walking alone after dark* | F: 62.1% M: 87.1% | 5-10% increase | F: 37.9% M: 71.6%  |

Key achievements

- The Gender Equity Community Engagement Audit Toolkit was completed. This resource will assist a diverse range of community members to effectively voice their opinion in municipal decision making.



Priority: Improving sexual and reproductive health

Objective 1 To improve access to information and increase awareness and knowledge around safe sexual practices and services

EVALUATION MEASURES

| Indicator | Start of plan | Target | End of plan |
|--|----------------------|-----------------|---------------------|
| The number of live births to women aged under 19 years (per 1,000 women in this age group) | 271% | 10-15% decrease | 24 |
| The number of females and males who were diagnosed with Chlamydia per 10,000 persons | F: 44.09 M: 12.97 | 10-15% decrease | F: 14.26 M: 7.13 |

Key achievements

- Delivery of the Wimmera Southern Mallee Early Years Project – BY FIVE – with a young parents focus.
- This priority area will be addressed in the HRCC Youth Strategy.



Priority: Improving early years outcomes

Objective 1 Improve opportunities for participation and connection with services for parents

Objective 2 Improve learning and development of young children aged 0-6 years

EVALUATION MEASURES

| Indicator | Start of plan | Target | End of plan |
|--|---------------|---------------|-------------|
| Percentage of children developmentally vulnerable on one or more domains | 25.1% | 1-5% decrease | 23.6% |
| Percentage of children developmentally vulnerable on two or more domains | 18% | 1-5% decrease | 16.9% |

Key achievements

- Outcome of the Wimmera Southern Mallee BY FIVE program including Specialist Paediatric Support Partnership with the Royal Children’s Hospital. This enables families with young children to access specialist care in their communities, using telehealth technology, via trusted relationships with local primary health providers such as maternal and child health nurses and local GPs.
- Development, adoption and implementation of the HRCC Early Years Plan.



Priority: Strengthening education and economic development

Objective 1 To profile Horsham as a place to do business and generate new business opportunities

EVALUATION MEASURES

| Indicator | Start of plan | Target | End of plan |
|---|---------------|----------------|---------------|
| Number of new businesses operating in Horsham | N/A* | 1-5% increase | Not available |
| Number of new full time jobs created | N/A* | 1-5% increase | Not available |
| Proportion of young people (15-19 years) engaged in full time education and/or work** | 76% | 5-10% increase | Not available |

Key achievements

- Maintaining a cafe presence at the Horsham Regional Livestock Exchange as this facilitates peer support in the farming community.
- Covid-19 has highlighted the need to better establish and embed relationships with local business. E-Newsletter helped with information flow and also face to face contact being made when possible to understand issues, opportunities etc.
- Ongoing support of mentoring programs and continued traineeships and work placements within HRCC trainees located at the Wimmera Business Centre and Horsham Town Hall.

