## Definitions of Key Terms

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Full Form</th>
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<tr>
<td>CALD</td>
<td>Culturally and Linguistically Diverse</td>
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<td>CMA</td>
<td>Catchment Management Authority</td>
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<tr>
<td>DAC</td>
<td>Disability Advisory Committee</td>
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<tr>
<td>DET</td>
<td>Department of Education and Training</td>
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<td>DEPI</td>
<td>Department of Environment and Primary Industries</td>
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<td>DHHS</td>
<td>Department of Health and Human Services</td>
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<td>DSE</td>
<td>Department of Sustainability and the Environment</td>
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<tr>
<td>ESL</td>
<td>English as a Second Language</td>
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<td>ESS</td>
<td>Environmental Sustainability Strategy 2017 - 2021</td>
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<td>GVPCP</td>
<td>Goulburn Valley Primary Care Partnership</td>
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<td>HACC</td>
<td>Home and Community Care</td>
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<td>MAV</td>
<td>Municipal Association of Victoria</td>
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<td>M&amp;CH</td>
<td>Maternal and Child Health</td>
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<td>Moira ACE</td>
<td>Moira Adult and Community Education network</td>
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<td>MSC</td>
<td>Moira Shire Council</td>
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<td>MSCSC</td>
<td>Moira Shire Community Safety Committee</td>
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<td>U3A</td>
<td>University of the Third Age</td>
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<td>WHO</td>
<td>World Health Organisation</td>
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The Moira Shire Municipal Wellbeing for All Ages Strategy 2017-2021 aims to provide Council and the community with a clear and strategic planning approach that integrates planning for health and wellbeing across all stages of life. The World Health Organisation’s (WHO) definition of health suggests that health is a continuum, and extends the notion of health to include states of positive wellbeing. Health is “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”.

The Victorian Public Health and Wellbeing Act 2008 requires that all Council’s develop a document that addresses health and wellbeing matters every four years. It is also a recommendation of the Act that the document be consistent with the Council Plan and the Municipal Strategic Statement. This ‘whole of council’ approach reflects the importance the Municipal Wellbeing for All Ages Strategy will have in supporting the strategic directions of the municipality and makes health and wellbeing a central focus for local government.

Throughout 2017 community members and stakeholders have been consulted on a range of health and wellbeing issues to determine local priority areas. A thorough analysis of state and local data was conducted to gain an understanding of the health and wellbeing of our residents. This information combined with local surveys told us the following:

- In the past four years our smoking rates have decreased but are still higher than the state average
- The majority of our community are not as physically active as they should be
- Our residents are concerned with the mental health of young people in our community
- Our residents are concerned by the lack of access to services locally particularly in regard to mental health
- Obesity is becoming a serious health issue in our community
- Our immunisation rates remain well above state averages
- Our community is ageing and the number of older people living in our community will increase rapidly in the next 15 years.

This information was used to develop the themes and goals of the strategy, these are:

**Active and Healthy Lifestyle**
Moira residents will have access to the resources and support required to live an active and healthy lifestyle.

**Safe and Connected Communities**
Moira Shire will be a safe place to live. Individuals will feel safe in their community and be connected to those around them.

**A Thriving Economy**
Moira’s economy will continue to diversify and grow to attract new investment and generate employment opportunities.

**Environmental Sustainability**
Moira’s community will work together for an environmentally sustainable future.

Working with local partners is critical to the success of the strategy, as well as the ongoing review and evaluation of actions. The successful implementation of actions within each of these themes will improve health and wellbeing across the Shire for residents of all ages.
Moira Shire is located on the southern banks of the Murray River, bordering New South Wales. The Shire covers an area of 4,045 square kilometres and includes the major towns of Cobram, Numurkah, Yarrawonga and Nathalia and a host of smaller towns which are supported by a diverse agricultural base.

Agricultural land use accounts for approximately 71% of the total land area, currently divided equally between irrigated and dry-land production.

Tourism is the seventh largest contributor to economic output in the municipality generating an estimated $90 million for the local community, including approximately 510 jobs, or about 5.6% of Moira Shire’s workforce. http://media.istockphoto.com/vectors/massage-logos-vector-id489841586

The Moira community is serviced by local hospitals in each of the major towns along with a wide range of visiting medical and allied health service providers. As a result health services are an important sector within the local community.
The Municipal Wellbeing for All Ages Strategy 2017-2021 is an important document for Council and the community. Leading healthier lives and improving health and wellbeing is everyone's responsibility. The strategy is informed by the Moira Shire Council Plan and will inform the development and implementation of a number of key documents as indicated by the examples in the diagram below.
WHAT IS COUNCIL’S ROLE IN HEALTH AND WELLBEING?

All Victorian Councils are required under the Victorian Public Health and Wellbeing Act 2008 to develop a plan that addresses the health and wellbeing needs and issues in their municipality. In addition to this there are a number of other areas where Council is either legislated to or expected to provide services or activities. There are many other areas where Council works with a range of partners and stakeholders to support, develop and/or implement a variety of health and wellbeing programs. Some examples of each are highlighted below.

**LEGISLATED ACTIVITIES**

- Adherence to the regulations associated with the Health Act, Tobacco Reform, the Food Act and the Food Standard Code. This includes the work of the Environmental Health Officers in monitoring food premises across the Shire.
- Monitoring and responding to outbreaks of pandemics or infectious disease in the community.
- Responding to emergencies in accordance with Victoria’s emergency management arrangements. Moira Shire is responsible for managing and coordinating municipal resources for responding to and recovering from emergencies.
- Develop and implement our Municipal Emergency Management Plan.
- Provision of waste services to the community.
- Provision and administration of permits.

**OTHER COUNCIL ACTIVITIES**

- Monitoring and planning for the effects of our changing climate. Documents such as the Environmental Sustainability Strategy and Planning for Reduced Water Availability and Climate outline Council’s position and inform policy and decision making.
- Undertaking mosquito monitoring in partnership with the State government.
- Provision of Maternal and Child Health Services and Immunisation for all infants and children within Moira Shire.
- Supporting a variety of community groups to provide recreation and social connection opportunities across the Shire.
- Supporting the local economy by working with local businesses and industry.
DETERMINANTS OF HEALTH

WHAT ARE THE DETERMINANTS OF HEALTH?

Research indicates that much of an individual’s health status is reliant on a number of factors; often described as the determinants of health. Health is determined by a complex interaction between genetic inheritance, health behaviours, access to quality health care, and the social determinants of health. The 2011 Australian Burden of Disease Study showed that 31% of the burden of disease is attributable to a range of lifestyle risk factors (health behaviours of individuals) such as smoking, overeating and physical inactivity (Australian Institute of Health and Welfare 2016). The figure below illustrates that it is the social determinants that have the greatest impact on our health.

Social determinants include but are not limited to:

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

Social determinants such as socioeconomic status are well understood to have significant impacts on an individual’s health status; the lower the socioeconomic status the worse the health status (Marmot 1999).

WHAT DOES THIS MEAN FOR OUR MUNICIPAL WELLBEING FOR ALL AGES STRATEGY 2017–2021?

The Public Health and Wellbeing Act 2008 (the Act) requires all Council’s to include an examination of data about health status and health determinants in the municipal district when developing municipal plans for health and wellbeing matters. Considering the social determinants of health is a critical component of this process.

The Socio Economic Indexes for Areas (SEIFA) provides data on the level of socio-economic advantage or disadvantage within a community, the lower the index score the more disadvantaged a community is. Data from the 2011 Census indicates that Moira has a SEIFA score of 936, which places Moira as the 10th most disadvantaged local government area in the Victoria and 167th in Australia.

As previously outlined the more disadvantaged a community is the more significant and complex the issues surrounding achieving good health and wellbeing can be. Therefore it is important to have a thorough understanding of local health and wellbeing data for the Shire.

WHAT ARE THE ‘SOCIAL’ DETERMINANTS OF HEALTH?

The World Health Organisation defines the social determinants of health as ‘the conditions, in which people are born, grow, work, live and age and the wider set of forces and systems shaping the conditions of daily life. These forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems’ (WHO 2012).
SUMMARY HEALTH AND WELLBEING PROFILE

The following information provides an overview of the health and wellbeing profile of the municipality. A detailed health profile can be found in Appendix One.

A detailed examination of local and state data, combined with community consultation has told us the following:

- Generally we are satisfied with the lives we lead and are content with our achievements.
- We make some great choices for our children in their early years, with high immunisation rates and attendance at Maternal and Child Health Key Age and Stage visits.
- Over the past four years our breastfeeding statistics have increased to be comparable with the state average.
- Leading an active and healthy lifestyle is a challenge across the municipality. This presents an opportunity for further community education and collaborative partnerships to implement new programs and ideas.
- Interventions regarding smoking prevention have been successful with an almost 40% reduction in smoking rates across the Shire. Further work in this area is required to bring our current smoking rate in line with the state average.
- Further support is needed to ensure our young people remain mentally healthy and have access to the support and services they need locally.
- Perception of safety has decreased over the last four years and incidents of violence are increasing in our community. This provides an opportunity for increased partnerships to implement actions from the Community Safety Strategy to address these issues in our community.
- Early intervention to support our children and youth remains important. Ongoing partnerships and programs will increase capacity to support children and young people.
- Our population is ageing and our municipality continues to be attractive as a great community to retire to. It is projected that by 2031 36% of Moira’s population will be aged over 65.

WHAT THE COMMUNITY TOLD US ABOUT HEALTH AND WELLBEING IN MOIRA

Stakeholder and community members were surveyed to gain an understanding of their health and wellbeing priorities. There were 105 responses to the survey over a three week period. Mental health for young people and access to services to support young people received a large number of responses; another area of concern was availability of General Practitioners (GPs). The information collected from the surveys was exceptionally useful in creating objectives and actions for the strategy. Further detail regarding community responses can be found in Appendix Three.
HOW OUR STRATEGY WAS DEVELOPED

The Municipal Wellbeing for All Ages Strategy 2017-2021 was developed using data and information from the health and wellbeing profile and the community and stakeholder surveys. Community members, health and community services were all invited to be involved in the process. Digital and paper based surveys were distributed to a wide range of stakeholders and community members to assist in gathering local information in regard to health and wellbeing priorities and concerns. Our previous Municipal Public Health and Wellbeing Plan was evaluated along with other relevant documents to ensure a thorough understanding of the status of current work and actions.

The strategy was developed using the following themes:

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<thead>
<tr>
<th>Theme</th>
<th>Link to Environments for Health</th>
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<tr>
<td>ACTIVE AND HEALTHY LIFESTYLE</td>
<td>SOCIAL AND BUILT ENVIRONMENTS</td>
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<tr>
<td>SAFE AND CONNECTED COMMUNITIES</td>
<td>SOCIAL AND BUILT ENVIRONMENTS</td>
</tr>
<tr>
<td>A THRIVING ECONOMY</td>
<td>ECONOMIC ENVIRONMENT</td>
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<tr>
<td>ENVIRONMENTAL SUSTAINABILITY</td>
<td>NATURAL ENVIRONMENT</td>
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The social, built, natural and economic environments all contribute to an individual's and the community's health. The strategy is reflective of these four environments that are critical to achieving good health and wellbeing. From this information areas of strength and opportunity were identified and goals and objectives were formulated to ensure focus was directed specifically in to these areas.
MUNICIPAL WELLBEING FOR ALL AGES STRATEGY SUMMARY

Focus areas

**ACTIVE AND HEALTHY LIFESTYLE**
- Reduction in percentage of residents who are pre-obese or obese
- Reduction in smoking rates
- Increase in physical activities levels
- Improved accessibility and inclusion across the Shire

**SAFE AND CONNECTED COMMUNITIES**
- Increase in mental health services available in municipality
- Decrease in the occurrence of family and gender violence in the municipality
- Increase in perception of safety data for the Shire
- Increase in local partnerships and collaboration regarding youth issues

**A THRIVING ECONOMY**
- Increase in new businesses and industry in the Shire
- Increase in local training and education opportunities available

**ENVIRONMENTAL SUSTAINABILITY**
- Increase in schools working on environmental sustainability projects
- Increased community awareness and understanding of environmental sustainability
FOCUS AREA 1
ACTIVE AND HEALTHY LIFESTYLE
GOAL
Moira residents will have access to the resources and support required to live an active and healthy lifestyle.

Maintaining an active and healthy lifestyle is paramount to achieving and sustaining a good sense of overall health and wellbeing. The health and wellbeing profile demonstrates that many residents of Moira do not meet recommendations therefore this increases the importance of this area of the strategy. Further education regarding physical activity and making healthy choices will assist our residents in improving their physical health and wellbeing.

OBJECTIVES
Moira Shire Council will:

- Work with local partners to develop a strategic approach to addressing the increase in obesity rates across the Shire
- Provide infrastructure and implement sustainable recreational events and activities to increase incidental exercise
- Lead by example in regards to health and wellbeing initiatives for employees
- Continue to work with our partners to develop local options to support families of young children
- Investigate and implement actions from the Recreation Strategy in order to increase opportunities for physical activity and recreation
- Enforce Tobacco Act 1987 and the Tobacco Amendment Bill 2016
- Maintain above state average immunisation rates
- Enforce Food Act 1984
- Provide community health programs including mosquito monitoring and environmental health services
- Continue to work with our partners on agreed local priorities and to improve health literacy and education in regards to general health and wellbeing
- Ensure accessibility, inclusion and age-friendliness are considered in all decision making
- Continue to plan for age specific cohorts of our community

EXAMPLE ACTIONS
These are examples, not a complete list; of some of the actions that will be undertaken to support the achievement of the objectives.

- Support the roll out of community – based approach to primary prevention of childhood obesity in Numurkah and other major towns across the Shire
- Increase access to tap water by installing more water fountains in public spaces and ensuring free water stations are available at all events
- Use events such as Walk to School to create new lasting initiatives in the community through work with local partners
- Include healthy catering consideration's in events grant funding guidelines
- Investigate programs such as the Achievement Program to be implemented internally to promote a healthy lifestyle within the workplace
- Develop an Aquatic Strategy
- Implement programs to educate staff and the broader community regarding smoking; including new smoking laws and smoke free dining
- Continue the provision of immunisation services for infants and secondary students across the Shire
- Continue to monitor all food businesses across the Shire for compliance with Food Act 1984
- Assist the University of Melbourne to conduct the CrossRoads2 study
- Actively participate and contribute to relevant Goulburn Valley Primary Care Partnership (GVPCP) and local networks and initiatives
- Continue to consult with the Disability Advisory Committee regarding the development of community projects
- Develop and implement an Active Ageing Action Plan in conjunction with WHO Age – Friendly Communities
- Develop and implement an Early Years Action Plan to focus on early years specific issues, including breastfeeding and early literacy.
FOCUS AREA 2

SAFE AND CONNECTED COMMUNITIES
GOAL
Moira Shire will be a safe place to live. Individuals will feel safe in their community and be connected to those around them.

Having strong social connections with friends, family and the wider community is an essential ingredient for a productive and fulfilling life. In order to connect with the community around them the safety or perception of safety, of an individual is a very important consideration. Given that our health and wellbeing profile demonstrates that the perception of safety has declined in recent years it is important that this is addressed.

OBJECTIVES
Moira Shire Council will:
- Continue to work with the Preventing Family and Gender Violence sub-committee to identify local priorities of action
- Lead by example and support federal and state government initiatives that aim to address family and gender violence
- Ensure new developments and refurbishments of public facilities and areas are safe and female friendly
- Continue to work with key partners to develop and implement social connection opportunities to foster a socially inclusive community
- Continue to work with the Local Safety Committee to improve community safety across the municipality
- Advocate for additional mental health services across the Shire
- Play an important role in educating the community to respond to mental health concerns
- Continue to work with key local partners to plan for education and awareness within the community on issues regarding drug and alcohol use
- Continue to work closely with local schools and the Department of Education and Training to ensure quality education and vocation pathways are available for secondary students
- Continue to work with our partners through the Municipal Emergency Management Planning Committee to plan for and respond to emergencies across the municipality
- Continue working with communities across the Shire to develop community plans.

EXAMPLE ACTIONS
These are examples, not a complete list; of some of the actions that will be undertaken to support the achievement of the objectives.
- Implement local actions to raise awareness in the community through events such as White Ribbon Day
- Support the implementation of the Respectful Relationships program across early childhood and school settings
- Use existing facility audits to identify any safety issues and prioritise works where issues are identified
- Investigate appropriate programs and accreditation in regard to family and gender violence
- Remain active participants in the Act-Belong-Commit social inclusion and mental health campaign through event branding and sharing campaign messages
- Implement actions from the Community Safety Strategy
- Work with local health services and schools to identify where gaps are in mental health provision and develop an advocacy plan for further services
- Work with key local partners to deliver community education sessions regarding mental health and mental wellness
- Identify other opportunities for community education regarding drug and alcohol use
- Develop and implement a Youth Action Plan to focus on youth specific issues; including mental health, drug and alcohol issues, school attendance and access to services
- Implement actions from the Municipal Emergency Management Plan
- Support communities to implement actions from their community plans.
FOCUS AREA 3
A THRIVING ECONOMY
**GOAL**

Moira’s economy will continue to diversify and grow to attract new investment and generate employment opportunities.

The economy of a community impacts on a community’s sense of health and wellbeing in many ways. Having opportunities for employment, having enough money to participate in life and having access to quality, affordable goods and services locally all impact on our general health and wellbeing. Access to further education locally is also an area of need within Moira Shire.

**OBJECTIVES**

Moira Shire Council will:

- Support existing and new business to prosper and grow
- Advocate for accessible training and education opportunities to boost employment prospects and skills across the Shire
- Advocate for and support the upgrade of infrastructure such as gas, water, power, telecommunications, road and rail to provide the community the opportunity to start and grow business within the Shire
- Continue to develop and promote Moira as a tourism destination.

**EXAMPLE ACTIONS**

These are examples, not a complete list; of some of the actions that will be undertaken to support the achievement of the objectives.

- Develop and implement a new economic development plan
- In partnership with local agencies develop a shire-wide training plan to understand work force needs and identify gaps
- Lobby Government and engage with potential private investors to source the capital to grow investment and jobs within the Shire
- Work with local tourism partners to promote the region and annual events and festivals.
FOCUS AREA 4
ENVIRONMENTAL SUSTAINABILITY
GOAL

Moira’s community will work together for an environmentally sustainable future.

Moira Shire Council recognises that the wellbeing of our community is linked to that of our natural environment. Therefore Council is dedicated to managing all natural environmental assets by not only preserving, but also enhancing, their ecological functions.

OBJECTIVES

Moira Shire Council will:

• Lead by example and support the community in transitioning to environmental sustainability
• Implement the Environmental Sustainability Strategy to provide an easily shared guide for Council to work towards long-term goals for environmental sustainability
• Strive to be a leader in environmental sustainability decision making and activities
• Play an important role in informing, educating and raising awareness in the community in regards to environmental sustainability
• Continue to work with key partners to inform, educate and raise awareness in the community to work towards an environmentally sustainable future
• Lead by example in responding and adapting to climate change.

EXAMPLE ACTIONS

These are examples, not a complete list; of some of the actions that will be undertaken to support the achievement of the objectives.

• Work with schools to implement environmental sustainability projects
• Work with the community to develop ecotourism opportunities such as bike trails, walking paths and other recreational pursuits, highlighting significant environmental features
• Review and update the “Preparing for Climate Change in the Moira Shire – Adaptation Plan”.
APPENDIX ONE
OUR HEALTH AND WELLBEING PROFILE

Victorian and local data has been examined and analysed to develop an overall picture of the health and wellbeing of Moira residents.

The VicHealth Indicator Survey 2015 reports that respondents from Moira scored their general wellbeing 79.1 out of 100; this is similar to the Victorian average of 77.3. Overall rating of life satisfaction was also comparative to the Victorian average of 7.8 with Moira respondents reporting an average of 7.9 out of 10.

To ensure consistency with the Victorian Public Health and Wellbeing Plan 2015-2019 the action areas within the “Promoting health and wellbeing” section are referenced here with localised data and priority areas.

Healthier Eating and Active Living

A balanced and nutritious diet is central to the promotion of health and wellbeing. The 2014 Victorian Population Health Survey reports that 53.6% of Moira residents met the recommended fruit and vegetable consumption guidelines each day, this is comparative with the Victorian average of 51.4%.

Over the last 20 years adult obesity in Victoria has increased by 40%. The 2014 Victorian Population Health Survey reports that 31.2% of Victorian adults are classified as pre-obese according to their BMI and a further 18.8% are classified as obese according to their BMI.

The same data reports that 28.5% of adults in Moira are classified as pre-obese and 31.7% are classified as obese according to their BMI. This indicates there is a demonstrated need for significant work in this area to positively impact the health of our residents.

It is recommended that adults undertake 150 minutes or more of moderate intensity physical activity or 75 minutes or more of vigorous physical activity on at least two days per week of physical activity. On average 55% of adults in Moira do not meet this recommendation; compared with the Victorian average of 50.4% people. This information supports the need for Council to investigate options to increase opportunities for our residents to participate in physical activity across the Shire.
Tobacco Free living

The 2014 Victorian Population Health survey reports that between 2003 and 2014 the number of people smoking has declined by almost 40%. However in the same survey reports that 22.2% of the population of Moira Shire are current smokers, this is significantly higher than the Victorian average of 13.1%.

Reducing harmful alcohol and drug use

Alcohol and drug use remains an issue across the nation. In the 2014 Victorian Population Health Survey it was reported that 59% of Victorians were at increased lifetime risk of alcohol – related harm. The VicHealth Indicators Survey 2015 results identified that 27.9% were identified as being at risk of short – term harm due to alcohol consumption. This is comparative to similar Victorian data, indicating there remains a demand for significant work to be done in this area to educate and minimise harm within our communities.

Victoria Police figures show Moira reported a drug usage and possession offences of 1.9%, which was identical to the Victorian figure and lower than the Hume region figure of 2.2%. Police arrests and ambulance data across Victoria indicate that the use of ‘ice’ is quickly increasing.

Data from the 2013 Victorian Population Health Profile showed that the rate of drug usage and possession offences per 1000 of population in Moira was 3, compared with the Victorian rate of 3.4 and the Hume rate of 3.9. Moira was ranked 31 out of the 79 LGAs.

Improving mental health

Around 4.5 million adult Australians (nearly 20% of the population) experience mental illness each year. More than 45% of the adult population will have a mental illness at some point in their lives.

The 2014 Victorian Population Health Profile reports that 11.8% of Moira residents reported a high to very high degree of psychological distress, compared with the Victorian rate of 12.6% and the Hume average of 12.9%.

The “Dropping off the Edge” report released in 2015 revealed the rate of psychiatric admissions per 1000 of population aged 18 years and over (ranking in the state out of 667 localities – 1 most disadvantaged, 667 most advantaged) for Moira is:

- Nathalia (postcode 3638) – 225;
- Numurkah (postcode 3636) – 230;
- Yarrawonga (postcode 3730) – 188; and
- Cobram (postcode 3644) – 247.

The 2015 VicHealth Indicator Survey reported that 74.8% of residents who participated in the survey felt they lived in a close-knit neighbourhood and 87.9% felt people within their neighbourhood were willing to help each other out. These figures are well above the Victorian average.
Preventing Violence and Injury

The 2015 VicHealth Indicator Survey reported that 92.1% Moira residents agreed that they felt safe walking alone during the day, which is similar to the Victorian estimate 92.5%. However the perception of safety when walking alone during the day for Moira residents has decreased significantly over time: 2011 = 97.7%, 2015 = 92.1%.

Road safety is an ongoing challenge across the state; Council’s Community Safety Strategy reports that in 2014 there were 52 accidents within the Shire that resulted in the death of four individuals and 77 others sustaining injuries.

Victoria Police (Crime Statistics Agency, Family Incident Reports) report that on average one in 10 call outs are in response to violence in the home; generally towards women. There were 368 Family incidents recorded in Moira Shire by Victoria Police between July 2011 to June 2016, which is an increase of 16.5% from 2015-16 and 51% in the last five years.

Intimate partner violence alone contributes 9% to the disease burden in Victorian women aged 15-44 years, making it the largest known contributor to the preventable disease burden in this group (VicHealth 2004). Women who have been exposed to violence have a greater risk of developing a range of health problems, including stress, anxiety, depression, pain syndromes, phobias and somatic and medical symptoms (World Health Organization 2000).

Oral Health

Dental Health Services Victoria has developed health profiles for local governments in Victoria. These profiles compare municipalities with the Victorian average in regard to oral health. 40% of Moira’s children, aged 5 or under, who attended a public dental service have at least one missing, filled or decayed baby or adult tooth.

Over 90% of adults who attended a public dental service have at least one missing, filled or decayed adult tooth. The profile also highlights the modifiable health risk behaviours of adults; these include current smoking, use of alcohol, not meeting fruit and vegetable guidelines and daily consumption of sugar sweetened drinks. Moira is above the state average in all of these areas. This demonstrates the need for further work and education in this area.
Our children

According to the 2014/15 Maternal and Child Health Services Annual Report 41% of infants at 6 months were either fully or partially breastfed; this is comparable with the Victorian average of 49.6%. The Australian Immunisation Register reports that our overall immunisation rates for children aged 0-5 is 94.38%, this is slightly higher than the national average of 92.73%.

The 2015 Australian Early Development Census surveyed all children who commenced school for the first time in Moira Shire. The survey collects basic demographic data such as sex, country of birth, language spoken at home etc. as well as surveying readiness for school and developmental status across the following developmental domains:

- Physical health and wellbeing
- Social competence
- Emotional maturity
- Language and cognitive skills (school-based)
- Communication skills and general knowledge.

In each of the above children are categorised as either developmentally on track, developmentally at risk or developmentally vulnerable. The data collected in 2015 indicated that there has been a significant decrease in children who are developmentally on track in all of the domains except communication skills and general knowledge. This data also reported that often children are developmentally at risk or vulnerable in more than one area.

Research indicates that early intervention and support for families can have positive impacts for all children. This data provides sound evidence that there is an ongoing need to maintain partnerships between Maternal and Child Health, early years’ service providers and education settings.

Our youth

Mission Australia completed a Youth Survey in 2016 with 21,846 respondents throughout Australia. The top personal concerns for youth were stress, school and body image. The top three national issues were alcohol and drugs, discrimination and equity and mental health.

The Victorian Department of Education (DET) 2016 data indicates that the average VCE ENTER score for the four state secondary colleges is 24.9 compared with the state average of 27.6. The same data also indicated that in Moira 36.5% of students attending state secondary colleges are absent for more than 20 day per years which is significantly higher than similar sized metro secondary colleges.

DET also survey students in state secondary schools in years seven to nine to determine the level of student distress, this data then assists in ranking schools on a percentile scale. The percentile is influenced by the number of students who have expressed strong feelings at either end of the continuum. In this ranking a low percentile score is not a positive score; in 2016 two of the four state secondary colleges received a percentile ranking of below 10. This data provides valuable information in regards to our youth and areas of importance.
Our older people

Based on 2016 census data 11,511 of the population are aged over 55, this equates to 35.6% of the total population. The average for regional Victoria is 39.5%. It is estimated that this figure will only increase in time, the below diagram demonstrates the significant estimated increase in population of residents aged over 55 years in to the future.

According to The Hume Region Population Ageing Profile, compiled by the Department of Health, Moira Shire has the third highest percentage (20.92% of total population) of people aged over 65. It is projected that by 2031 this percentage will increase 36%. This trend is likely to lead to an increased demand for the provision of a range of housing and community services. This information and projection will assist Council in developing plans for the future to ensure liveability for all stages of life.

Life expectancy, preventable hospital admissions and avoidable mortality

The average life expectancy for females is 84 years and 76 years for men. Female life expectancy is comparable with Victorian average; however male life expediency in Moira is lower than the Victorian average of 80 years.

The Victorian Health Information Surveillance System data from 2015 states that the top three preventable hospital admissions for residents in Moira were:

- Cellulitis
- Chronic obstructive pulmonary disease
- Iron Deficiency anaemia

From the same statistics the top three causes of avoidable death for people aged 30 – 69 were:

- Cancer
- Cardiovascular diseases
- Respiratory diseases
APPENDIX TWO

KEY PARTNERS AND ORGANISATIONAL CONTEXT

Our partners
The success of any strategy is not reliant on one party or organisation. To be successful in effecting change and improvement in regards to health and wellbeing it is important to have the commitment and involvement of a range of partners. This strategy relies on the involvement of the following partners:

- Local health services
- GVPCP
- Moira Health Promotion Collaborative
- Primary and Secondary Schools
- Department of Education and Training
- Department of Health and Human Services
- Moira ACE
- Local business and commerce chambers

Other important documents to consider
Moira Shire Council has a number of documents and strategies that have relevance to the development and implementation of the Municipal Wellbeing for All Ages Strategy. These include:

- Moira Shire Council Plan 2017-2021
- Recreation Strategy 2016-2026
- Disability Access and Inclusion Plan 2017-2021
- Environmental Sustainability Strategy 2017-2021
- Community Safety Strategy 2016-2019
- Economic Development Strategy
- Numurkah Economic Development Plan 2016
- Moira Shire Economic Analysis 2016
- Municipal Emergency Management Plan

Implementation, Reporting and Evaluation of the Strategy
The implementation of the Municipal Wellbeing for All Ages Strategy will be the responsibility of many departments across Council and in partnership with external agencies. An internal and external steering committee will assist in overseeing the implementation of the actions and also assist in the reporting. Action plans will be developed and/or reviewed to support the objectives within the plan.

Council will be updated on an annual basis on the progress of the strategy. Media releases will inform the community of achievements of the plan as well as projects and events that are occurring.

At the completion of each year a review will be undertaken to determine achievements, ongoing work and identify areas requiring further action. This will contribute to the overall evaluation at the conclusion of the plan.
APPENDIX THREE
COMMUNITY CONSULTATION RESPONSES

The chart below depicts some of the responses to key questions in the community and stakeholder survey.

The general health and wellbeing of the general population in Moira Shire concerns me

Are you concerned about your overall health and wellbeing?

What health and wellbeing initiatives would you like to see continued or implemented across the Shire?

The word cloud below highlights the most popular issues raised by respondents in regard to services lacking in Moira Shire. The larger the word the more times it was raised as a priority from this information it is clear that access to services that support mental health are a concern for the community.