

Corangamite Shire

Health and Wellbeing Plan 2013-2017

FINAL PROGRESS REPORT



CORANGAMITE
SHIRE





SUMMARY

The five local governments of the Great South Coast worked together to develop the 2013 – 2017 municipal public health and wellbeing plans, with the first task being to compile the data and identify key health priorities across the region. It is important to note that the changes in population data presented in this report cannot be attributed solely to the Corangamite Shire health and wellbeing activity.

Drawing from the Environments for Health Framework, it is important to recognise that ‘most public health issues are notable for their complexity’ (2001, p.10). For example the likelihood of someone smoking is shaped by a range of factors including age, gender, social class, price, advertising, peer pressure, outlet density and smoking opportunities. Therefore, it is difficult, if not impossible, to claim that any single factor reduces rates of smoking at a population level. Further it can take years, to decades of health and wellbeing promotion activity to see real improvements in health conditions at a population level.

Overall, the report card below indicates that 83% of planned activities were delivered in the 2013 – 2017 period, representing 96 of 116 original actions completed. The report card provides a summary that reflects the breadth of activity undertaken and the ‘central role local government plays in creating communities and environments in which people can thrive.’ (Evaluation of Environments for Health Municipal Public Health Planning Framework, 2006, p. 1)

DATA REPORT CARD

Corangamite Shire Municipal Public Health and Wellbeing Plan 2013-2017

The plan aimed to address the specific needs of priority populations, including: children in the early years; young people; older people; people with a disability and people who are socially disadvantaged.

		ACTIONS	% COMPLETE
THEME 1	HEALTHY & SAFE COMMUNITIES		
Goal 1	Improve the physical health of our community	31	74
	With activity aiming to increase levels of physical activity and healthy food consumption; improve oral health knowledge; promote safer drinking cultures and increase health literacy.		
Goal 2	Prevent violence against women and children	12	83
	With activity aiming to create safe, respectful and equitable relationships, communities, workplaces and public environments.		
THEME 2	EQUITABLE, SUPPORTIVE AND SUSTAINABLE COMMUNITIES		
Goal 3	Increase access to opportunities for all residents to improve their health and wellbeing	16	75
	With activity aiming to: improve the coordination and provision of health and support services across the Corangamite Shire; ensure equitable access to services and facilities for all members of the community; and increase health literacy.		
Goal 4	Improve the educational outcomes of our community	30	90
	With activity aiming to: increase the skills and knowledge of our community within a lifelong learning philosophy; ensure a capable and sustainable early years workforce; and provide a range of accessible, high quality early year’s services and programs		
THEME 3	RESILIENT, CONNECTED AND INCLUSIVE COMMUNITIES		
Goal 5	Promote mental health and wellbeing	19	95
	With activity aiming to: facilitate strong connections between people in the community; increase community capacity to respond to and recover from emergencies; and to adapt to climate change.		
THEME 4	CAPACITY BUILDING FOR HEALTH AND WELLBEING		
Goal 6	Consider health and wellbeing across all areas of Council activity	8	75
	With activity aiming to increase understanding of the health and wellbeing effects of Council activities.		

STRENGTHS – IN SUMMARY

Our agility

In compiling this report, Corangamite Shire Council recognises our strength as a small and agile local government organisation, that works well together within the organisation and across a breadth of partnerships. Considering health and wellbeing across all areas of Council activity is well reflected in this report, with further activity to build on this planned in the future.

Integrated Early Years Services

The development in the Corangamite Shire Early Years Services has surpassed expectation. The team have come together physically and strategically to progress meaningful change for the community. Offering opportunities to learn together and streamlining the pathway into Council services are standout achievements.

Building on strong foundations for youth engagement

Corangamite Shire Council have led a comprehensive review of the Building Resilience in Corangamite Kids (BRICKs) program activity in this area – through this process the Council and partners have seized every opportunity to build on the achievements to date and work together to ensure young people in this region are connected and resilient.

Considering the needs of people with a disability, always and often

Stepping beyond ad-hoc advocacy for the needs of people with a disability, the Rural Access Program (delivered in partnership with Warrnambool City Council and Moyne Shire) seeks to embed 'structural' change. An example includes amending access auditing in all design contracts and the consideration of people with a disability in community and events grants.

An age-friendly community declaration – turning good intentions into actions

In 2016 Corangamite Shire Council signed on to the Municipal Association of Victoria's (MAV) Age-Friendly Declaration. In 2017 Council successfully secured funds to enact this declaration. Council will partner with local older residents to ensure they are connected, respected and healthy, now and into the future.

Let's get active, together

A commitment to local communities and to improving health inspired the development of a parkrun in Timboon. This proud achievement included local people in every step and is providing activity, connection and inspiration for those from Timboon and beyond.

LIMITATIONS – IN SUMMARY

The following limitations were originally outlined in the Environments for Health: Municipal Public Health Planning Framework (DHS, 2001) and the Evaluation of Environments for Health Municipal Public Health Planning Framework (DHS, 2006). Issues identified in both of these guiding documents are relevant to the local Corangamite Shire context.

Resourcing

The downside of being a small and agile local government is the ongoing challenge to implement health and wellbeing activities, and make improvements in community health, with very few resources.

The recognition that local government is well-placed to progress improvements in health and wellbeing is valued, while the lack of resourcing to do so can transfer this burden to committed and capable staff already fully engaged in the provision of high quality local services.

Communication

In the 2013 – 2017 period Corangamite Shire Council did not develop a Communication plan to accompany the health and wellbeing plan. This has limited opportunities to communicate achievements, provide health information to community members and publicly recognise the value of this important activity.

Evaluation

Similarly, Corangamite Shire Council have not been able to resource an evaluation of the 2013 – 2017 Municipal Public Health and Wellbeing plan.

CONTENTS

Executive summary	3
Acknowledging the Traditional Owners	5
Background	6
The Progress Report	9
Partnership	9
A snapshot of changes over time: Challenges to address	10
THEME 1: HEALTHY AND SAFE COMMUNITIES	11
Goal 1: Improve the physical health of our community	12
Goal 2: Prevent violence against women and children	26
THEME 2: EQUITABLE, SUPPORTIVE AND SUSTAINABLE COMMUNITIES	36
Goal 3: Increase access to opportunities for all residents to improve their health and wellbeing	37
Goal 4: Improve the educational outcomes of our community	38
THEME 3: RESILIENT, CONNECTED AND INCLUSIVE COMMUNITIES	47
Goal 5: Promote mental health and wellbeing	48
THEME 4: CAPACITY BUILDING FOR HEALTH AND WELLBEING	54
Goal 6: Consider health and wellbeing across all areas of Council activity	55
APPENDIX A: SELECTED DATA (WITH COMPARISON OVER TIME WHERE POSSIBLE)	57

ACKNOWLEDGING THE TRADITIONAL OWNERS

In presenting this report Corangamite Shire Council pay respect to the traditional owners of this land, their elders, past, present and emerging. Corangamite Shire Council acknowledge the history, culture and achievement of Aboriginal and Torres Strait Islander people, their local history extending back 50,000 years and the ongoing contribution of Indigenous Australians.

Corangamite Shire was traditionally occupied by several different groups of Aboriginal people, these included: Djargurd Wurrung, Gulidjan, Girai Wurrung, Gadu Banud and Wada Wurrang. See Figure 1 and Figure 2.

The names of local towns provide a small glimpse into the local Aboriginal history. For example, the word 'Corangamite' comes from a local Aboriginal word for 'bitter' or 'salt water', reflecting the high levels of salt in the local waterways. Terang is known for its many grand, historic trees, some of which are more than one hundred years old and National Trust classified. The name 'Terang' comes from an Aboriginal word meaning 'a twig with leaves'. Similarly, Derrinalum, known to early white settlers as 'The Swamp', was named by local Aboriginals as Djerrinalum, a word meaning 'sea swallow' or 'tern'.

Figure 1: Map of Aboriginal groups across South West Victoria

Figure 2: Map of Aboriginal groups across Corangamite Shire



Fig 1



Fig 2

BACKGROUND

In 2001 the Department of Human Services created the Environments for Health: Promoting Health and Wellbeing through Built, Social, Economic and Natural Environments. Municipal Public Health Planning Framework. This document was developed to inform municipal health and wellbeing planning and makes clear the role of Local Government in promoting health and wellbeing. Central to this role is understanding that the social, economic, natural and built environment impact on health and wellbeing. See Figure 3 and 4 below.

The *Public Health and Wellbeing Act 2008* embedded this framework in legislation and stated that Council must 'seek to protect, improve and promote public health and wellbeing within the municipal district'. Recognising that Council is well-placed to create supportive and inclusive built, social, economic and natural environments that promote health this Act directs the development of a Municipal Public Health and Wellbeing Plan. This plan, developed in partnership with stakeholders and community, identifies the priority health and wellbeing challenges (and strengths) of each region and makes a commitment to address key issues identified.

Figure 3: Figure of the Environments for Health framework



Figure 4: Figure demonstrating the application of this framework on health issues

Figure 5 Examples of the Influence of Environmental Dimensions on Health Issues

Examples of Health Issues	Environmental Dimensions			
	Built/Physical	Social	Economic	Natural
Health Protection				
Immunisation	<ul style="list-style-type: none"> Provision of immunisation facilities Physical access Access via public transport 	<ul style="list-style-type: none"> Demographic distribution of services 	<ul style="list-style-type: none"> Cost of services 	
Food safety	<ul style="list-style-type: none"> Structural integrity of food premises 	<ul style="list-style-type: none"> Food standards to meet community expectations Education for food handlers 	<ul style="list-style-type: none"> Cost of healthy food Corporate promotion of genetically modified foodstuffs 	<ul style="list-style-type: none"> Impact of salinity, drought, urbanisation and climate change on food quality
Air pollution	<ul style="list-style-type: none"> Infrastructure planning promoting dependence on private transport: freeways Industrial impacts of chemical waste and spills EPA neighbourhood air improvement plans Works approvals 	<ul style="list-style-type: none"> Car dependency Car culture 	<ul style="list-style-type: none"> Subsidisation of motor transport via economic policy Privatisation: City Link, public transport 	<ul style="list-style-type: none"> Geographical features that trap air pollution, such as valleys
Health Development				
Community safety / injury prevention	<ul style="list-style-type: none"> Quality of curbs, footpaths, street lighting, public transport, traffic management, pedestrian crossings 	<ul style="list-style-type: none"> Perceptions of safety Risk-taking behaviour by age, gender, ethnicity Farming practices Traffic signalling that favours cars over pedestrians 	<ul style="list-style-type: none"> Cost of infrastructure maintenance and improvement 	<ul style="list-style-type: none"> Environmental hazards
Housing	<ul style="list-style-type: none"> Quality of housing stock Designing for sense of community 	<ul style="list-style-type: none"> Geographic dispersal of people requiring affordable housing 	<ul style="list-style-type: none"> Employment policy Economic policy Provision of affordable housing options 	<ul style="list-style-type: none"> Impact of climate on housing design

CORANGAMITE SHIRE

The Corangamite Shire stretches from the Great Ocean Road in the south to the pastoral plains of Skipton in the north. The beauty and diversity of this landscape is rich in Indigenous, pastoral and maritime history.

Corangamite Shire is a renowned farming region producing milk, wool, beef and prime lamb, while the rugged coast, volcanic cones and lakes scattered through the Shire are attracting visitors and an emerging tourism industry.

AT A GLANCE

4400 km²

Area

15,671

Estimated residential population
[ABS Estimated Residential Population, June 2015]

2.9%

Unemployment rate [Small area labour markets,
Department of Employment, December 2017]

9586

Rateable properties

915 km

Kilometres of local sealed roads

1228 km

Kilometres of local unsealed roads

104 km

Kilometres of footpaths

4678 tonnes

Kerbside waste collected annually

20

Public playgrounds

6

Skate parks

7

Kindergartens

5

Health services

3

Long day care centres

11

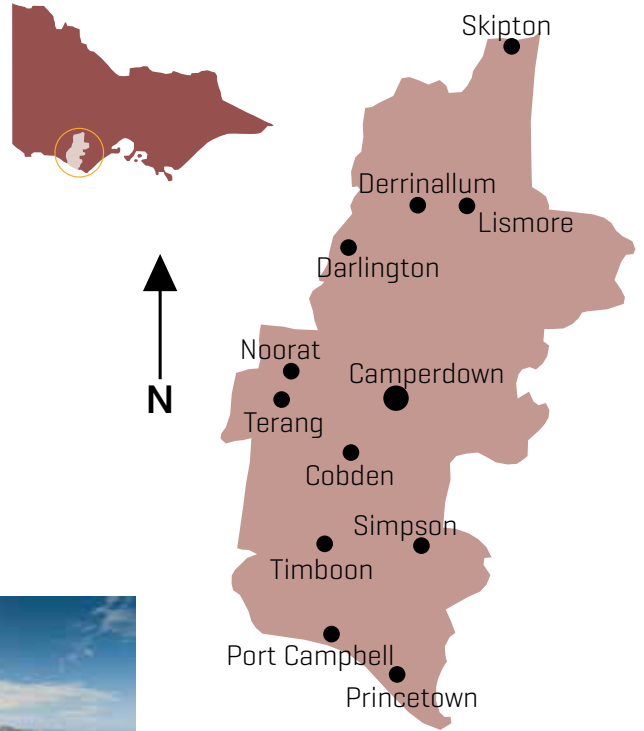
Primary schools

6

Secondary schools

1

Specialist school



THE PUBLIC HEALTH AND WELLBEING PLAN 2013-2017

The Corangamite Shire Municipal Public Health and Wellbeing Plan 2013–2017, developed across 2012 and 2013 in partnership with the Great South Coast Councils, outlined local key priorities and how Council would work together with partners and the broader community to address health issues and promote health and wellbeing. This planning process identified the following strengths and challenges:

CORANGAMITE SHIRE - STRENGTHS TO BUILD ON:

The region is characterised by strong social connection, high levels of self-reported wellbeing and volunteering, with community members feeling part of the community, safe and proud of their well-planned townships and open spaces.

CORANGAMITE SHIRE - CHALLENGES TO BE ADDRESSED:

This region is also characterised by higher rates of asthma, registered mental health clients and women and men who are overweight or obese, alongside lower median weekly incomes and declining broader community acceptance of diverse cultures.

The 2013 planning process identified the following key priorities:

- Encourage physical activity
- Promote healthy eating and good oral health
- Address violence against women and children
- Improve access to programs, services and health information
- Foster safe drinking cultures
- Promote mental health and wellbeing
- Engage community in education and life-long learning

These priorities translated into the Public Health and Wellbeing Plan 2013–2017, developed across four key themes and detailed below.

Corangamite Shire Municipal Public Health and Wellbeing Plan 2013-2017

The plan aimed to address the specific needs of priority populations, including: children in the early years; young people; older people; people with a disability and people who are socially disadvantaged.

THEME 1 HEALTHY & SAFE COMMUNITIES

Goal 1 Improve the physical health of our community

With activity aiming to: increase levels of physical activity and healthy food consumption; improve oral health knowledge; promote safer drinking cultures; and increase health literacy.

Goal 2 Prevent violence against women and children

With activity aiming to: create safe, respectful and equitable relationships, communities, workplaces and public environments.

THEME 2 EQUITABLE, SUPPORTIVE AND SUSTAINABLE COMMUNITIES

Goal 3 Increase access to opportunities for all residents to improve their health and wellbeing

With activity aiming to: improve the coordination and provision of health and support services across the Corangamite Shire; ensure equitable access to services and facilities for all members of the community; and increase health literacy.

Goal 4 Improve the educational outcomes of our community

With activity aiming to: increase the skills and knowledge of our community within a lifelong learning philosophy; ensure a capable and sustainable early years workforce; and provide a range of accessible, high quality early year's services and programs

THEME 3 RESILIENT, CONNECTED AND INCLUSIVE COMMUNITIES

Goal 5 Promote mental health and wellbeing

With activity aiming to: facilitate strong connections between people in the community; increase community capacity to respond to and recover from emergencies; and to adapt to climate change.

THEME 4 CAPACITY BUILDING FOR HEALTH AND WELLBEING

Goal 6 Consider health and wellbeing across all areas of Council activity

With activity aiming to: increase understanding of the health and wellbeing effects of Council activities.

THIS PROGRESS REPORT

This Corangamite Shire Public Health and Wellbeing Plan 2013–2017 Progress Report provides a comprehensive overview of activity undertaken by Council, across the Shire, to address health issues and progress community health and wellbeing, in line with the priorities identified.

As outlined under 'Limitations' (page 2), resources were not available to undertake a comprehensive evaluation of the Public Health and Wellbeing Plan 2013–2017. This has been addressed in the 2017–2021 plan by including evaluation measures that are incorporated into core work by our stakeholders and through other plans such as the Great South Coast Integrated Health Promotion Plan. This progress report details the activity undertaken, achievements and captures some 'feature stories' to both highlight our accomplishments and include some of the local people and their stories.

PARTNERSHIP

Corangamite Shire Council acknowledges the significant and ongoing contribution of our partners. All activity outlined in this report is progressed through a diversity of vibrant and productive collaborations. Together we create sustained improvements in the health of our community.

Corangamite Shire Council extend thanks to:

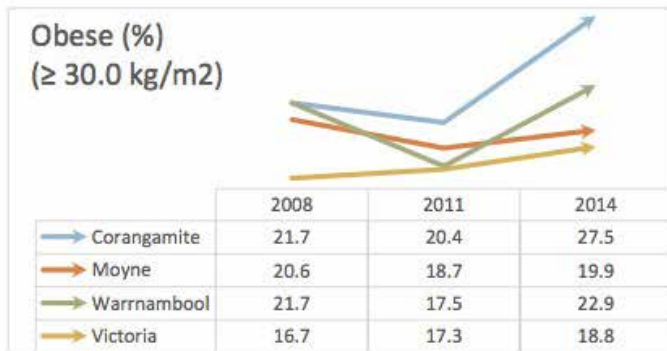
- South West Healthcare
- South West Primary Care Partnership
- Terang and Mortlake Health Service
- Timboon and District Health Service
- Cobden Health
- Beaufort Skipton Health Service
- Mercy Regional College
- Camperdown College
- Cobden Technical School
- Derrinallum P12
- Lismore Primary School
- Warrnambool City Council
- Western Region Alcohol and Drug Centre
- Disability Sector partners
- South West Sport
- Women's Health and Wellbeing Barwon South West
- Department of Education and Early Childhood Development
- South West Centre Against Sexual Assault
- Emma House, Domestic Violence Services
- Victoria Police

A SNAPSHOT OF CHANGES OVER TIME: CHALLENGES TO ADDRESS

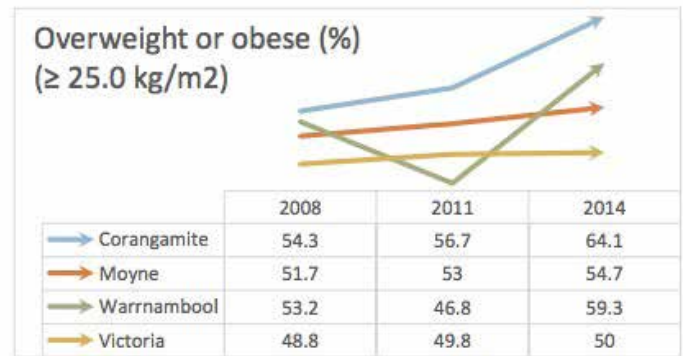
Below is a small snapshot of data for the Corangamite Shire that starts to develop a picture of change in health and wellbeing over time [comparison of 2013 and 2017].

The data presented below is from the Health and Wellbeing Trends for the SWPCP Area, May 2017, compiled by Cameron Price at the South West Primary Care Partnership.

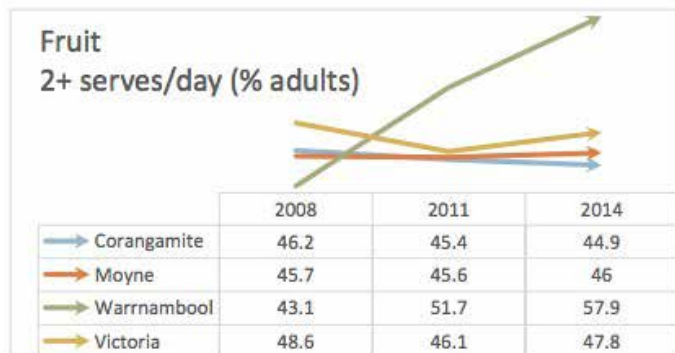
Data sources include: Department of Health and Human Services [2016] Victorian Population Health Survey 2014: Health and wellbeing, chronic conditions, screening and eye health & Modifiable risk factors contributing to chronic disease. Melbourne: State Government of Victoria.



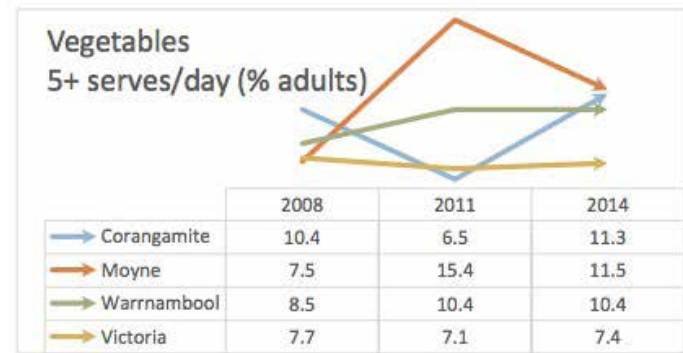
The rates of people living in Corangamite Shire who are obese is above the State average and on the rise. [Victorian Population Health Survey 2016]



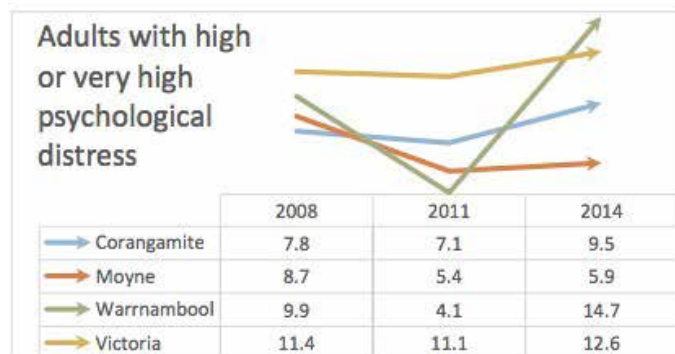
The rates of people living in Corangamite Shire who are obese or overweight is above the State average and on the rise. [Victorian Population Health Survey 2016]



The rates of people living in Corangamite Shire who eat 2 or more serves of fruit [*] each day is declining. [Victorian Population Health Survey 2016] **



The rates of people living in Corangamite Shire who eat 5 or more serves of vegetable [*] each day is improving but still low at 11.3%. [Victorian Population Health Survey 2016]



The rates of people living in Corangamite Shire who report high or very high levels of psychological distress are lower than the State average but increasing. [Victorian Population Health Survey 2016]

** This measure includes significant differences in scale and may not be comparative over this time period.

THEME 1: HEALTHY AND SAFE COMMUNITIES

THIS THEME FOCUSES ON IMPROVING THE PHYSICAL HEALTH OF OUR COMMUNITY AND PREVENTING VIOLENCE AGAINST WOMEN AND CHILDREN.

AIMS:

- Inspire our community members to get active and eat healthy
- Promote breastfeeding
- Communicate the importance of great oral health
- Encourage safe alcohol drinking cultures
- Share health information
- Prevent violence against women and children

KEY PARTNERS:

- South West Primary Care Partnership
- Western Region Alcohol and Drug Centre
- Dental Services
- Mental and Child Health
- Early Years services
- Disability Sector
- Youth and Mental Health Services
- Victoria Police
- Local schools
- Sporting clubs
- Department of Health and Dental Health Services Victoria
- Department of Education and Early Childhood Development
- South West Sport
- Great South Coast Group
- Women's Health and Wellbeing Barwon South West
- Rural Access Program
- Emma House
- South West Centre Against Sexual Assault

GOAL 1: IMPROVE THE PHYSICAL HEALTH OF OUR COMMUNITY

DATA REPORT CARD: SUMMARY OF CORANGAMITE COMPARED TO VICTORIA

KEY OBJECTIVE	CORANGAMITE COMPARED TO VICTORIA	WHAT ARE WE MEASURING?
Increase levels of physical activity	Corangamite Shire 58.4%, compared to Victoria state average 54.0% Earlier measures do not appear to be comparable - see note in Appendix A [Table 3]	Number of people engaged in recommended levels of physical activity [Local Government DHHS Profile 2015]
Increase healthy food consumption	Corangamite Shire 47.6% compared to Victorian State Average 51.4% Females 51.2% compared to 56.6% Males 42.2% compared to 56% New measure appears to be improving but still low overall	Number of people who eat recommended levels of fruit and vegetables [Local Government DHHS Profile 2015]
Fruit consumption	Corangamite Shire 45.3% compared to Victorian State Average 48.8% [2014] Corangamite Shire was 14.1% in 2008	Adults meeting fruit consumption guidelines 2 daily serves [Victorian Population Health Survey 2008, 2014]
Vegetable consumption	Corangamite Shire 11.3% compared to Victorian State Average 7.4% [2014] Corangamite Shire was 14.1% in 2008	Adults meeting vegetable consumption guidelines 5 daily serves [Victorian Population Health Survey 2008, 2014]
Improve oral health knowledge and behaviours	Corangamite Shire 10.8% compared to Victorian State Average 6.3% No updated data available	Rates of hospital separations for dental caries in children aged 0-8 years, per 1000 [Early Childhood Profile DEECD 2010]
Levels of breastfeeding	Corangamite Shire 43.3% compared to Victorian State Average 34.0% [2015] Corangamite Shire was 42% in 2012.	Percentage of children fully breastfed at 6 months of age [Victorian Child and Adolescent Monitoring Systems - VCAMS 2015]
Promote safer drinking cultures	Corangamite Shire 44% compared to Victorian State Average 42.5% New measure	People at increased risk of alcohol related harm on a single occasion of drinking [Local Government DHHS Profile 2015]
	Corangamite Shire 32% compared to Victorian State Average 29.4%. New measure	People at risk of short term harm from alcohol in a given month [VicHealth Indicators Survey 2015]

OBJECTIVE 1: INCREASE LEVELS OF PHYSICAL ACTIVITY

STRATEGY 1:

PROVIDE, PROMOTE AND ADVOCATE FOR SERVICES AND PROGRAMS THAT CREATE OPPORTUNITIES FOR PHYSICAL ACTIVITY AND ACTIVE PARTICIPATION, CONSIDERING THE SPECIFIC NEEDS OF CHILDREN, YOUNG PEOPLE, SENIORS, AND PEOPLE WITH A DISABILITY.

ACHIEVEMENTS

Corangamite Shire Council provides opportunities for physical activity and active participation. These include whole of community activities such the Bounce into Winter program, delivered in 2016, and the follow up, developed later that year, titled the Eat Well! Move Well! Be Well! Program.

CHILDREN:

- 'Ed Gym' programs, held in Terang, Camperdown, Skipton and Camp Cooriemungle
- 'Pram Walks' linked to the kindergarten and childcare timetable, across Timboon, Camperdown and Terang

YOUNG PEOPLE:

- Council supports the Walk to School program held annually in Term 4. Local health services and the Shire roll this program out as part of the Heart of Corangamite Physical Activity working group
- Council has also partnered with the YMCA to organise annual events, such as Shove It – Skate, Scoot & BMX competitions. These provide young people with a fun day out and the opportunity to win prizes and be recognised for their skating, scooting and BMX talents

PEOPLE WITH A DISABILITY:

- Council supports the annual 'Active Oceans' regional recreation program, this includes sailing, surfing, snorkelling and fishing activities for young people with a disability
- A Disabled Surfers Association branch has been established in Warrnambool, and is open to participants from across the region. This Association host two all abilities surfing events each summer
- Hampden Hurricanes, regional all abilities football program

SENIORS:

- Advocacy leading to additional Allied Health funding, secured in June 2015, extending the local Home and Community Care Program
- The Healthy Ageing/Active Living Project, a partnership between Corangamite Shire and Warrnambool City Council, aimed to support 'older adults to be active, connected and independent'. This project, undertaken in collaboration with Camperdown Community House, focused on strong community engagement and the recognition that the Community House could provide more for older people including activities, resources to support health and independence and a place to gather and connect. Of note, a University of the Third Age was established in Corangamite Shire in this period and is hosted by the Community House. See Strategy 34.

EAT WELL! MOVE WELL! BE WELL!

Established in 2016, this program offers a calendar of health and wellbeing activities to the residents of Corangamite Shire. The aim of the Eat Well! Move Well! Be Well! program is to increase the number of Corangamite Shire residents involved in recreation, healthy eating and mental health promotion activities.

This program aims to encourage people of all ages and abilities to get involved and promotes the benefits of a healthy lifestyle. Local clubs and organisation can showcase what they have on offer, provide incentives and inspire community members to try something new – with the benefit being more people investing in their health, and happiness.



Council has also collaborated with members of the Timboon community to establish a local parkrun, outlined below.

PARKRUN

Parkrun is a free weekly 5-kilometre run, walk, jog or meander, that is timed and held across the world. To date there are 227 parkrun locations established in Australia. This free community event, made possible via sponsors and volunteers, are open to people of all ages and abilities. Weekly runs promote physical activity and social connection.

The Timboon parkrun project commenced in 2016 and held its first event on 17 May 2017. The Timboon community have proudly got behind the event with 151 runners and walkers, 10 volunteers and a great many spectators. The future of Timboon parkrun looks bright with great ongoing attendance – perhaps there will be more parkrun locations established across Corangamite Shire in coming years.



ED GYM

Ed Gym is an active and structured gymnastics based program for pre-school aged children, promoting a range of learning opportunities in a friendly and safe environment. Classes offer physical activity, a structured gymnastic based program, play and socialisation opportunities alongside ways to explore fun and independence in a safe environment where each participant achieves at their own level. This program aims to provide an exciting, fun-filled and challenging experience for all participants and parents.



SOMETHING WE ARE PROUD OF:

THE HURRICANES ALL ABILITIES FOOTBALL TEAM

The Rural Access Program (Corangamite, Moyne Shire and Warrnambool City Council), local Disability Agencies, South West Sports, Hampden Football League, South Warrnambool Football Netball Club and FIDA (Football Integration Development Association along with enthusiastic local sponsors and volunteers collaborate to provide 45 local people with the opportunity to play footy in a regional competition. Established in 2013 this regional team competes against Ballarat, Hamilton, Horsham and Ararat.



The success of the Hurricanes has inspired Cooida, Southern Way, South West Sports and Rural Access (Corangamite/Moyne Shires, Warrnambool City Council) have worked together to create 'Howzat Cricket', a series of cricket matches to be held across Warrnambool and Terang, engaging eighteen local young people with a disability in cricket.

ACHIEVEMENTS:

- 2013 Exhibition match in Melbourne against the Coburg Tigers (FIDA team)
- 2014 Exhibition match at half time of the Hampden Football League preliminary final
- 2014 Participation in a local clinic staged by the visiting Richmond AFL team
- 2014 Matches against the Coburg Tigers and Wyndham (Melbourne teams)
- 2014 Development of an Auskick-style program for younger footballers with a disability
- 2014 Round-robin competition against teams from Hamilton (Boomers) and Horsham (Wimmera Whippets) played during a HFL interleague match day
- 2015 Employment of a Project/Team Manager
- 2015 LGPro Aged and Disability Service Award for Outstanding Program/Project
- 2016 FIDA Western District Competition commenced
- 2016 Exhibition round against the Hamilton Boomers
- 2016 Exhibition match at the Hampden Football League preliminary final
- 2016 Two Hurricanes players selected for the Victorian Regional Team competing at the FIDA National Inclusion Carnival in Melbourne
- 2017 South Warrnambool Football Netball Club welcome the Hurricanes as new club members – rebranded as the 'South Hurricanes'
- 2017 One player, one emergency selected for the Victorian Regional Team to compete at the FIDA National Inclusion Carnival on the Gold Coast QLD in July. Of note, emergency player James Lyons is a resident of Corangamite Shire.

STRATEGY 2:

PLAN FOR AND PROVIDE WELL DESIGNED SAFE, INCLUSIVE AND ACCESSIBLE PUBLIC OPEN SPACE, BUILDINGS, INFRASTRUCTURE AND FACILITIES THAT ALSO SUPPORT WALKING AND ACTIVE TRANSPORT.

ACHIEVEMENTS

RECREATION AND OPEN SPACE STRATEGY 2016–2026

This ambitious 10-year strategy sets a vision that ‘sport and recreation opportunities in Corangamite will be diverse and encourage residents of all ages to be active and healthy’. Key priorities include: building partnerships and relationships; increasing active participation in recreation; developing and supporting strong committees and clubs; enhancing Council’s policy framework (in this area); and providing high quality, optimally used, sustainable recreation facilities and open space. Key achievements across the Shire, include:

- Skipton Town Walk
- Noorat Track
- Development of a business case for the Twelve Apostles Trail
- Cobden, Terang and Camperdown playground upgrades
- Heart of Corangamite Walking Booklet
- Local Community Plans focusing on increasing the number of walking paths and footpaths to ensure community members can safely walk to school, work or local shops

CORANGAMITE SHIRE FACILITIES - DISABILITY ACTION PLAN 2015–2017

Corangamite Shire is aspiring to build and maintain facilities in line with ‘Universal Design’ principles. The Council undertook an audit of all Shire facilities which led to the following improvements:

- Installation of an access ramp at Cobden Civic Hall
- Addition of accessible parking at the Cobden Civic Hall, Simpson Hall, Simpson public toilets, Lismore Community Hall and Camperdown Stadium and library
- Kerb ramps added to the Simpson Hall and Skipton public toilets
- Improved signage to accessible toilets across the Shire

STRATEGY 3:

SUPPORT THE SUSTAINABILITY OF OUR COMMUNITY SPORT AND RECREATION CLUBS/GROUPS

ACHIEVEMENTS

Activity to support the sustainability of our community sport and recreation clubs/groups has been embedded in Corangamite Shire’s Recreation and Open Space Strategy, 2016–2026 [See strategy 2]. Key achievements before the development of the new strategy included: project management of the Curdie River Reserve & Inlet Committee; co-location of Corangamite Lions Soccer club at Scotts Creek Reserve; and assistance with the establishment of Camperdown Running Club and Timboon Dance Club.

Council’s broader activity to promote physical activity also aims to link community members to local sport and recreation clubs and groups. Assistance in building participant numbers at a time when numbers are diminishing is valued and is contributing to the long-term sustainability and viability of small local clubs.

SOMETHING WE ARE PROUD OF...

JOCK, A LOCAL FELLOW, A SIMPLE FIX AND COUNCIL STAFF WHO WORK TOGETHER

Jock is a local fellow, known to many. Most days Jock can be spotted on his way to town. Jock has a great deal of local knowledge and stories of times past. Jock also has a visual impairment, so the condition of our footpaths is particularly important to him.

On rainy days, a strip of footpath on Jock's usual route to town would become flooded and present a real problem. In fact, a real risk to Jock. He would either negotiate the flooded footpath or walk around the path and tackle the soft slippery nature strip.

Concerned Jock contacted Council Aged & Disability Services. The team quickly arranged a meeting between Jock, Assets Planning and Aged & Disability Services staff to see what could be done to fix the problem. The best fix was the installation of a soakage pit to drain off the excess water. Jock was happy with this plan but was concerned about how long this could take.

The Assets team planned and installed the pit within four weeks of the meeting – a testament to the responsiveness of Shire staff to the needs of the community.

A small deed, a powerful gesture and a new friendship. This tale is a lovely demonstration of how a small Council can work together in a timely fashion to hear and respond to the needs of local folk.

The Smiles for Miles program

This program assists early childhood services to encourage and promote good oral health habits and healthy eating among children in their care. This program is developed around three key messages: eat well, drink well and clean well. Activity includes learning experiences, educator training, policy development and resources for parents.

The aim of this program is to reduce tooth decay in children, educate children and parents about the importance of good oral healthcare and to establish good oral healthcare and healthy eating habits from an early age.



STRATEGY 4:

PROVIDE LEADERSHIP TO, AND PARTICIPATE IN, THE HEART OF CORANGAMITE NETWORK
[PHYSICAL ACTIVITY WORKING GROUP]

ACHIEVEMENTS

The Corangamite Shire Manager of Community Services chairs the Heart of Corangamite Network. Council's Recreation Development Officer chairs the Heart of Corangamite Network – Physical Activity working group. Key achievements to increase physical activity include: 'Recreation Give it a Go'; successful collaboration to secure VicHealth Walk to School grants across 2013 - 2017; South West Games; 'Bounce into Winter'; several seed funding opportunities; local walking tracks booklet; the Timboon Parkrun [see Strategy 1] and the development of the Skipton Town Walk and Derrinallum Town to Mount Track.

THE HEART OF CORANGAMITE NETWORK

Established in 2007 this vibrant network provides a great opportunity to progress health and wellbeing activity in partnership across the Shire. Members of the network include representatives from all five regional health services and the South West Primary Care Partnership.

This network progresses regional integrated health promotion activity and broader activity to coordinate services, develop referral pathways, and identify and address emerging health and wellbeing issues.

Activity undertaken by this network includes: partnership with schools to progress the Achievement Program and promote health and wellbeing activity; walk to school programs; mental health week activities; integrated professional development; and linkages to local sport and recreation activity.



The Achievement Program

The Achievement Program is a framework that aims to create healthy environments for learning, working and living. The framework guides health and wellbeing activity in early childhood services, schools and workplaces. The key priorities include activity to improve healthy eating and oral health; increase physical activity; promote mental health and wellbeing; improve understanding of sexual health; develop safe environments; promote sun protection; promote healthy behaviours in relation to alcohol use; and the importance of smoke-free environments [tobacco control].

The Achievement Program is broader than implementing some health and wellbeing activity – it focused on engaging the whole community [for example in schools this include students, staff, teachers and families] and making a long term commitment to sustainable change through integrating health into planning, policy, culture and environment and forging partnerships with local supports and services.

OBJECTIVE 2: INCREASE HEALTHY FOOD CONSUMPTION

STRATEGY 5:

IMPROVE ACCESS TO NUTRITIOUS FOOD CONSIDERING THE SPECIFIC NEEDS OF CHILDREN, SENIORS AND PEOPLE WITH A DISABILITY

ACHIEVEMENTS

CHILDREN:

- Activity to promote healthy eating is underway across Corangamite Shire Early Years services. This activity is linked to the Smiles for Miles program, page 17. All Corangamite Shire Early Years services were awarded for their healthy eating and oral health activity [in the Smiles for Miles programs] and in 2017 all services have moved one step further along the path to resilient, happy and healthy children by signing on to the Achievement Program, page 18.
- Primary and Secondary schools in Corangamite Shire are progressing activity to promote healthy eating via the Achievement Program. Key achievements to date include: Derrinallum P12 being awarded the Healthy Eating and Oral Health benchmark in 2016 [the only Corangamite Shire School to do so]; Camperdown College restructuring their canteen services and now offering more healthy food options; and the remaining schools - Camperdown College, Lismore Primary School, St Patrick's Primary School Camperdown, Mercy Regional College, Cobden Technical School - are all progressing healthy eating activity and addressing important Food Security issues, in partnership with Warrnambool and District Foodshare. The South West Healthcare Health Promotion staff lead this activity.

SENIORS:

- The Healthy Ageing/Active Living Project, outlined in Strategy 1, included some focus on healthy eating, particularly an emphasis on the importance of cooking and sharing meals and how this brings people together.

PEOPLE WITH A DISABILITY:

- In 2016, the Hampden Specialist School made a commitment to health and wellbeing by signing on to the Achievement Program. Key achievements to date include; development of a 'Healthy Together Team' [with staff, local health services and student representation]; dissemination of a student survey to identify the health priorities [mental health and wellbeing and healthy eating]; development of an action plan to promote positive mental health and wellbeing and healthy eating and good oral health; and the implementation of a Healthy Eating & Oral Health policy. The next activity will be the development of a mental health and wellbeing policy. The Terang and Mortlake Health Service Health Promotion staff lead this activity.



STRATEGY 6:

INCREASE LEVELS OF BREASTFEEDING

NOTE: BREASTFED BABIES HAVE FEWER INFECTIONS AND HOSPITALISATIONS – LONGER TERM BREASTFED BABIES ARE AT LOWER RISK OF DEVELOPING ASTHMA, TYPE II DIABETES, OBESITY, EAR INFECTIONS AND ECZEMA.

ACHIEVEMENTS

STRONGER REGIONAL PARTNERSHIPS

Corangamite Shire staff now attend Great South Coast Maternal and Child Health and South West Healthcare meetings between nursing and midwifery staff. Through these meetings and client discussion relationships between birthing hospitals and Maternal and Child Health services have grown. The shire and local maternity services have also implemented a continuum of care protocol.

SUPPORTING HEART OF CORANGAMITE BREASTFEEDING PROJECTS:

- **Breastfeeding solutions research project**

This project is evaluating the effectiveness of a 'Breastfeeding Solutions' App in supporting new mothers to breast feed. This research will be published in late 2017. South West Healthcare Health Promotion staff lead this activity.

- **Australian Breastfeeding Association 'breastfeeding welcome here' project**

This project aims to increase the community's acceptability of breastfeeding in public. Ninety-one regional venues have been recruited and proudly display the 'breastfeeding welcome here' sign. This sticker demonstrates that staff at this venue will extend a welcoming attitude to breastfeeding mums, that there is no smoking on site as well as room for a pram. The Terang Mortlake Health Service Health Promotion staff lead this activity.

STRATEGY 7:

SUPPORT THE DEVELOPMENT OF FARMER'S MARKETS AND THE INCREASED SUPPLY OF FRESH FRUIT AND VEGETABLES

ACHIEVEMENTS

- The Council has supported the development of a 'Progressive Farmers Market'. This is held on the second Sunday of the month, moving across the Shire, across autumn, spring and summer.

STRATEGY 8:

PROVIDE LEADERSHIP TO, AND PARTICIPATE IN, THE HEART OF CORANGAMITE NETWORK [NUTRITION WORKING GROUP]

ACHIEVEMENTS

As outlined above, the Corangamite Shire Manager of Community Services, chairs the Heart of Corangamite Network. A Council representative also participates in the Heart of Corangamite Network – Nutrition working group. Achievements to date include the establishment of health and wellbeing groups in Corangamite Shire schools, the development of healthy eating policies, canteen reviews and changes to canteen menus across the region. South West Healthcare and Terang Mortlake Health Service health promotion staff lead work in this area. Of note, the Breastfeeding activity outlined in Strategy: 6, has also been progressed via this working group.

OBJECTIVE 3: IMPROVE ORAL HEALTH KNOWLEDGE

STRATEGY 9:

SUPPORT AND PROMOTE ORAL HEALTH IN CHILDREN'S SETTINGS AND IN AGED AND DISABILITY PROGRAMS

ACHIEVEMENTS

CHILDREN:

- Implementation of the Smiles for Miles Program across all Corangamite Shire Early Years services, including the Terang Children's Centre and the Simpson and District, Lismore, Camperdown and Derrinallum kindergartens. Key achievements to date include: 12 educators trained to deliver the program, promotion of the 'drink well, eat well, clean well' message across learning experiences, parent engagements and newsletters/Facebook posts. As Smiles for Miles is a two-year program, every second year the majority of local early year's services have been awarded after completing all components of the program. Following on from this activity some services are implementing the Achievement Program, moving to promote children's health and wellbeing, beyond healthy eating and oral health.
- Corangamite Shire continue to promote public dental services, referral to local services forms part of the Smiles for Miles program
- Regional dental screening and follow up dental appointments continue. For example in 2015 there were 60 referrals from local Early Year's services to dental services.

PROGRAMS FOR PEOPLE WITH DISABILITIES:

- Council Rural Access Staff coordinate Oral Health Promotion presentations to key regional disability service providers

STRATEGY 10:

ADVOCATE FOR INCREASED ACCESS TO PUBLIC DENTAL SERVICES

ACHIEVEMENTS

Corangamite Shire continues to collaborate with South West Healthcare Dental and Health Promotion teams to promote the importance of good oral health care across Early Years services and to increase access to public dental services.



OBJECTIVE 4: PROMOTE SAFER DRINKING CULTURES

STRATEGY 11:

BUILD RESILIENCE AND DECISION MAKING SKILLS IN CHILDREN AND YOUNG PEOPLE

ACHIEVEMENTS

YOUNG PEOPLE:

- In 2015 the Western Region Alcohol and Drug service (WRAD) in partnership with Corangamite Shire provided alcohol and other drug education and information across interested Corangamite Shire schools. Following on from this local schools were invited to participate in the South West Alcohol Reduction Program (SWARP). This program engages Year 10 students in a conversation about how to make informed choices around alcohol and drug use.

In 2016 young people from across Corangamite Shire were invited to attend the Alfred Health Prevent Alcohol and Risk Related Trauma in Youth (PARTY) program.

- A highlight of the Corangamite Shire Youth Services calendar is the planning and delivery of annual FReeZA events. FReeZA events are targeted to young people aged between 12 and 25 years, offering affordable, accessible music, art and cultural events. These events are held in safe, fully supervised, drug, alcohol and smoke free venues. Events include annual 'Push Start' programs to encourage young musicians to develop and share their talents; Rainbow Run events raise funds for future youth events and are all about having a great time while moving- running, walking, jogging, or pushing- through a colour explosion;

Each year Corangamite Shire Council has hosted 5-7 FReeZA events, with a total of 5,070 young people attending these events across the last four years.

STRATEGY 12:

SUPPORT CONSISTENT PROVISION OF ALCOHOL RELATED INFORMATION IN M&CH SETTINGS

ACHIEVEMENTS

Information outlining the impact of alcohol and drug use during pregnancy is circulated widely across Council Maternal and Child Health services via regional Maternal and Child Health Nurses, at key age stage assessments, in clinics and at first parent classes. This information is also on display in kindergartens.

STRATEGY 13:

WORK WITH COMMUNITY SPORTS CLUBS TO ENSURE COMPLIANCE WITH RESPONSIBLE SERVING OF ALCOHOL REQUIREMENTS

ACHIEVEMENTS

South West Sports collaborate with interested sports clubs from across the region to implement the Healthy Sport Environments Program.

STRATEGY 14:

FACILITATE ALCOHOL FREE EVENTS FOR YOUNG PEOPLE AGED 12-25

ACHIEVEMENTS

See Strategy 11 [page 23] - all FREEZA events listed were alcohol free events for young people.

HEALTHY SPORT ENVIRONMENTS PROGRAM

This program identifies activity that sporting clubs can undertake to make their club healthy, welcoming and inclusive. The six standards include action to: promote responsible alcohol consumption; improve the availability of healthy food and drinks; create smoke-free environments; prevent injuries; minimise UV exposure; and actively encourage women and girls, Aboriginal Victorians and people from a Culturally and Linguistically Diverse [CALD] backgrounds to participate in sport and provide an environment that is free from discrimination or fear of violence.

For example: Port Campbell Surf Life Saving Club participated in this program, focusing on minimising UV exposure the club developed a UV policy and ensured all staff wear broad brim hats, long sleeve shirts, sunglasses and sunscreen, even on cloudy days.

OBJECTIVE 5: INCREASE HEALTH LITERACY

WHAT IS HEALTH LITERACY?

Health literacy is the degree to which individuals can obtain, process and understand health information and make appropriate health decisions. Health literacy activity considers how we communicate. This activity focuses on how we communicate in person, via written materials and through different mediums, for example signs. Health literacy also considers how people can access and understand information to make decisions about their health or about accessing relevant health services. Of note, in Australia, approximately 60% of the community have low levels of health literacy. This leads to poorer health outcomes, increased risk of an adverse event and higher healthcare costs.

STRATEGY 15:

PROVIDE INFORMATION TO THE COMMUNITY ON HEALTHY LIFESTYLES

ACHIEVEMENTS

Corangamite Shire recognises that it is important to make health information both available and accessible. The Corangamite Shire website has recently been reviewed and updated to ensure it meets universal web accessibility guidelines.

The Heart of Corangamite Network develops monthly articles for Western District Newspapers. These provide information about local activities to promote health as well as general information and inspiration across health and wellbeing.

Broader health and wellbeing communication planning and activity was not completed in the 2013–2017 period.



GOAL 2: PREVENT VIOLENCE AGAINST WOMEN AND CHILDREN

DATA REPORT CARD: SUMMARY OF CORANGAMITE COMPARED TO VICTORIA PREVENTING VIOLENCE

KEY OBJECTIVE	CORANGAMITE COMPARED TO VICTORIA	WHAT ARE WE MEASURING?
Reduce rates of family violence	Corangamite Shire 8.5% compared to Victorian State Average 12.4% [2015] Corangamite Shire was 7.5% in 2012	Family violence incidents per 1000 population [Local Government DHHS Profile 2015]
Increase the % of people who are prepared to intervene in a situation of family violence	No data available	% of people surveyed who would be prepared to intervene if a family member or close friend was a victim of family violence

BABY MAKES THREE PROGRAM

The Baby Makes Three Plus program adopts an approach that seeks to prevent violence against women and children before it occurs, or intervene early with women and children at risk of such violence.

The program consists of three key components: firstly, supporting first time parents to build equal and respectful relationships; secondly, ensuring staff and services can assist in the development of such relationships across the transition to parenthood; and thirdly, improving the ability of services to identify women at risk of experiencing family violence.



OBJECTIVE 6: CREATE SAFE, RESPECTFUL AND EQUITABLE RELATIONSHIPS, COMMUNITIES, WORKPLACES AND PUBLIC ENVIRONMENTS

STRATEGY 16:

PLAN FOR GENDER EQUITY IN THE DESIGN OF BUILDINGS, FACILITIES AND SPACES

ACHIEVEMENTS

To date the Shire has advocated for the inclusion of sex disaggregated data in the development of the Beyond the Bell project. Further activity to consider gender equity in the design of buildings, facilities and spaces will be reconsidered in the 2017 – 2021 Municipal Public Health and Wellbeing Plan.

STRATEGY 17:

WORK WITH COMMUNITY SPORT CLUBS TO ENSURE COMPLIANCE WITH RESPONSIBLE SERVING OF ALCOHOL REQUIREMENTS

ACHIEVEMENTS

See Strategy 13 [page 24].

STRATEGY 18:

WORK IN PARTNERSHIP TO DELIVER THE BABY MAKES THREE PLUS PROGRAM

ACHIEVEMENTS

Corangamite Shire, Warrnambool City Council, Glenelg, Southern Grampians and Moyne Shire's collaborated and successfully secured Department of Justice and Regulation funds to deliver the Baby Makes Three Plus program between 2013 and 2015.

This program was an excellent example of collaboration across neighbouring Local Governments and demonstrates the importance of aligning effort when tackling large scale and complex problems that require a coordinated, long-term commitment to action.

Corangamite Shire Early Years staff participated in this program. A key achievement was local Early Years staff delivering the Baby Makes Three Plus first time parents package to 37 local families. Early Years staff also participated in the 'Plus' component of the program. This focused on building the sector's knowledge and confidence in understanding violence against women and the importance of gender equity action to prevent this violence from occurring in the first place.

Participants in the first-time parent component of the program reported overwhelmingly positive feedback from their involvement. They also reported an increased understanding and awareness of the importance of 'sharing the load' through this critical transition to parenthood, as well as insight into the link between respectful relationships and equality, and freedom from violence. The comprehensive evaluation also identified that the program was successfully 'translated' from a metropolitan setting to the local rural and regional context.

STRATEGY 19:

WORK IN PARTNERSHIP TO FACILITATE SUPPORTIVE FAMILY ENVIRONMENTS AND SOCIAL NETWORKS

ACHIEVEMENTS

Work in this area targeted people with a disability and included:

- The 2015 'Everybody's Business: taking action to prevent and respond to violence against women with disabilities' Conference. The Rural Access program represented Corangamite Shire as a partner in the delivery of this inaugural regional conference. Featuring the late Stella Young as the keynote speaker, the day drew a crowd of more than 100 people from across the region. This day inspired an important, local conversation about the rates of violence against women with disabilities, the nature of this violence, and ways to prevent this violence before it occurs.
- A regional Everybody's Business Working Group was established at the end of this conference and in 2016 this group developed and distributed an Easy English brochure for women with disabilities. This brochure (pictured below) includes explanations of what is violence and details of where to get help. The Rural Access team continues to contribute to the local working group's ongoing activity.



SOMETHING WE ARE PROUD OF...

Rebecca Biddle an active member of All Abilities Advocacy.

Rebecca lives in Cobden, has a mild intellectual disability and epilepsy, and is passionate about working with people with disabilities and fighting for their rights.

Through her experience in the All Abilities Advocacy she has developed skills and confidence in public speaking, volunteering and in seizing opportunities to be a voice for women with a disability.

Rebecca attends many advocacy meetings in Melbourne speaking on behalf of the All Abilities Advocacy group. Rebecca also has two volunteer roles, across Cooida Inc and at the local Terang and Mortlake Health Service. She has completed the Enabling Women leadership course for people with disabilities, is involved in the National Disability Insurance Scheme roll out and has been a member of the State Emergency Services (SES) for 5 years.



STRATEGY 20:

WORK IN PARTNERSHIP TO IMPLEMENT INITIATIVES FROM THE GREAT SOUTH COAST PREVENTION OF VIOLENCE AGAINST WOMEN AND CHILDREN STRATEGY

ACHIEVEMENTS

- The Corangamite Shire Director of Corporate and Community Shires has filled the role as Chair of the Great South Coast Prevention of Violence Against Women and Children Strategy Steering Committee for the 2015 – 2017 period.
- Across 2014 and 2015 Women’s Health and Wellbeing Barwon South West and South West Centre Against Sexual Assault partnered with Corangamite Shire to deliver a comprehensive suite of training to Corangamite Shire Early Years Staff. This training package covered: Violence against women – a case for action; Gender equity – action to prevent violence against women before it occurs; and Responding to disclosures of violence and sexual assault. [This activity was linked to the Baby Makes Three Plus program].
- Corangamite Shire Council has hosted annual ‘whole of council’ White Ribbon Day events. White Ribbon Day is an annual day of activism, where men lead events and activities seeking to highlight the issue of men’s violence against women and to eliminate this violence. In 2016 a statement, developed in consultation with Women’s Health and Wellbeing Barwon South West, was read at all team meetings. This aimed to promote understanding of the issue of violence against women and inspire conversation.
- Council has also participated in the ‘Dunny Door Campaign’ – this campaign aims to get a 1800RESPECT sticker behind every public toilet door in Australia. This activity seeks to promote the 1800RESPECT – 1800 737 732 National Sexual Assault, Domestic and Family Violence Counselling Service. This service includes telephone and online counselling for people who have experienced sexual assault, domestic or family violence and is available 24 hours a day, 7 days a week.
- **Child Safe Standards**
Council has worked to ensure that they comply with the child safe standards. Policies, procedures, codes of conduct and training programs were developed for adoption and implementation in mid-2017.

OBJECTIVE 7: IMPROVE THE COORDINATION AND PROVISION OF HEALTH AND SUPPORT SERVICES ACROSS THE CORANGAMITE SHIRE

STRATEGY 21:

ADVOCATE FOR THE PROVISION OF ACCESSIBLE HEALTH AND SUPPORT PROGRAMS CONSIDERING THE SPECIFIC NEEDS OF CHILDREN, YOUNG PEOPLE, SENIORS, AND PEOPLE WITH A DISABILITY.

ACHIEVEMENTS

With a significant service delivery role across the region and close partnerships with key health services Corangamite Shire staff advocate for accessible services that consider the needs of different groups within the community, including the specific needs of children, young people, seniors, and people with a disability. Some highlights are listed below:

- Regional asthma education, including an information session and the distribution of written material across Cobden, Terang and Camperdown.

YOUNG PEOPLE:

- Corangamite Youth Network's – Youth Friendly Medical Services Project, funded by BHP and delivered in partnership with Brophy Family and Youth Services aimed to ensure young people had equitable access to health services. Providing affordable or bulk-bill GP service options was an important component of this project, along with providing young people with education about their rights.

PEOPLE WITH A DISABILITY:

- The Corangamite Shire Rural Access Program partnered with the Men's Shed and local Neighbourhood Houses with a view to creating environments that are more inclusive of people with a disability. Each facility has developed a Disability Action Plan, improved the physical access to buildings and participated in a regional Rural Access Forum, with 30 people from 12 men's sheds in attendance.
- The Rural Access program sought funds to improve the physical access to buildings and improved the consideration of the needs of people with a disability across Shire planning, in the development regional facilities [see Strategy 2, p. 16] and with the purchase of equipment, such as hearing loops.

STRATEGY 22:

CONTINUE TO DEVELOP AND PROVIDE FLEXIBLE, BEST PRACTICE SERVICE PROVISION FOR COUNCIL'S MATERNAL AND CHILD AND HOME AND COMMUNITY CARE SERVICES

ACHIEVEMENTS

After a consultation with community members Council Early Years including Maternal and Child Health services have implemented an SMS messaging system for appointment reminder and confirmation. Council's Early Year's services are also strengthening ways to engage service users and implement their recommendations in line with best practice service planning and delivery.

STRATEGY 23:

ADDRESS SERVICE COORDINATION ISSUES THAT ARE IMPACTING ON SERVICE DELIVERY

ACHIEVEMENTS

Corangamite Shire is leading a regional strategic planning process for the Heart of Corangamite Network. This process will ensure strategic alignment of priorities, effort and future activities, alongside improvements in service coordination. This will be complete by September 2017.

The implementation of 'Hardwiring Excellence' across Corangamite Shire staff, with a focus on accountability and alignment with the organisation's vision and values, also supports improved service coordination.

OBJECTIVE 8: ENSURE EQUITABLE ACCESS TO SERVICES AND FACILITIES FOR ALL MEMBERS OF THE COMMUNITY

STRATEGY 24:

RESEARCH AND DOCUMENT DIFFERENCES IN HEALTH STATUS BETWEEN GROUPS IN THE COMMUNITY, GAPS IN SERVICE PROVISION AND THE BARRIERS RELATED TO LOCATIONAL DISADVANTAGE AND WORK WITH OTHER STAKEHOLDERS TO IDENTIFY APPROPRIATE SOLUTIONS

ACHIEVEMENTS

The development of the Municipal Public Health and Wellbeing Plan includes a review of health status, gap analysis and drafting of action plans to address the issues identified. This process was undertaken in the development of this 2013–2017 Plan and in the development, currently underway, of a 2017 – 2021 Plan.

NOTABLE KEY ACHIEVEMENTS IN THIS AREA INCLUDE:

- The development of a Social Inclusion Policy. This policy outlined Council’s commitment to social inclusion and recognises Council’s responsibility and role in strengthening community wellbeing and addressing the causes of disadvantage. This policy was adopted by Council in May 2017.
- In 2016, Corangamite Shire Aged and Disabilities services distributed the Australian Institute of Health and Welfare report titled “Health of Australians with disability: Health status and risk factors” [Bulletin 83, November 2010]. This damning report provided an urgent call to action in recognising the gross gaps in health status and health service access for people with a disability. This national report is affirmed by local experience and community consultation and thus continues to guide local activity.

STRATEGY 25:

WORK WITH OTHER STAKEHOLDERS TO INCREASE THE AVAILABILITY OF INCLUSIVE AND ACCESSIBLE COMMUNITY TRANSPORT OPTIONS

ACHIEVEMENTS

Reflecting that promoting health and wellbeing is ‘everybody’s business’ much of the advocacy to increase the availability of inclusive and accessible transport has been progressed by Council staff outside of ‘community services’ including notably the Chief Executive Officer and the Manager of Community Relations. This advocacy has focused on improving the Warrnambool to Melbourne train service, Port Campbell to Camperdown transport options and broader recognition of the transport and critical service access challenges confronted by people living in rural and regional communities.

The Everybody’s Business working group [See Strategy 19, p. 28] have also advocated for improvements in the provision of safe and affordable transport for people with disabilities. Advocacy in this area has focused on the Warrnambool to Melbourne train service due to the high number of people with disabilities who have been unable to travel safely on this service, if at all.

SOMETHING WE ARE PROUD OF....

UNIVERSAL ACCESS PRINCIPLES:

These principles ensure that buildings, products and environments are usable and effective for everyone, regardless of their age, ability and/or status in life.

The Corangamite Council Rural Access Program, delivered in partnership with Warrnambool City Council and Moyne Shire, strives to embed universal access principles as 'core business' right across the organisation.

An example of applying these universal access principles is reflected in recent planning for the annual 'Passport to Employment Program'. This program offers young people with disabilities an opportunity to explore career pathways available at the local TAFE.

One of the participants in the 2017 program is a wheelchair user and so an accessible taxi was booked. As the day approached the organisers paused to reflect on these principles. In so doing they identified that the best way to ensure all participants can join all activities, equally and completely is to hire a bus that can provide safe and accessible transport for all.



STRATEGY 26:

SUPPORT AND DELIVER INITIATIVES THAT BUILD CAPACITY AND PROMOTE HEALTHY BEHAVIOURS IN YOUNG PEOPLE

ACHIEVEMENTS

See Strategy 11, p. 23.

YOUNG PEOPLE

- The Building Resilience in Corangamite Kids (BRICKS) school-based program, is delivered in partnership with local health services and School Focused Youth Services and includes annual workshops covering resilience, mental health and wellbeing. This program has continued to develop in response to participant and partner feedback with recent achievements including a comprehensive program review, implementation of facilitator training, refinement of the steering committee and ongoing review and development of program content.

Each year Corangamite Shire Council has delivered the BRICK program across an average of eight schools, with a total of 950 young people participating across the last four years and 254 young people leading school based activity to promote mental health and wellbeing, as BRICK Ambassadors

- The Corangamite Shire Youth Council has a critical voice in identifying key health and wellbeing issues as well as planning local events that meet the needs and hopes of young people. In 2017 this group has focused on supporting the local implementation of the 'We know your name but not your story' project. [See Strategy 30, p. 40]
- Young people from Corangamite Shire participate in the 'Our Community Our Voice' Program. This program involves 10–15 young people, identified as being at risk of disengaging from school. These students, from across Corangamite Shire, Warrnambool City Council and Moyne Shire, participate in a 2-day workshop that aims to improve their understanding of local community issues and their role in addressing these issues. In 2016, the participants identified 'respectful language' as their focus. Coincidentally this aligned with Women's Health and Wellbeing Barwon South West 16 Days of Activism Coffee Cup project. This project provided the participants with a way to continue the conversation and action to prevent violence against women with their school community. In 2017 participants of this program are in the process of building a pizza oven, from scratch.
- The L2P learner, driver, mentor program supports learner drivers who face barriers to completing the necessary 120 hours of driving practice. This program targets learner drivers under 21 years of age, with no access to a supervising driver and/or vehicle due to family or financial circumstances. This program has been established in Terang and is delivered by the Terang and Mortlake Health Service, with support from the South West Local Learning Network.

STRATEGY 27:

PROMOTE AND SUPPORT HEALTHY AGEING

ACHIEVEMENTS

As outlined in Strategy 2 (p. 16) and Strategy 5 (p. 19) Camperdown Shire Council and Warrnambool City Council partnered to deliver the Healthy Ageing/Active Living Project. This project aimed to support 'older adults to be active, connected and independent'. Undertaken in partnership with Camperdown Community House this project focused on strong community engagement and the recognition that the Community House could provide more for older people including activities, resources to support health and independence and a way to keep connected.

STRATEGY 28:

PROMOTE THE AVAILABILITY OF GOOD QUALITY INFORMATION IN RELATION TO SEXUAL HEALTH

ACHIEVEMENTS

The School Network Forum held a Sexual Health forum in September 2015 with eighty teachers and staff from local primary and secondary schools in attendance. The program included presentations covering whole school sexuality education, how to promote positive mental health and discussion around how teachers look after themselves. [See Feature Story below]. This first event was well received and inspired the development of annual forums.

SOMETHING WE ARE PROUD OF

SCHOOL NETWORK FORUM – A VIBRANT COLLABORATION

Each annual school network forum has been developed in close collaboration with local teaching and health and wellbeing staff. Each has provided an excellent opportunity to develop a day that provides education and inspiration for school staff, focussing on a key and current challenge. Corangamite Shire and School Focused Youth Service staff have led this collaboration planning a timely, free and relevant day. This day aims to equip school staff with tools and strategies to address emerging issues that are affecting student's health and wellbeing and impacting on their ability to be at school and ready to learn. These days also provide an opportunity for teachers to discuss issues that arise for them personally and plan ways to look after themselves, and each other.

ACHIEVEMENTS:

2015 Sexual Health Forum

2016 Trauma Informed Care Forum

2017 Parent Engagement Forum with a focus on addressing student absenteeism

THEME 2: EQUITABLE, SUPPORTIVE & SUSTAINABLE COMMUNITIES

THIS THEME FOCUSES ON INCREASING ACCESS TO OPPORTUNITIES FOR ALL RESIDENTS TO IMPROVE HEALTH AND WELLBEING AND EDUCATIONAL OPPORTUNITIES/OUTCOMES.

AIMS:

- Prevent and treat chronic disease
- Ensure health and support services are 'accessible, high quality, confidential and reliable'
- Ensure all people in the community can access the health and support services they need

KEY PARTNERS:

- Health Services
- Mental Health Services
- GPs
- Brophy Youth and Family Services
- Local schools
- Rural Access Program
- South West Primary Care Partnership
- Women's Health and Wellbeing Barwon South West
- Department of Health and Human Services
- Department of Education and Early Childhood Development
- Family Services

GOAL 3: INCREASE ACCESS TO OPPORTUNITIES FOR ALL RESIDENTS TO IMPROVE THEIR HEALTH AND WELLBEING

DATA REPORT CARD: SUMMARY OF CORANGAMITE COMPARED TO VICTORIA INCREASING ACCESS TO OPPORTUNITIES

KEY OBJECTIVE	CORANGAMITE COMPARED TO VICTORIA	WHAT ARE WE MEASURING?
Reduce avoidable mortality	Corangamite Shire 19.4% compared to Victorian State Average 15.7% [2015] No update available	Standardised rate of avoidable mortality per 1000 [Victorians Health Information Surveillance System VHISS 2002-2006]
Reduce the number of teenage pregnancies [teenage fertility rate]	Corangamite Shire 11.9%, compared to Victorian State Average 10.4%	Rates per 1000 of all women between 15-19 years [Local Government DHHS Profile 2015]
Improve access to public dental services	Corangamite Shire 0.3%, compared to Victorian state average 0.3% [2015]. Corangamite Shire was 0.1% in 2010	No. of public dental services sites per 1000 [Local Government DHHS Profile 2015]
Maternal and Child Health Services visit at 3.5 years	Corangamite Shire 77.3%, compared to Victorian state average 65.4% [2014]. Corangamite Shire 80.9% [2012]	Rates of participation at 3.5 years [Community Indicators Victoria 2017], data from DEECD
Satisfaction levels for Council's Family Services and Aged Services	Aged Care services consistently rank in the top three services in the Corangamite Shire and consistently outperform similar large rural local government areas	Annual independent survey of community satisfaction by Department of Environment, Land, Water and Planning [DELWP] 2013-2017

GOAL 4: IMPROVE THE EDUCATIONAL OUTCOMES OF OUR COMMUNITY

DATA REPORT CARD: SUMMARY OF CORANGAMITE COMPARED TO VICTORIA IMPROVING EDUCATIONAL OUTCOMES

KEY OBJECTIVE	CORANGAMITE COMPARED TO VICTORIA	WHAT ARE WE MEASURING?
Increase community levels of subjective wellbeing	Corangamite Shire 82.5% compared to Victorian State Average 77.5% [2011]	% of people satisfied with their life [Community Indicators Victoria 2017]
Improve adequate work-life balance	Corangamite Shire 59.5% compared to Victorian State Average 53.1% [2011]	% of employed people who disagree that work and family life often interfere with each other [Community Indicators Victoria 2017]
Ensure people feel part of the community	Corangamite Shire 82% compared to Victorian State Average 72.3% [2011]	% of people who feel part of the community [Community Indicators Victoria 2017]
Improve levels of volunteering	Corangamite Shire 32.2%, compared to state average 19.3% [2011]	% of people who help out as a volunteer [Local Government DHHS Profile 2015]
Increase participation in local arts and cultural activities	Corangamite Shire 43.3%, compared to Victorian state average 46.6% [2007]	% of people who participated in local arts & cultural activities in past 3 months [Community Indicators Victoria 2017]
Increase participation in citizen engagement	Corangamite Shire 57.7%, compared to Victorian state average 50.5% [2011].	% of people who participate in citizen engagement activities in the past year [Community Indicators Victoria 2017]
Improve people's satisfaction with recreational facilities	Corangamite Shire 73%, compared to Victorian state average [70%] and 'large rural Councils' average [66%].	% of residents who rate recreational facilities as 'good or 'very good' [Community Satisfaction Survey 2017]
Reduce council's greenhouse gas emissions	Council strategies include: -more fuel efficient vehicles including heavy plant -over 112kW of new solar panel systems which support 15 Council buildings -water saving devices and re-use in three buildings -expanded kerbside organics program	Tonnes of carbon dioxide equivalent. Note: this measure has now changed and is not comparative over time. The measures reported here provide more detail about progress on a range of initiatives. [Council data 2017]

OBJECTIVE 10: INCREASE THE SKILLS AND KNOWLEDGE OF OUR COMMUNITY WITHIN A LIFELONG LEARNING PHILOSOPHY

STRATEGY 29:

SUPPORT AND PROMOTE YEAR 12 ATTAINMENT THROUGH THE GREAT SOUTH COAST GROUP OF COUNCILS

Educational attainment is a powerful predictor of life-long wellbeing. In 2011, Year 12 or equivalent attainment rates for Victoria were 74.4%. In Corangamite Shire the rate was 52.5%. Similar rates across the Great South Coast have led to the development of the Great South Coast Education Attainment Project – Beyond the Bell.

The Corangamite Shire Beyond the Bell - Local Action Plan identifies five clear priorities, including: improving maternal health and wellbeing during pregnancy and strengthening support between mothers and services; embedding a culture of learning in the Early Years; improving understanding of the value of education; maintaining and building connection between school, business and community; and ensuring every child is ready for educational success.

ACHIEVEMENTS

- The Open Book program provides free books to families across the Corangamite Shire. The aim is to make books accessible to everyone. Around 40 boxes of free books have been placed throughout the shire in children's services [Kindergarten, Family Day Care, Mobile Child Care] as well as in some Health Services and Information centres. Approximately 2000 books have been generously donated by members of the community.
- Corangamite Shire Libraries and Children's Services participated in this year's National Simultaneous Story Time, this featured a reading of the Australian book *The Cow Tripped over the Moon*. Over 40 children attended the reading at Camperdown Library which opened especially for the event. The story is based around the classic nursery rhyme *Hey Diddle Diddle* and recalls the attempts made by the cow to jump over the moon which is a great demonstration of perseverance for the young children listening.

STRATEGY 30:

PROVIDE OPPORTUNITIES FOR YOUNG PEOPLE TO DEVELOP THEIR LEADERSHIP SKILLS THROUGH THE YOUTH COUNCIL AND THE BRICKS PROGRAM

ACHIEVEMENTS

- A key component of the BRICKS program [see Strategy 26, p. 24] is the development of a Leadership Group – leaders in the school community are identified, these participants then plan and deliver follow up activities, with a focus on promoting positive mental health and wellbeing. For example, in 2016 the BRICKs Leadership Program/Ambassador Program delivered a public art piece which is now mounted in the Shire offices and proudly brands BRICKS publications.
- Corangamite Shire Youth Council involves representatives from across the region. This Council provides a breadth of learning and leadership opportunities for all participants, including information and guidance on how to consider the needs of people with a disability. The Youth Council have also planned and delivered community events, including an RUOK Day held in October 2016 [with Jake Edwards from Outside the Locker Room discussing mental health and wellbeing]; an Open Minds program across several schools aiming to challenge the stigma around mental ill-health and illness; and the 2013 'Love Drunk' a high-impact theatre production that addresses issues such as safe partying, sexual consent and family violence.
- In 2016 Corangamite Shire successfully secured VicHealth Bright Futures funds. This project titled 'I know you name but not your story' is using story collection as a way of developing community and individual resilience. This project is developed in line with co-design principles, where young people and local stakeholders share their experience and expertise to deliver a project that aims to engage and inspire young people from across the Shire. Participants in this project will develop skills and confidence in the collection and presentation of video stories – in so doing they will learn more about other members of their community and their peers. Corangamite Shire Youth Council have participated in the Bright Futures Advisory Committee, taking on the task of promoting the project locally and of engaging local young people in the upcoming story collection and recording processes. This project will be completed by October 2017 with the report shared thereafter.



STRATEGY 31:

ADVOCATE FOR BETTER SCHOOL INFRASTRUCTURE AND IMPROVED SCHOOL BUS TRANSPORT

ACHIEVEMENTS

Transport continues to be a significant barrier to accessing health services and education opportunities for many people living in rural and regional communities.

The challenge of transport has been reflected in the establishment of a Corangamite Shire Trades Centre which is providing a great diversity of education and career opportunities for young people in the region. Ensuring all students, particularly those from families without cars, can access these sites (and opportunities) is a significant problem yet to be resolved.

STRATEGY 32:

FACILITATE THE DEVELOPMENT OF THE TRADE TRAINING CENTRE IN CORANGAMITE SHIRE

ACHIEVEMENTS

Schools across Corangamite Shire have come together to establish a regional Trade Centre that is providing an innovative solution to the challenges of providing trades curriculum in small rural schools by offering different trades at different school sites. The Corangamite Shire Trade Centre includes: Timboon P12, offering Engineering and Food Technology, Camperdown College offering Hair and Beauty, Cobden Technical School offering Automotive, Derrinallum P12 offering Agriculture, and Terang offering Childcare and Community Services. The Corangamite Shire Youth Development staff have contributed to the development of this centre.

STRATEGY 33:

ADVOCATE FOR INCREASED ACCESS TO AGRICULTURAL EDUCATION

ACHIEVEMENTS

As highlighted above a key component of the Corangamite Shire Trade Centre is the provision of agricultural education at the Derrinallum P12 school.

STRATEGY 34:

PROMOTE COMMUNITY PARTICIPATION IN GENERAL ADULT EDUCATION AND VOCATIONAL EDUCATION PROGRAMS TO IMPROVE CAPACITY

ACHIEVEMENTS

SENIORS:

- Corangamite Shire have collaborated with the Camperdown Community House to establish a local University of the Third Age [U3A]. The U3A is a movement aiming to bring retired and semi-retired people together to learn, focusing on keeping mind and body active and created new social networks. Developed in October 2015 the U3A Corangamite is providing a full program of engaging and creative activities across the Shire. This network is also providing a great 'spring board' for the recently funded Corangamite Shire Age-Friendly Victoria Regional Community Grant.

STRATEGY 35:

INCREASE PARTNER LINKAGES TO SUPPORT PROVISION OF LEISURE AND WELLBEING, FEE FOR SERVICE PROGRAMS TO MEET THE LIFE STAGES OF THE COMMUNITY

ACHIEVEMENTS

Corangamite Shire Recreation staff have progressed a breadth of leisure and wellbeing activities that aim to get the community moving, connected and making the healthy choice. Many of these activities are listed in Strategy 1 [p. 13], and linked to the Heart of Corangamite Network. The vast majority of these activities engage local service providers and strive to make 'getting active' accessible, affordable and more inclusive. Examples of these partnerships include Ed Gym programs, Eat Well! Move Well! Be Well! program, Timboon parkrun and the Walk To School programs.

Corangamite Shire Economic Development and Tourism teams also play a critical role in improving community access to a breadth of leisure and wellbeing activities. Council's support of recently established canoe tours of the Gellibrand River and improvements to the accessibility of the local fish farm are examples of how supporting local business can progress community health and wellbeing.



STRATEGY 36:

DEVELOP PARTNERSHIPS WITH THE COMMUNITY AND EARLY CHILDHOOD EDUCATION AND CARE SERVICE PROVIDERS

ACHIEVEMENTS

- The key achievement in this area has been the movement towards a more integrated approach to the delivery of Early Year services across Council including the development of a collaborative approach to staff professional development.
- All Corangamite Shire Early Year's staff offices are now located together, with regular monthly meetings and ongoing promotion of shared activity via the Corangamite Shire Early Years Facebook page.
- All Early Years services develop their Service Improvement Plan in line with the Municipal Public Health and Wellbeing Plan.
- Council have implemented twilight education sessions for educators, alongside monthly coordinator meetings to discuss and plan working together.
- The establishment of a 'community of learnings' program is another proud achievement of the Corangamite Shire Early Years staff. These evening sessions encourage professional and reflective discussion between educators and community members. These events are free and open to the public.
- Corangamite Shire Early Year's services staff have commenced preliminary planning to develop a single point in time enrolment form for all service users.
- Last but not least, the 2016 and 2017 Children's Services Conferences [see Feature Story below].

SOMETHING WE ARE PROUD OF

TOGETHER WE DO BETTER - ANNUAL CHILDREN'S SERVICES CONFERENCE

2016 - The inaugural Corangamite Shire Children's Services Conference was held in March 2016. The aim of the conference was to demonstrate improvements in participants' knowledge of resilient, connected and inclusive communities. Forty-seven people attended the conference including representatives from Council, Maternal and Child Health, Kindergartens, Mobile Child Care, Family Day Care and Educators. The program included a plenary presentation from Anthony Semann. Anthony is one of the Directors and founder of Semann and Slattery consultants. Anthony encouraged participants to reflect on their approach to communication, leadership, diversity, values, relationships and how workplace culture ultimately impacts on the community. A series of workshops were also on offer and delivered by local partners these covered an array of topics including: Literacy in Early Years; Recognising trauma in children; the Achievement Program; and an overview of the activity of the Heart of Corangamite Network. The conference feedback was overwhelmingly positive and Early Years staff greatly valued the opportunity to work together to develop and participate in the day.

2017 - Inspired by the success of the first regional Children's Services Conference, a second was held on March 21 2017. Corangamite Shire Early Years staff hosted the follow up conference, extending the invitation to private sector staff, while importantly continuing to offer the conference free of charge. The 2017 aim focused on building capacity from an individual and community perspective. The program included a keynote presentation from Sue Collins, of Dynamic Relationships consultancy. Sue's presentation focused on the value of 'people skills' developing professionals who stay well at work, navigate effective relationships and appreciate each other. A series of workshops were also offered, covering: the identification of family violence; seeing individuals in teams; getting the balance right; and cultural competence with families. The feedback on the conference was positive, with participants learning a great deal and particularly valuing the insights shared within the cultural competence workshop.

STRATEGY 37:

PROVIDE SUPPORT FOR AND PARTICIPATE IN THE GREAT SOUTH COAST EARLY YEARS NETWORK

ACHIEVEMENTS

Corangamite Shire Council continue to support the Great South Coast Early Years Network and have contributed to the development of an Advocacy Policy. Further achievements outlined in Strategy 36 [p. 43] demonstrate Council's ongoing commitment to collaboration and excellence in the planning and delivery of Early Years services.

STRATEGY 38:

INCREASE KNOWLEDGE AND UNDERSTANDING OF THE VALUE AND IMPORTANCE OF EARLY YEARS

ACHIEVEMENTS

Further to the strong integration of services and long list of achievements including two regional conferences [outlined in Strategy 36, p. 43], Corangamite Shire Early Years staff have also provided new work experience and student placements opportunities. In addition Council staff have also provided mobile child care presentations at Cobden Technical Schools and Family Day Care services have established a collaboration with Western District Employment Agency [WDEA]. Child care staff have also participated in disability awareness training.

THE PATCHWORK PROGRAM

The Patchwork tool is available to all councils across Victoria.

Patchwork is an innovative web-based application, developed in the United Kingdom by FutureGov. This tool connects practitioners from different local services working with common clients within the area. This leads to improved collaboration which can transform how a wide range of services interact with vulnerable families.

The idea behind Patchwork is that professionals can provide better services to a client when they know and can communicate with the whole team working with that client or family. This has the added benefit that each person working with a client can be 'on the look-out' on behalf of other agencies, and share their concerns in a quick and simple way.

Councils across the United Kingdom have found that the Patchwork tool can lead to improved collaboration, opportunities to offer 'joined-up' services from multiple agencies, early intervention, improved administration and most importantly the delivery of better outcomes for clients.

OBJECTIVE 12: PROVIDE A RANGE OF ACCESSIBLE, HIGH QUALITY EARLY YEARS SERVICES AND PROGRAMS

STRATEGY 39:

CONTINUE TO DEVELOP COUNCIL'S KINDERGARTEN CLUSTER MANAGEMENT ROLE

ACHIEVEMENTS

The Terang Children's Centre commenced operation on February 1 2016, with an official launch in April. Services and programs currently include kindergarten, maternal & child health and a facilitated playgroup. The Shire in partnership with the local community are focusing on an integrated approach to service delivery, with the establishment of a community reference group underway.

STRATEGY 40:

ENCOURAGE AND SUPPORT THREE YEAR OLD KINDERGARTEN PROGRAMS

ACHIEVEMENTS

The Council has delivered three-year-old kindergarten programs in Cobden, Simpson, Skipton, Timboon, Lismore and Derrinallum from 2013 to 2017. Building the new Terang Children's Centre has ensured that families from this area can also access three-year-old kindergarten programs, every year.

STRATEGY 41:

IDENTIFY, ENGAGE AND SUPPORT VULNERABLE AND AT-RISK FAMILIES

ACHIEVEMENTS

- Corangamite Shire is implementing the Patchwork Program across all Early Years Services. To date staff have been trained, champions identified and the engagement with key, local family services, including the 'Child First' program, is underway.
- Council has established a collaboration with the Colac Otway and Corangamite Child and Family Services Alliance. Initial work has focussed on developing a shared understanding of vulnerability and the development of a draft action plan to support at risk families.

STRATEGY 42:

INCREASE PARTICIPATION IN PARENTING SUPPORT PROGRAMS

ACHIEVEMENTS

The Council has supported the delivery of the Home Learning project, with promotion and delivery of local playgroups. Early Year's staff have also engaged with parenting programs and identified creative ways to gain greater parent participation across all services.

Of note Mobile child care staff have also participated in professional development titled 'Culturally Inclusive Practices'. This was provided by Tower Hill Indigenous Team and Yarn Strong Sista in January 2015. Following on from this training a focus on Indigenous culture has been included in the service curriculum.

STRATEGY 43:

EMBED THE NATIONAL AND STATE EARLY YEARS LEARNING AND DEVELOPMENT FRAMEWORK INTO ALL COUNCIL'S EARLY YEARS PROGRAMS

ACHIEVEMENTS

Embedding the National and State Learning and Development Frameworks across Early Year's services is a strong commitment and an ongoing focus for all staff. Linked to the integration of Corangamite Shire's Early Years services has been an ongoing appraisal of current service planning and delivery, which supports the review and implementation of changes in line with National and State learning and development frameworks.

The Corangamite Shire Maternal and Child Services Coordinator provided a comprehensive overview of the National Early's Years Learning and Development Framework as part of the second local Children's Services Conference, held in March 2017.

SOMETHING WE ARE PROUD OF

EMBEDDING THE NATIONAL EARLY YEARS LEARNING AND DEVELOPMENT FRAMEWORK

Corangamite Shire Council Early Years staff are proud of their many achievements across the 2013-2017 reporting period. Alongside strong integration is a commitment to the provision of quality childcare services. The photo below captures the national quality frameworks and standards in action. At first glance it looks like a simple moment, some children, a koala and a very cheeky emu. Upon closer investigation this moment is an opportunity for children to be out and about in their community, a reflection of their oneness with the natural environment and their growing confidence. In the language of learning frameworks these children, participating in the Corangamite Shire Family Day Care program, are developing a strong sense of identity; connecting with and contributing to their world; and developing a care and responsibility for their environment and it's sustainability.



THEME 3: RESILIENT, CONNECTED AND INCLUSIVE COMMUNITIES

THIS THEME FOCUSES ON PROMOTING MENTAL HEALTH
AND WELLBEING

AIMS:

- Build strong connections between people in the community
- Strengthen how community respond to and recover from emergencies and adapt to climate change

KEY PARTNERS:

- Community House
- Community Health Centres
- Mental Health Services
- Health Services
- Rural Access Program
- Volunteering Warrnambool
- Department of Health and Human Services
- Red Cross

GOAL 5: PROMOTE MENTAL HEALTH AND WELLBEING

DATA REPORT CARD: SUMMARY OF CORANGAMITE COMPARED TO VICTORIA PROMOTING MENTAL HEALTH

KEY OBJECTIVE	CORANGAMITE COMPARED TO VICTORIA	WHAT ARE WE MEASURING?
Increase rates of home internet access	Corangamite Shire 68.4%, compared to Victorian state average 79.6% [2011]. Corangamite Shire was 68.2% [2007]	Rates of internet access [Community Indicators Victoria 2017]
20-24 year olds who have attained year 12 or equivalent	Corangamite Shire 56%, compared to Victorian state average 77%. Corangamite Shire was 52.5% [2011]	Highest percentage of secondary schooling completed – Year 12 or equivalent [Beyond the Bell data 2016]
Reduce rates of vulnerability across 1 or more domains on the AEDC [amended]	Corangamite Shire 21.7%, compared to Victorian state average 19.9% [2015]. Corangamite Shire was 23.9% [2013]	AEDC % vulnerable - one or more domains [2015]
Increase the number of children attending kindergarten	Corangamite Shire 107%, compared to Victorian state average 98.1%	Kindergarten participation rates [Local Government DHHS Profile 2015]
Continue to improve community satisfaction levels for Council's Family Services and Aged Services	2017 Community Satisfaction Survey Index score = 74% [74% in 2012] Statewide = 68% in 2017 Large Rural = 67% in 2017	Community Satisfaction Survey index – 'Elderly support services' [2017]
Continue to improve community satisfaction levels for Kindergarten and Family Day Care Services	2017 Community Satisfaction Survey Index score = 72% [72% in 2012] State-wide = 67% in 2017 Large Rural = 65% in 2017	Community Satisfaction Survey index – 'Family support services' [2017]
Meet the National Quality Standards for Identified Early Year's Services	All council-operated services are either 'exceeding' [6] or 'meeting' [2] National Quality Standards.	No. of services meeting or exceeding Quality Standards. [Internal Council data]

OBJECTIVE 13: FACILITATE STRONG CONNECTIONS BETWEEN PEOPLE IN THE COMMUNITY

STRATEGY 44:

PROVIDE OPPORTUNITIES FOR PEOPLE TO BE INVOLVED IN COMMUNITY-BASED ARTS AND CULTURAL EVENTS AND PROGRAMS, ALSO CONSIDERING THE SPECIFIC NEEDS OF PEOPLE WITH A DISABILITY

ACHIEVEMENTS

Corangamite Shire Council is proud to acknowledge that the needs of people with a disability are considered in the planning and delivery of all local arts and culture events. Notably making these events welcoming, accessible and affordable for more members of the local community is a priority. Key achievements across the arts and cultural events and program include:

- The Robert Burns, Scottish Festival – built around Camperdown’s Robert Burns statue and local history this annual weekend of celebration offers music, dance and poetry.
- Public Arts Program, including the commissioning of public art pieces across the region, with Cobden, Terang and Noorat securing recent installations.
- Community Arts Program – for example arts activities, including making puppets out of trash and a large-scale Lego workshops. The Council also offers a mobile cinema program to local community groups to assist with fundraising. Alongside this the beautiful Camperdown Theatre has been bought back to life with free kids movies in the school holidays. These events have been very popular with up to 250 children in attendance at some screenings.
- Each Australia Day, 26 January, Council hosts an Award ceremony [in different towns each year] to publicly recognise the exceptional contributions, hard work and determination of people who make a positive difference within the Shire. Awards include the Citizen of the Year; Community Event of the Year; Young Citizen of the Year [Female and Male].

STRATEGY 45:

PLAN, BUILD AND MAINTAIN INFRASTRUCTURE THAT SUPPORTS SOCIAL CONNECTION

ACHIEVEMENTS

As outlined in the ‘Background’ above health is shaped by the places ‘we live, love, work, learn and play’. The social environment; the built or physical environment; the economic environment, natural environment and individual factors, contribute to community health and wellbeing. Similarly, acknowledging that Local Government have a critical role in promoting health it is also important to recognise that community development or community services cannot do this alone. All Council Departments have a role to play in fostering a happy, healthy and vibrant community.

A great example of this at Corangamite Shire Council is the across Department collaboration that has led to the establishment of small grants that provide shop owners, to date across Terang and Camperdown with seed funds to restore and upgrade their shop facades. Identified as a key priority in local community planning these upgrades have led to many, largely unexpected, social and economic benefits, including the opportunities to bring communities together.

Other collaboration and innovation striving to build social connection has focused on people with a disability, key achievements include:

- The Corangamite Shire Rural Access program's collaboration with the 'One and All Inclusive Events' community grants program promoting access to festivals and events for people with a disability
- Access auditing built into design contracts, as well as condition and compliance audits [see Strategy 2]
- Participation in the South West Disability Network [SWDN]. This network involves fourteen regional disability agencies, providing a vital conduit for information, partnership and consultation. The Rural Access Program organised a recent Community Inclusion Forum with an aim of ensuring people with a disability are included into the life of their community.

STRATEGY 46:

SUPPORT PARTICIPATION IN SOCIAL ACTIVITIES THAT BRING PEOPLE TOGETHER

ACHIEVEMENTS

Many of the achievements listed in other areas of this report focus on bringing people together. Social connection is recognised as an integral part of positive mental health and wellbeing.

See Strategy 44 [p. 49]– through participation in arts and culture events.

See Strategy 1 [p. 13] and 2 [p. 16] – through physical activity

See Strategy 34 [p. 42] – through older people getting active

See Strategy 19 [p. 28] and 45 [p. 49]– considering the needs of people with a disability. For example, regional Men's Sheds developing disability action plans, ensuring people with a disability can access the space physically and as a springboard to conversation and planning around how to make men's shed's an environment that is welcoming and inclusive for all.

See Strategy 11 [p. 23], 14 [p. 24], 26 [p. 34] and 50 [p. 51] – connecting young people

STRATEGY 47:

ADVOCATE TO STATE GOVERNMENT FOR IMPROVED AND ACCESSIBLE PUBLIC AND COMMUNITY TRANSPORT SERVICES AND INFRASTRUCTURE

ACHIEVEMENTS

As noted in Strategy 25 [p. 32] and 31 [p. 41] representatives from Corangamite Shire Council have undertaken extensive and ongoing advocacy to state government recognising the need for improvements in public transport service frequency, reliability and accessibility across the Shire.

STRATEGY 48:

CONTINUE TO WORK WITH LOCAL COMMUNITIES AS PART OF THE 'BUILDING STRONGER CORANGAMITE COMMUNITIES' PROGRAM

ACHIEVEMENTS

Between 2010 and 2014 the 12 key townships that make up Corangamite Shire [Camperdown, Cobden, Darlington, Derrinallum, Lismore, Noorat, Port Campbell, Skipton, Princetown, Simpson, Terang and Timboon] each developed a 10-year plan.

Each community plan was developed with and for local people. These long-term plans provide each community, and community members, with clarity around their local needs and priorities as well as the opportunity to learn about and negotiate shared priorities, grant opportunities, and action that brings each community wish list to life. Some key achievements to date include: the Cobden airport development; the Mount Elephant visitor centre; the shop front refurbishments; tourist information centres in Camperdown and Cobden; and walking paths and safe foot paths across the region.

As outlined in Strategy 45 [p. 49] – this program has led the establishment of a new Council grants scheme to finance and deliver development projects in each of the 12 towns.

STRATEGY 49:

DELIVER PROGRAMS AND SPECIAL COMMUNITY EVENTS THAT PROMOTE HEALTHY AGEING AND THE CONTRIBUTION OF OLDER PEOPLE TO THE WIDER COMMUNITY

ACHIEVEMENTS

See Strategy 27 [p. 35].

Further to achievements recognised in the Healthy Ageing project Corangamite Shire Council have recently secured Department of Health and Human Services funding to enact their Age-friendly community declaration. Corangamite Shire was one of seven regional councils to receive \$100,000 to improve the quality of life, social participation and broader health and wellbeing of older people. Past projects have led to the development of an online hub of activities and services for older people, subsidised driving lessons, more community transport options and group and health and wellbeing sessions. Importantly, in line with the funding guidelines, this project will commence with an extensive consultation. Collecting the diversity of experiences and perspectives from older people living across Corangamite Shire will inform the development of a local action plan and will be the first task for the new Council project officer, commencing in June 2017.

STRATEGY 50:

PROVIDE OPPORTUNITIES FOR YOUNG PEOPLE TO DEVELOP RESILIENCE AND COPING SKILLS

ACHIEVEMENTS

See Strategy 11 [p. 23], 26 [p. 34] and 30 [p. 40].

Corangamite Shire Council has a proud history of collaborating with local young people to develop and deliver activity that is meaningful and relevant for the local community. Activities outlined in the Strategy's above (notably the Bright Futures 'We know you name but not your story' Project and the BRICKS program, both led by Council) have focused on supporting young people to develop resilience and coping skills.

STRATEGY 51:

PROMOTE POSITIVE MENTAL HEALTH IN YOUNG CHILDREN

ACHIEVEMENTS

A key initiative promoting positive mental health and wellbeing with young children has been the implementation of the Achievement Program (overview on page 18) along with integrating key components of the Kids Matter program into all Council Early Years services learning experiences.

KIDSMATTER

KidsMatter is a mental health and wellbeing framework for primary schools and early childhood education and care services. KidsMatter provides the methods, tools and support to help schools and early year's services work with parents and carers, health services and the wider community, to nurture happy, balanced kids.

There are four key components to this 'whole of setting' approach including: creating a positive school community; social and emotional learning for kids; work with parents and carers; and help for children who are experiencing mental health challenges. The aims include improvements in children mental health, reductions in mental health difficulties and improvements in behaviour and motivation of children experiencing mental health difficulties.

OBJECTIVE 14: INCREASE COMMUNITY CAPACITY TO RESPOND TO AND RECOVER FROM EMERGENCIES

STRATEGY 52: SUPPORT VULNERABLE PEOPLE IN THE COMMUNITY

ACHIEVEMENTS

The Corangamite Shire Council develop and maintain a vulnerable person list. A vulnerable person is defined as someone living in the community who is frail and/or physically or cognitively impaired and unable to comprehend warning and directions and/or to respond in an emergency situation. In addition to broader emergency management planning Council must maintain this list and in an emergency they have an obligation to provide the details of each 'vulnerable person' to the local police to assist in the safe evacuation of each person.

The Council has also offered 'community resilience planning' across the Shire. The Skipton community have participated in community resilience planning to date.

OBJECTIVE 15: INCREASE COMMUNITY CAPACITY TO ADAPT TO CLIMATE CHANGE

STRATEGY 53: PROVIDE COMMUNITY EDUCATION ON CLIMATE CHANGE ADAPTATION AND MITIGATION

ACHIEVEMENTS

Corangamite Shire Council have collaborated with the Great South Coast group to disseminate information to community members on how to support your neighbour during periods of emergency.

STRATEGY 54:

ENSURE VULNERABLE PEOPLE IN THE COMMUNITY ARE SUPPORTED DURING HEATWAVES

ACHIEVEMENTS

How to keep healthy in the heat information is included in council media and a broader Corangamite Shire Heat Wave Strategy has been developed and implemented.

STRATEGY 55:

DEMONSTRATE LEADERSHIP BY MINIMISING COUNCIL'S GREENHOUSE GAS EMISSIONS

ACHIEVEMENTS

Corangamite Shire participate in the Barwon South West Climate Resilience Communities and support three regional projects.



THEME 4: CAPACITY BUILDING FOR HEALTH AND WELLBEING

THIS THEME FOCUSES ON PROMOTING MENTAL HEALTH AND WELLBEING ACROSS ALL AREAS OF COUNCIL ACTIVITY

AIMS:

- Consider health and wellbeing across all areas of Council activity
- Partner with community to promote health and wellbeing

KEY PARTNERS:

- Community Health Centres
- Mental Health Services
- Health Services
- Department of Health and Human Services
- South West Primary Care Partnership

GOAL 6: CONSIDER HEALTH AND WELLBEING ACROSS ALL AREAS OF COUNCIL ACTIVITY

OBJECTIVE 16: INCREASE UNDERSTANDING OF THE HEALTH AND WELLBEING EFFECTS OF COUNCIL ACTIVITIES

STRATEGY 56:

ENSURE OUR APPROACH TO POLICIES, STRATEGIES AND SERVICE DELIVERY PROMOTES POSITIVE SOCIAL AND HEALTH EQUITY OUTCOMES FOR ALL RESIDENTS

ACHIEVEMENTS

- Ratification of a Corangamite Shire Social Inclusion policy in May 2017, providing a strong Council framework to ensure equity and inclusion are considered across all areas of Council activity.
- The activity of the Rural Access Program between 2013 – 2017 has considered the needs of people with a disability. This ensures that access and inclusion is considered in local township planning, key grants schemes and infrastructure developments.
- Evaluation planning will be embedded in the 2017 – 2021 Municipal Public Health and Wellbeing Plan. This planning will ensure that future activity can be evaluated and the impact of Council's health and wellbeing activity measured and communicated.

STRATEGY 57:

RESEARCH THE SOCIAL AND ECONOMIC IMPACTS OF GAMBLING IN THE CORANGAMITE SHIRE PRIOR TO THE DEVELOPMENT OF A GAMING POLICY

ACHIEVEMENTS

Corangamite Shire Council has implemented changes to the planning scheme to include a local planning policy on gaming.

STRATEGY 58:

INCREASE THE CAPACITY OF STAFF TO RESPOND TO HEALTH AND WELLBEING ISSUES IN THE COMMUNITY

ACHIEVEMENTS

Disability awareness training is available to Corangamite Shire staff annually and embedded in staff induction. The Corangamite Shire Youth Council participated in this training recently, the local young people in attendance were engaged and are determined to make sustainable change in this area.

OBJECTIVE 17: BUILD PARTNERSHIPS WITH THE COMMUNITY TO ADDRESS KEY HEALTH AND WELLBEING ISSUES

STRATEGY 60:

SUPPORT AND PARTICIPATE IN THE HEART OF CORANGAMITE NETWORK TO PLAN AND DELIVER INTEGRATED HEALTH PROMOTION INITIATIVES

ACHIEVEMENTS

See Strategy 1 [p. 13], 2 [p. 16], 6 [p. 20], and 8 [p. 20] and the Heart of Corangamite Network overview on page 18.

APPENDIX A: SELECTED DATA

[WITH COMPARISON OVER TIME WHERE POSSIBLE]

TABLE 1: HEALTH CONDITIONS

INDICATOR	CORANGAMITE	VICTORIAN AVERAGE	SOURCE
People reporting Type 2 diabetes	4.8%	4.8%	LGA Community Profiles, Department of Health (2010)
	4.4%	5.0%	Local Government DHHS Profile (2015)
People reporting asthma	16.1%	10.7%	LGA Community Profiles, Department of Health (2010)
	10.1%	10.9%	Local Government DHHS Profile (2015)
Prevalence of heart disease per 1000	6.6	6.7	LGA Community Profiles, Department of Health (2010)
	9.5	6.9	Local Government DHHS Profile (2015)
Prevalence of cancers per 1000	6.5	5.1	LGA Community Profiles, Department of Health (2010)
	6.6	5.5	Local Government DHHS Profile (2015)
Registered mental health clients per 1000	25.9	10.9	LGA Community Profiles, Department of Health (2010)
	22.8	11.9	Local Government DHHS Profile (2015)
Drug and alcohol clients per 1000	3.9	5.2	LGA Community Profiles, Department of Health (2010)
	4.2	5	Local Government DHHS Profile (2015)
Avoidable mortality standardised rate trend per 1000	19.4	15.7	Victorian Health Information Surveillance System (VHISS) 2002 – 2006

TABLE 2: INDICATORS OF POSITIVE HEALTH & WELLBEING - STRENGTHS

INDICATOR	CORANGAMITE	VICTORIAN AVERAGE	SOURCE
Self-reported health, excellent or very good	43%	46.6%	Community Indicators Victoria [2011]
	38.1%	48.2%	Victorian Population Health Survey [2014]
Residents experience high levels of wellbeing	82.5%	77.3%	VicHealth Indicators [2015]
Children fully breastfed at 6 months	42%	35%	Community Indicators Victoria [2012]
	43.3%	34.0%	Victorian Child and Adolescent Monitoring Systems [VCAMS] [2015]
Children fully immunised at 12-15 months	94.6%	92.6%	Community Indicators Victoria [2012]
	89.6%	91.2%	Victorian Child and Adolescent Monitoring Systems [VCAMS] [2015]
Children attending maternal and child health 3.5 year's visit	80.9%	64.4%	Community Indicators Victoria [2012]
	77.3%	65.4%	Community Indicators Victoria [2014]
Feeling part of the community	80.6%	70.7%	Community Indicators Victoria [2007]
	82%	72.3%	Community Indicators Victoria [2011]
Living in a pleasant environment – well planned, nice streets and open spaces	95.7%	95.1%	Local Government DHHS Profile [2015]
Feeling safe on the street after dark. Perceptions of safety walking alone on night	88.5%	70.3%	Community Indicators Victoria [2011]
	70.2%	61.2%	Local Government DHHS Profile [2015]
Crimes all offences per 1000	40.1	70.6	LGA Community Profiles, Department of Health [2012]
	43.7	82.6	Local Government DHHS Profile [2015]
Unemployment rate	3.6%	5.7%*	[Small area labour markets, Department of Employment, March 2013] *Victorian data is March 2013
	2.9%	5.8%**	[Small area labour markets, Department of Employment, December 2017] **Victorian data is December 2017
People who volunteer at least once per month	49.9%	34.3%	VicHealth Indicators [2015]
People who help as a volunteer	32.2%	19.3%	Local Government DHHS Profile [2015]
Volunteered in last 12 months	34.2%	24.8%	ABS Census [2016]
Participation in citizen engagement over the previous year	67.5%	53.8%	Community Indicators Victoria [2007]
	57.7%	50.5%	Community Indicators Victoria [2011]
Males over 18 who are current smokers	15.1%	21.4%	Victorian Population Health Survey [2008]
Females over 18 who are current smokers	13.3%	16.9%	Victorian Population Health Survey [2008]
People aged over 18 years who are current smokers	10.9%	13.1%	Local Government DHHS Profile [2015]

TABLE 3: INDICATORS OF POOR HEALTH AND WELLBEING - CHALLENGES

INDICATOR	CORANGAMITE	VICTORIAN AVERAGE	SOURCE
Rate of hospital separations for dental caries, per 1000 children aged 0-8 years	10.8%	6.3%	Early Childhood Profile, Department of Education and Early Childhood Development [2010]
20-24 year olds who have attained Year 12 or equivalent	52.5%	74.4%	www.socialstatistics.com.au [2011]
	56%	77%	Beyond the Bell data [2016]
Couple families with children 0-8 where neither parent has completed Year 12	30.2%	21.2%	Early Childhood Profile, Department of Education and Early Childhood Development [2010]
Teenage pregnancy per 1000, aged 15-19 years	11.6	10.6	Adolescent Community Profile [2010]
Teenage fertility rate	11.9	10.4	Local Government DHHS Profile [2015]
People who feel multiculturalism makes life in the area better	29.3%	51%	Community Indicators Victoria [2011]
Median [total household] weekly income	\$909	\$1216	ABS Census [2011]
	\$1043	\$1419	ABS Census [2016]
Family violence incidents per 1000	7.5	9.1	www.socialstatistics.com.au [2011]
	8.5	12.4	Local Government DHHS Profile [2015]
Incidents of substantiated child abuse per 1000	11.3	7.0	Early Childhood Profile, Department of Education and Early Childhood Development 2010 [2008/2009]
	3.7	6.7	Victorian Child and Adolescent Monitoring Systems [VCAMS] [2010/2011]
Households with internet access	68.4%	79.6%	Community Indicators Victoria [2011]
Households NOT connected to the internet	24.2%	14.1%	www.socialstatistics.com.au [2017]
Dental service sites per 1000 population	0.24	0.21	LGA Community Profiles, Department of Health [2012]
	0.3	0.3	Local Government DHHS Profile [2015]
People at risk of short term harm from alcohol consumption	32.0%	29.4%	VicHealth Indicators [2015]
People at increased risk of short term harm from alcohol consumption in a single occasion	44%	42.5%	Local Government DHHS Profile [2015]
People not meeting physical activity guidelines*	20.5%	27.4%	Victorian Population Health Survey [2008]
	58.4%	54.0%	Local Government DHHS Profile [2015]
Males reporting being pre-obese	53.8%	38.4%	Local Government DHHS Profile [2015]
Females reporting being pre-obese	15.9%	24.3%	Local Government DHHS Profile [2015]
Obese Males	19.4%	17.3%	Victorian Population Health Survey [2008]
	22.3%	20.4%	Local Government DHHS Profile [2015]
Obese Females	23.9%	16.1%	Victorian Population Health Survey [2008]
	30.7%	17.2%	Local Government DHHS Profile [2015]

TABLE 3: INDICATORS OF POOR HEALTH AND WELLBEING - CHALLENGES

INDICATOR	CORANGAMITE	VICTORIAN AVERAGE	SOURCE
Adults not meeting fruit consumption guidelines 2 daily serves	52.6%	50.5%	Victorian Population Health Survey (2008)
	54.7%	51.2%	Victorian Population Health Survey (2008)
Adults not meeting vegetable consumption guidelines 2 daily serves	85.9%	90.0%	Victorian Population Health Survey (2008)
	88.7%	92.6%	Victorian Population Health Survey (2014)
People who do not meet the dietary guidelines for fruit or vegetable consumption	52.4%	48.6%	Local Government DHHS Profile (2015)
Females who do not meet the dietary guidelines for fruit or vegetable consumption	48.8%	43.4%	Local Government DHHS Profile (2015)
Males who do not meet the dietary guidelines for fruit or vegetable consumption	57.8%	54%	Local Government DHHS Profile (2015)
Daily soft drink consumption	12.5%	12.4%	VicHealth Indicators (2011)
	15.9%	11.2%	Local Government DHHS Profile (2015)
People who need assistance with core daily tasks	5.5%	4.8%	ABS Census (2011)
	5.7%	5.0%	Local Government DHHS Profile (2015)

* This measure includes significant differences in scale and may not be comparative over this time period.



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SHIRE**

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