



Improving the Health of our Communities Together

*2023-2029 Strategic Community Plan
Primary Care and Population Health Plan*



Goulburn Valley Public Health Unit acknowledges the contribution to this document by The Writing Room.

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 @GV PHU Goulburn Valley Public Health Unit

 @GVPHU



Acknowledgement

GV Health would like to acknowledge the Traditional Owners and Custodians of this land in which we work and live. We acknowledge the Aboriginal and Torres Strait Islander people and their ongoing connection to land, water and community. We pay our respects to Elders past and present, and commit to building a brighter future together.

Goulburn Valley Health is committed to embracing diversity and welcomes all people.

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Introduction

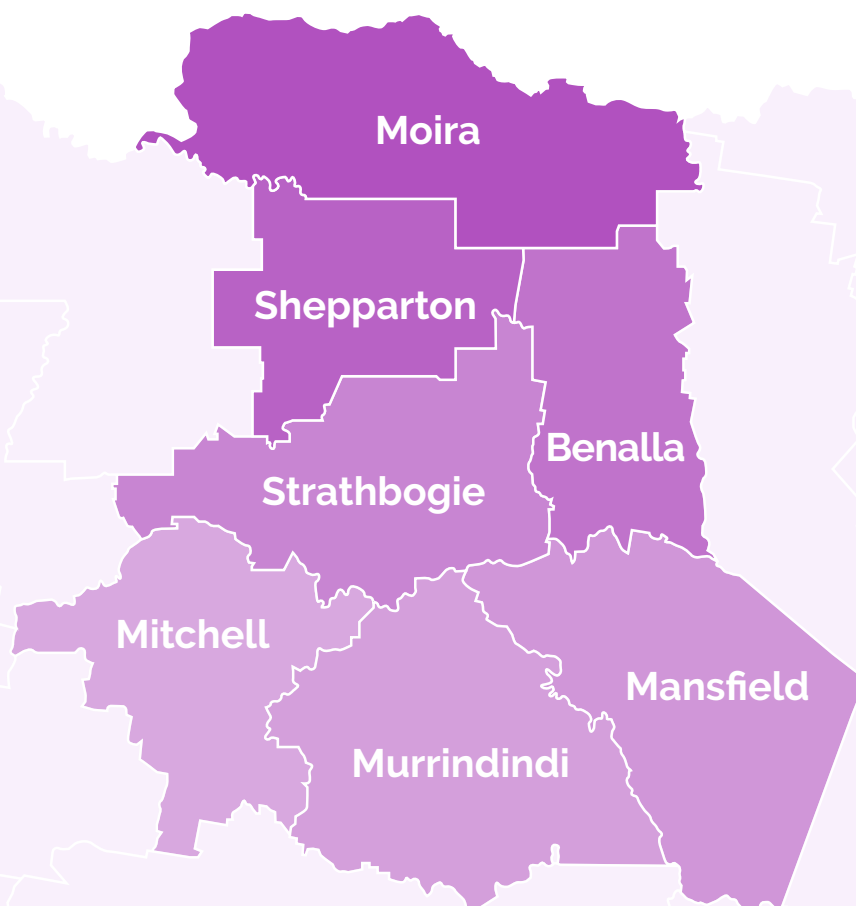
Having a strong, resilient and healthy community is a shared responsibility, leading to better health outcomes for all.

It is recognised that there is work by individuals, communities and organisations already contributing to our health and wellbeing however more needs to be done.

This plan has been established by the Goulburn Valley Public Health Unit (GVPHU) in collaboration with our community. It will guide how we plan and prioritise our work. This plan is intended for use by all to improve the health of our communities together.

The Goulburn Valley Public Health Unit

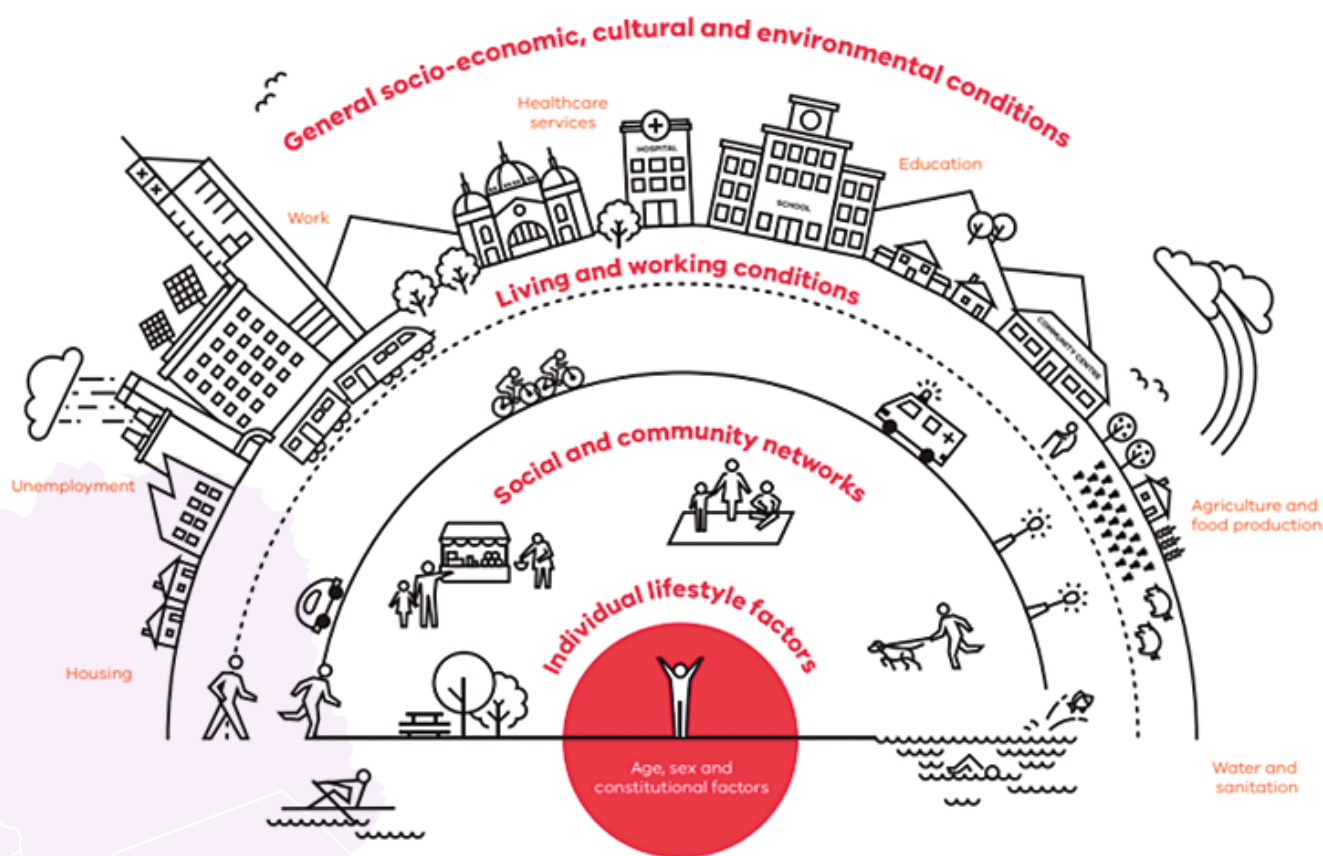
The GVPHU is one of nine local public health units across Victoria, and covers the seven local government areas (LGAs) of Mitchell Shire, Murrindindi Shire, Strathbogie Shire, City of Greater Shepparton, Benalla Rural City, Mansfield Shire and Moira Shire. The unit was established in late 2020 in response to the COVID-19 pandemic and is now an integrated public health unit. The Unit works together with partners to improve wellbeing, access to health services and information for all.



Public Health and Wellbeing

Health is made up of physical, mental and social well-being, not just the absence of disease or illness. People's health is created in their day-to-day lives – where and how they grow, live, work and play. Many things influence people's health and wellbeing as pictured. The impact of all these factors contribute to our health and wellbeing.

The social determinants of health



Victorian State Government, 2019

Our priorities to improve health and wellbeing



Decreasing the risk of drug resistant infections in the community



Reducing injury



Improving mental wellbeing



Reducing tobacco and e-cigarette-related harm



Increasing active living



Preventing all forms of violence



Improving sexual and reproductive health



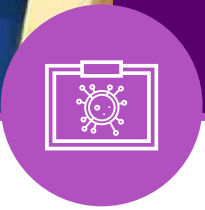
Tackling climate change & its impacts on health



Increasing healthy eating



Reducing harmful alcohol and drug use



Cancer Screening

Who is in our GVPHU community?

To improve our health we have to understand our community and their needs.

In 2023 we looked at data about our communities and their health and here is what we found:

199,598 people in our community

32% projected population increase by 2036 (62,720 more people)



17% of our adults have sugary drinks everyday

Compared to 10% for Victoria

63% of our adults are overweight or obese.

Compared to 51% for Victoria



Largest regional population of Aboriginal and/or Torres Strait Islander people

3% in GVPHU, 1% Victoria-wide

41-58% of our adults don't do enough physical activity

Compared to 47% for the State



14.0% of our people are born overseas

11% of the population speak a language other than English at home



28% of our people are aged 60+ years

Compared to 22% for the State

33-49% of our adults eat enough fruit

Compared to 43% for Victoria



Unemployment rate of 2.3%

Compared to 3.1% in Victoria



4-8% of our adults eat enough vegetables

Compared to 5% for Victoria



**15% of our adults
smoke daily**
Compared to 12% for Victoria



**Hospitalisations for
assault have been higher
than State levels**
For the past 10 years



**Over 70% of our children in
grades 4 and 6 eat enough
fruit**

**85% of our adults have
someone outside of the
household they can rely
on for care in an
emergency**



**20% of our adults have
high or very high
psychological distress**



**68% of our adults
felt safe walking in
their street at night**
Compared to 54% in Victoria



**76-86% of our adults
have high or very high life
satisfaction**
Compared to 77% in Victoria



**53% of our adults
belong to a community
or action group**
Compared to 58% in Victoria



**Arthritis is the most
common long-term health
condition**
In 6 out of 7 LGAs

**4.4-6.7% of our
adults have diabetes**
Compared to 4.7% for Victoria



GVPHU Health Needs Assessment 2023

If we focus on our strengths and positive behaviours we can improve the health and wellbeing of our people.

What we can all do to improve health and wellbeing

Four pillars were created with the community to guide the work over the next six years. Each pillar identifies the strategic actions for achieving the expected impacts and outcomes. We will continue to work with many organisations and community groups around the catchment to achieve these. While there are actions already happening around the catchment that contribute to these pillars there is more we can all do to achieve better health for all.



Pillar 1

Our community is empowered to be healthy and well



Pillar 2

Our community has equitable access to opportunities and resources



Pillar 3

Our community is supported to live, work and play in a healthy and safe environment



Pillar 4

Our community is supported to respond to local emerging issues



Pillar 1

Our community is empowered to be healthy and well

Strategic Action

1. Enhance opportunities to influence collective community behaviour
2. Strengthen our community action through co-design of prevention activities
3. Improve individual knowledge and skills for behaviour change

Expected Impacts and Outcomes

- Improved access to resources that support healthy lifestyles
- Increase in local place-based and community-led prevention activities.
- Improve the community's ability to self-manage health including mental health and wellbeing.
- Increased learning and positive behaviour change
- Positive changes in children's weight status and associated behaviours
- Contribute to evidence-base for co-designed interventions that positively impact children's health
- Positive changes in harmful alcohol, smoking, e-cigarette and drug use.

Things we can do...

Local food swaps
Contribute to Food Share,
Park Run.

Talk to our young people
about risky health behaviours like
smoking, vaping and alcohol and
drug intake

Improving kitchen skills.
Learning about importance
of physical activity.
Mental wellbeing skills.
Being involved in community groups.
Getting to know your neighbors

Community
organisations
educating about the
impacts of alcohol,
tobacco, vaping and drug
use to inform behavior
change



Pillar 2

Our community has equitable access to opportunities and resources

Strategic Action

4. Strengthen safe, inclusive and equitable access to primary care services
5. Improve access and health outcomes

Expected Impacts and Outcomes

- Improved awareness of, and access to primary care services focusing on health literacy
- Better and fairer access and outcomes for all people, notably our priority populations
- Integration of health programs and services
- Effective linkages and collaboration with health services for prevention, screening and early intervention
- Preventing secondary hospital admissions for chronic conditions
- Increased reach with priority groups to address inequity
Reducing all forms of violence

Things we can do...

Use local libraries for information, classes and meeting people

Promoting that we are all equal, valued and respected.

Accessing community service internet sites for service availability. Linking into community supports and neighborhood houses. Having a health focus in regular newsletters/communications.



Pillar 3

Our community is supported to live, work and play in a healthy and safe environment

Strategic Action

- 6. Advocate for cultural and environmental change to improve the region's health & wellbeing
- 7. Develop supportive cultures & environments
- 8. Develop culturally responsive and safe healthcare for Aboriginal and Torres Strait Islander People

Expected Impacts and Outcomes

- Improved access to environments that support healthy lifestyles and promote safety
- Cultural and environmental changes to enhance health and wellbeing outcomes
- Improved learning, networking and workforce support
- Stronger leadership and collaboration in health promotion and prevention.
- Reducing smoking and e-cigarette related harm

Things we can do...

Displaying signage in workplaces and community areas to decrease second hand smoke and vape.

Displaying signage to create safe spaces for First Nations People. Eg. Flags, Acknowledgment of Country and diverse signage.

Healthy and diverse BBQ/ catering or fundraising options. Writing a letter to your MP or online surveys/petitions

Learning from and teaching how community groups support local people. Understanding and being curious about other cultures.



Pillar 4

Our community is supported to respond to local emerging issues

Strategic Action

9. Create opportunities for population health innovation and research
10. Address local needs and explore possibilities

Expected Impacts and Outcomes

- Shared strategy for addressing climate change and it's impacts on health
- Leveraging or scaling of existing successful prevention strategies
- Develop and maintain a research focus for population health and prevention initiatives
- Contribute to evidence-base for local food systems
- Improved vaccination rates

Things we can do...



Tracking the Progress

Final
Evaluation
2029

Annual
Reporting

2 Yearly
Action Plans

The Plan
2023-2029



Monitoring and Reporting

The Plan will be reviewed annually, in consultation with our partners and community. This will involve monitoring the progress and performance of actions and collective efforts to achieve better health and wellbeing. It will provide reports and publications on the initiatives, progress and outcomes.

Contributions

Many people have contributed to the *Improving the Health of our Communities Together* Primary Health and Population Health Plan 2023-2029.

Thank you to the community members and stakeholders from across the region who have attended consultations and completed surveys to provide feedback.



10 Health Services

- Alexandra District Health
- Benalla Health
- Goulburn Valley Health
- Kilmore District Health
- Mansfield District Hospital
- NCN Health
- Seymour Health
- Yarrawonga Health
- Yea & District Memorial Hospital

3 Community Health Services

- Nexus Primary Health
- Primary Care Connect
- Rumbalara Aboriginal Co-operative

7 Local Councils

- Benalla Rural City Council
- Greater Shepparton City Council
- Mansfield Shire Council
- Mitchell Shire Council
- Moira Shire Council
- Murrindindi Shire Council
- Strathbogie Shire Council

2 Regional Organisations

- Murray Primary Health Network
- Women's Health Goulburn North East



10 Community Services and organisations

- African House
- Ethnic Council of Shepparton
- Family Care
- Good Shepherd
- Goulburn Valley Pride Incorporated
- Greater Shepparton Lighthouse Project
- Stephanie Alexander Kitchen Garden Foundation
- The Bridge
- Vincent Care

3 Academic Institutions

- Deakin University
- Goulburn Ovens TAFE
- University of Melbourne

2 Government Departments

- Department of Health
- Department of Families, Fairness and Housing

3 Local providers

- Goulburn Valley Water
- Point of Difference Studio
- 3whitehorses

130 Community members

- Community individuals
- Community and Consumer Advisory groups

