

Pyrenees Shire Healthy and Well Plan 2017-2021



Executive Summary

Welcome to Pyrenees Shire Council's Healthy and well Plan 2017-2021. The Council is proud to endorse this plan that will hopefully shape the future health of Pyrenees Shire residents. This plan sets out three priority areas to focus on for the next four years:

- Healthier Eating
- Active Communities
- Resilient Communities Supporting Gender Equality

Consultation with the community and key stakeholders informed these priority areas. The plan then outlines activities to achieve these targets and who they involve. These targets will be evaluated and reported on to ensure we remain on track.

The Healthy and Well Plan is a collaborative effort between Council, the public and a number of organisations. Our key partner organisations include:

- Beaufort and Skipton Health Service
- Grampians Community Health
- Sports Central
- Maryborough and District Health Service
- Ballarat Community Health
- Budja Budja Aboriginal Cooperative
- Women's Health Grampians
- Grampians Pyrenees Primary Care Partnership
- Ballarat and District Aboriginal Cooperative

Since our last plan, our health statistics have changed. Some have improved, such as daily smoking rates and our fruit and vegetable consumption. Others have not, with rates of obesity increasing by 7.4%, and those who experienced high or very high levels of psychological distress have risen by 9.2%. The Healthy and Well Plan will look to improve our health statistics and achieve Council's vision of building "healthy, vibrant, prosperous and connected communities".

Contents Page

Executive Summary

Guiding Principles

1. Introduction

1.1 Healthy and Well Pyrenees: Our Municipal Public Health and Wellbeing Plan 2017-2021

1.2 What does healthy and well mean

1.3 Health inequities

1.4 Environments for health

2. Our Shire: Healthy and Well Community Snapshot

3. The Planning Process

4. Evaluation

5. Priority Health and Wellbeing Areas

6. Our Progress

7. Resource Links



1. Introduction

1.1 Healthy and Well Pyrenees: Our Municipal Public Health and Wellbeing Plan 2017-2021

Healthy and Well Pyrenees is our municipal public health and wellbeing plan which sets priorities and goals to improve, promote and protect the health of our community.

Health is defined by the World Health Organisation as ‘a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity’ (2017) Health begins in the context of our everyday lives; where we live, learn, work and play. Opportunities for better health can also be found in these spaces and places. The environments where health is created need to be improved to provide conditions where people can be healthy and well. Planning for healthy built, natural, social and economic environments ensures greater success in achieving a healthy and well community.

Local government can have a direct impact on factors such as employment, municipal planning, transport, social support, access and community participation, all of which contribute to population health (VicHealth, 2015). Provision of services, maintenance of infrastructure, facilities and public open space, and the creation and enforcement of local laws and policy, are all areas where government play a key role. In addition, local government has both the authority and responsibility to fulfil a leadership and advocacy role in creating an environment where communities not only survive, but prosper (VicHealth, 2015; Department of Human Services, 2001). For these reasons local government is well placed to influence health.

Strengthening preventative healthcare through the provision of health services, health promotion, screening and primary healthcare is the core business of the health sector. Local businesses, communities, private organisations, other levels of government and other health and wellbeing service providers also have a responsibility to the health of a community.

Community prosperity will only be achieved by working together with others who live, work or otherwise involved in the local community.

Under the Public Health and Wellbeing Act 2008, councils are required to prepare a Municipal Public Health and Wellbeing Plan (MPHWBP) every four years, within twelve months after each general election of Council. The plan is invaluable in helping achieve our aspirations for a healthy and well community.

Through the process of the plan’s creation, it becomes more than words on a page; it asks us to reflect on past achievements, take stock of community-identified needs, guides our work to maximise health impacts and makes us accountable for our actions.

We will use this plan to continue to have conversations with the community, council departments, external stakeholders and partners, as we believe this is essential for a community where everyone can be healthy and well.

Healthy and Well Pyrenees is one of three key strategic documents Council produces and is consistent with-

- i) **Pyrenees Shire Council Plan 2017-2021**, prepared under section 125 of the Local Government Act 1989, and
- ii) **Municipal Strategic Statement**, prepared under section 12A of the Planning and Environment Act 1987.

Pyrenees Shire Council Plan 2017-2021 reflects the aspirations Councillors have for the community and informs all of Council's work. It sets the organisational and community direction for the next four years.

Council's vision for the next four years is:

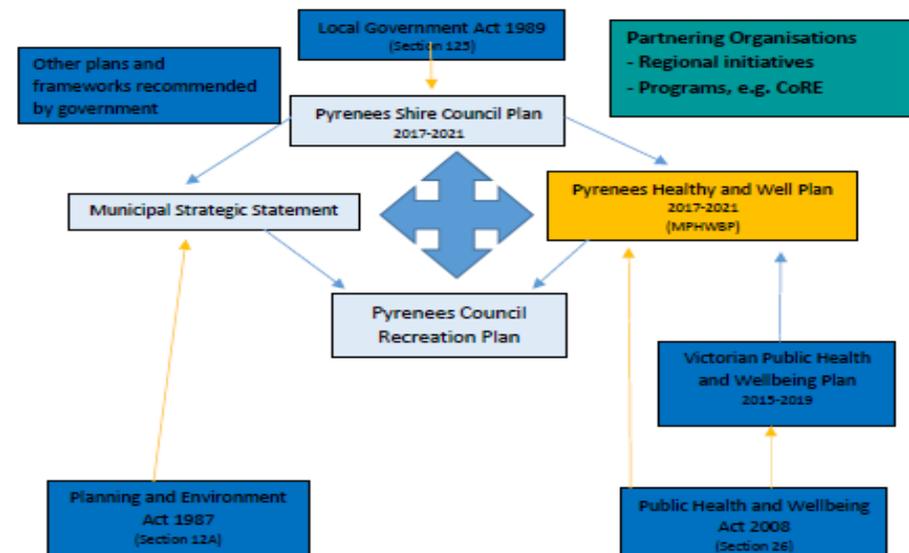
'Healthy, vibrant, prosperous and connected communities'

The Municipal Strategic Statement (MSS) sets the overarching strategic planning framework for the shire, framing future directions for land use and development. It outlines the key planning issues, constraints and development opportunities for all townships, as well as policies specific to farming and rural living areas. It plays an integral role in the design of the natural and built environments which helps to promote and create connected, healthy and active communities.

Aligning our MPHWP plan with those of Council, State Government and partnering organisations, strengthens the ability to deliver and influence health outcomes. This plan aligns with the Victorian Public Health and Wellbeing Plan 2015-2019 and also links to the Victorian Outcomes Framework. This plan will also contribute to and support broader partnership work in the Prevention space through alignment with the Integrated Regional Prevention Plan.

A key part of the planning process is the formation of the Pyrenees Shire Council Health and Wellbeing Partnership Group to guide the plan development. Members include:

- Beaufort and Skipton Health Service
- Maryborough and District Health Service
- Women's Health Grampians
- Grampians Community Health
- Ballarat Community Health
- Grampians Pyrenees Primary



1.2 What does healthy and well mean?

We like to think of healthy and well as 'A way of life and living in which one is always exploring, searching and finding new questions and discovering new answers... a way of life designed to enable each of us to reach our maximum potential... at any given time.' (Jonas 2005, p 2 as cited in BC Atlas 2007).

In essence, health plays a key role in how we make sense of and find meaning in our lives.

Australia's health system is under pressure from the increasing prevalence of preventable chronic disease. Our thinking of health needs to shift from being something we get back when we are ill and in hospital, to something we keep, create and renew every day; in our families, with our friends, where we go to work, in our parks and playgrounds, in the air we breathe and the things we see.

This reinforces that aspects of our lives such as housing, education, employment, early life, income, transport, social connections, food, stress, gender, our natural and physical surroundings, have a far greater influence in keeping us healthy and well than health care alone.

To create lasting improvements the environments where people live, learn, work and play need to be improved. Although we exercise a certain amount of control over our own lives, our behaviours and choices are structured and bound by the environments in which we find ourselves in.

We can no longer think it fair to ask individuals to change their lifestyles and behaviours, and think that this will improve population health, when our environments are not supportive (Department of Human Services, 2001).



1.3 Health Inequities and Inequalities

‘Health equity is the notion that everyone should have a fair opportunity to attain their full health potential and that no one should be disadvantaged from achieving this potential if it can be avoided.’ (VicHealth, 2017).

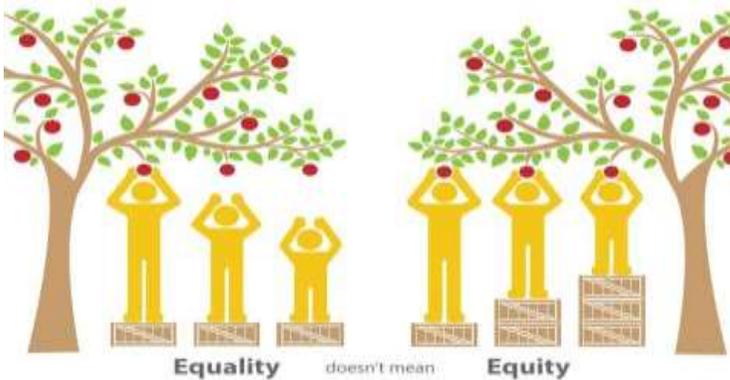
Health inequalities: The difference in health status between population groups (VicHealth, 2017). It is about giving everyone the same and doesn't consider that they may need more or less depending on what they already have.

Health inequities: The difference in health status between population groups that are socially produced, systematic in their unequal distribution across the population, avoidable and unfair (VicHealth, 2017). It is about is fairness and is providing the same opportunities for all.

Every one of us deserves the right to live a happy and healthy life free from discrimination, regardless of our gender, where we live, our income, education, ability, sexual orientation or background. Many Victorians face unfair barriers and stigma which limits them to being able to access equal opportunities to live a healthy life, or what is sometimes called ‘social justice’.

Victorians who may experience health inequities include

- Those in rural areas
- Those with a disability
- Refugees
- Other races
- Aboriginal or Torres Strait Islanders
- Women
- Economically/ Socially disadvantaged
- LGBT



(Image from Office of Health Equity, 2013)

Our Healthy and Well Plan is written with an understanding that health inequities should inform work across Council, with targeted action to address the structural and social determinants of health.

1.4 Environments for health

Environments for health considers how our surroundings play a role in our health. There are four interlinked domains:

- built environments
- economic environments
- social environments
- natural environments

An example would be the way in which the built environment also relates to the social environment in that facilities such as park facilities and walking tracks are in built form provide places for people to meet and socialise and encourage people to walk or ride.



The economic environment includes employment, economic policy, industrial development and wealth distribution (Department of Human Service 2001). Wealth distribution is particularly important as it has been shown that the more money you have, the healthier you are ladder (Wilkinson, R & Pickett, K 2009).



The Built Environment is ‘the basic services that are needed to keep a society running’, or ‘the structures and places in which we live, work and play, including land uses, transportation systems and design features’ (Planning Institute of Australia, 2009, p 4). This includes:

- spaces such as sports ovals, highways, train stations and streetscapes
- physical services; power lines, sewerage systems, drinking water
- buildings such as your house, your school, your community centre and your workplace

(Department of Human Services, 2001)

When the built environment is well designed and maintained, it improves health and wellbeing. Living an active lifestyle improves both physical and mental health and reduces the risk of preventable disease, such as heart disease and obesity. Active transport, good connectivity between networks, appropriate infrastructure and cities and towns that are well-designed support physical activity, nutritious food access and social interaction, creating environments which are protective to health (Planning Institute of Australia, 2009).



The Natural Environment refers to our natural surroundings and includes things such as water and air quality, climate, geography, the ozone layer and native vegetation (Wills, J in Department of Human Services, 2001).

A healthy natural environment is one which nurtures us and is looked after for generations to come (Dibley, G et al., 2002) Waste management, energy consumption, natural disasters, climate change and farming practices are all part of the natural environment (Wills, J in Department of Human Services, 2001).

Changes in weather patterns and extreme weather events can affect all of us. . However certain population groups: older people, children, outdoor workers, people who live in rural or coastal areas and those with existing medical conditions are at a greater risk of associated health problems, disease and death (Department of Health, 2011). Floods bushfires, storms and drought are very real threats experienced by Pyrenees residents in the past and future events are being prepared for by Council's Emergency Management Team to respond to these events in the best possible way (Department of Environment, Land, Water & Planning. 2015).



The Social Environment refers to the factors which influence people's involvement in community life (Dibley, G., et al. 2002).

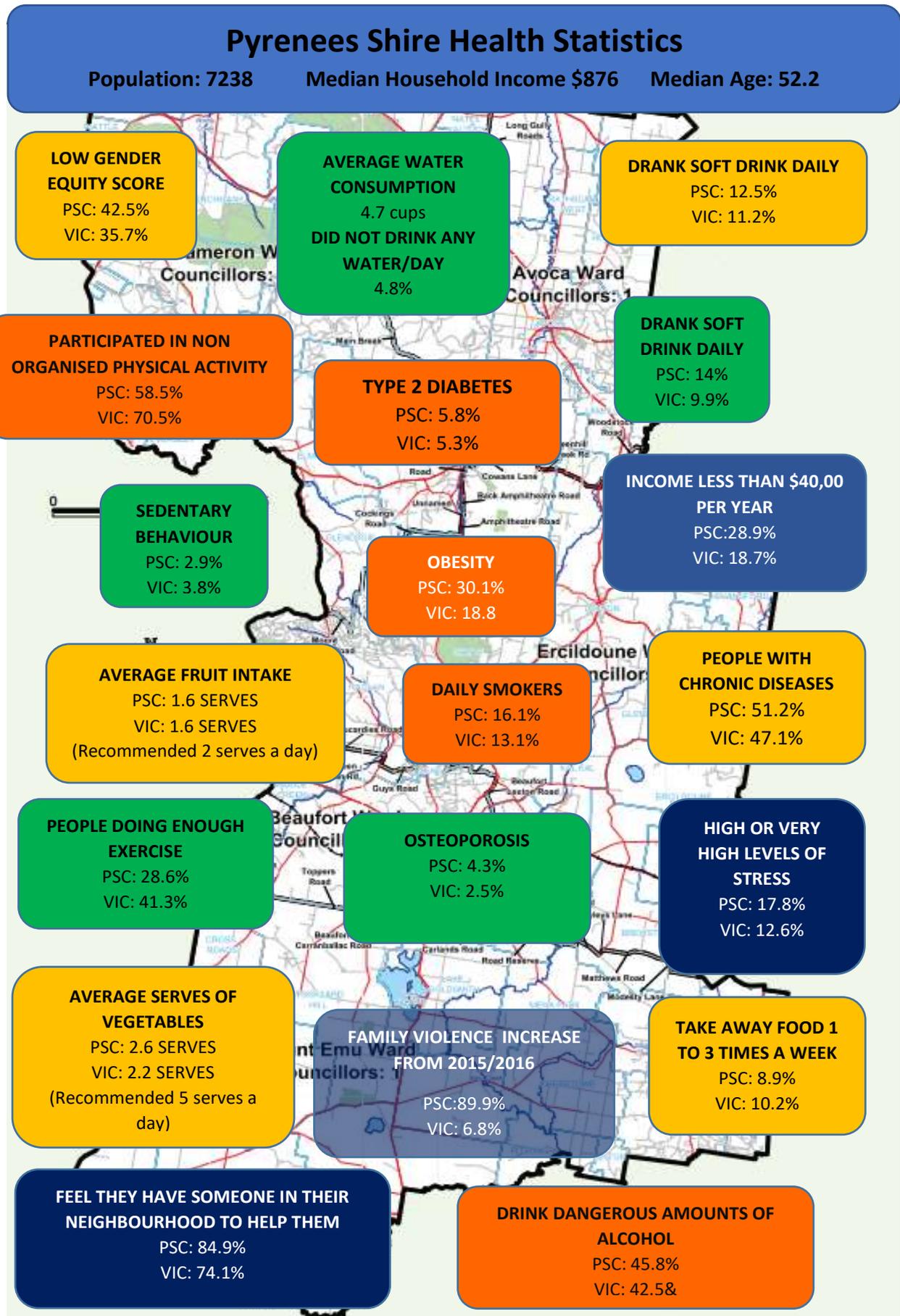
This includes;

- Opportunities for participation, volunteering rates, arts and cultural activities, events and library services
- Perceptions of safety
- How valued and included we feel by society and the relationships we have
- Social norms, gender and culture, including risk taking behaviour
- Demographics, language and ethnicity (Dibley, G. et al 2002; Department of Human Services 2001)



2. Our Shire: Healthy and Well Community Snapshot

Data source: Grampians Pyrenees Primary Care Partnership Population Health and Wellbeing Profile - December 2016, Nancy Vaughan, Grampians Pyrenees Primary Care Partnership, Ararat, Victoria. Please refer to this document for data dates and sources.



2.1 Changes since the previous plan

Since our last plan, our health statistics have changed. Some have improved, such as daily smoking rates and our fruit and vegetable consumption. Others have not, with rates of obesity increasing by 7.4%, and those who experienced high or very high levels of psychological distress have risen by 9.2%.

Soft drink consumption daily

2013- 19.6%

2017- 12.5%

Psychological Distress

2013- 8.6%

2017- 17.8%

Obesity

2013- 22.7%,

2017- 30.1%

Not eating enough fruit or vegetables

2013- 66.1%

2017- 45.5%

People doing enough exercise

2013- 71%

2017- 28.6%

Current Smokers

2013- 23.2%

2017- 16.8%

Income less than \$40,000

2013- 8.6%

2017- 17.8%

Domestic Violence

2013- Was assumed to be under reported

2017- Reports had increased by 89.9% in 2015/2016

Data source: Grampians Pyrenees Primary Care Partnership Population Health and Wellbeing Profile - December 2016, Nancy Vaughan, Grampians Pyrenees Primary Care Partnership, Ararat, Victoria.

3. The Planning Process

Step 1) Bringing Together our Health and Wellbeing Partners

The first step involved the establishment of the Pyrenees Healthy and Well Partnership Group. This group was driven by the Pyrenees Shire Council and coordinated in partnership with the Grampians Pyrenees Primary Care Partnership. The role of the group was to share key areas of activity, services delivered and current health priorities with the aim to better integrate our activities and work together to ensure our collective work is incorporated into the Pyrenees Shire Healthy and Well Plan.

Key partner organisations include:

- Beaufort and Skipton Health Service
- Maryborough and District Health Service
- Women’s Health Grampians
- Grampians Community Health
- Ballarat Community Health
- Grampians Pyrenees Primary Care Partnership
- Sports Central
- Budja Budja Aboriginal Cooperative
- Ballarat and District Aboriginal Cooperative

Step 2) Community Engagement

To ensure insight from across the community, key opportunities were provided for people to have their say in a number of different ways. Those who participated included community members, representatives of partnering organisations and sporting clubs, Councillors, and Pyrenees Shire Council staff.

‘Your Health, Your Say’ was an engagement process undertaken in partnership with the Grampians Pyrenees Primary Care Partnership. Community feedback was gained through an online engagement platform on what people thought were key health issues and what they would like to see improved. This information was used to inform our Recreation, Positive Ageing Strategy, and Municipal Public Health and Wellbeing Plans.

Pyrenees Shire Community members could participate and provide feedback through the online survey between January and February 2017. The Grampians Pyrenees Primary Care Partnership also held face to face community engagement sessions between December 2016 and February 2017 at the Beaufort Show Stand and Beaufort Community House Learning Centre. This information was shared with the Pyrenees Shire Council.

Your Health Your Say		
Online Forum Responses January to February 2017		
Theme	Votes	What featured?
Healthy eating	43	<ul style="list-style-type: none"> • Need for cooking skills • Healthy food choices • Reduction of soft drink consumption
Active living	36	<ul style="list-style-type: none"> • Need for footpath improvement in Snake Valley • Accessible exercise activities • Bike tracks
Education and Support	25.	<ul style="list-style-type: none"> • Families, • Childcare • Awards
Health Service Improvement	23	<ul style="list-style-type: none"> • GP quality and access • More coordination • Access to specialists
Promotion of and Access to Available Services	14	<ul style="list-style-type: none"> • Transport • Affordability • Lack of knowledge

Responses from face to face community engagement indicated that access to health services was a concern and was impacted by affordability, availability, access and quality. This included specialists and support services. Other challenges highlighted by the community included limited employment for mature people, lack of fitness groups, access to public transport, availability and affordability of groceries at local supermarkets, small schools and limited opportunities, lack of individual motivation, footpath safety and lighting, police presence, family violence, drug use and mental health for younger and older people.

Things that helped the community to be happy and healthy were; being involved in the community and being around positive people and community friendly places like the Beaufort community house/ library centre.

Participants were asked, 'if every health problem in your community cost \$1 to solve, what would you spend your dollar on?' The responses were; An increase in allied health service; an emergency department; more hospital beds; radiology; more support for carers; drug abuse prevention and education; long term mental health support and acute mental health services; transport to health services; quality of all medical and health care services; and access and continuity of doctors.

The Age Friendly Communities Forum was held in February 2017, to identify what older adults like about living in Pyrenees Shire and what would help them to continue living in their communities. Similar to the results from 'Your Health, Your Say', transport was a factor to be able to access medical appointments and affordable groceries. Maintenance of footpaths and available pedestrian crossings were concerns for those using motorised scooters. Access to and attendance of exercise classes and gyms was identified as an issue due to opening hours and other groups using the facilities. The idea of outdoor exercise equipment was suggested to overcome this.

When we are involved in defining the issues and actively participate to challenge and change the things which affect us, we feel hopeful and in control of our lives (Keleher, H in Keleher et al., 2007). Our potential to be healthy and well is built upon these pillars.

Step 3: Pyrenees Shire Health and Wellbeing Workshop

In partnership with the Grampians Pyrenees Primary Care Partnership a workshop bringing together community members and groups, health and community partners, Councillors and Pyrenees staff was held. As a result community challenges were discussed and health priorities were determined. Possible ideas and strategies were also canvassed and brainstormed to incorporate into the Healthy and Well plan.

Determining Priority Areas: These priorities were selected by workshops participants and in response to recent statistics that indicated the areas of health that are in most need of attention. Strategies developed consider the feedback of community members through consultation, as well as aligning with Victorian Public Health and Wellbeing Plan and plans of our partnering organisations to strengthen responses and outcomes for the community.

- Healthier Eating
- Active Living
- Mental Wellbeing also incorporating Family Violence

Family Violence was highlighted as an important issue. Following the Royal Commission into Family Violence, the Victorian Government have set out to implement all 227 recommendations to end family violence. As part of this, the Government require all local governments across Victoria to acknowledge family violence in their Municipal Public Health and Wellbeing Plan to ensure all Victorians receive the support they need.

Step 4: Draft Plan Produced

A draft of the Healthy and Well plan was produced and feedback and contributions invited from the Pyrenees Health and Well Partnership Group.

Step 5: Community Consultation received and Plan Adopted by Council

The final Draft of the Plan was presented and adopted by Council at its statutory meeting on the 17th October 2017.

4. Evaluation

We will continue to drive this work internally through monitoring our progress, annual reviews and an evaluation of our outcomes. The Pyrenees Health and Well Partnership Group will also be instrumental in reviewing and updating the plan annually.

How will we know if our plan is working?

In order to know what has worked well and what needs improvement, we will ask three key questions.

1. **Have we done what we said we would do?** We will review our work and report on our actions and results
2. **Are we having the influence we expected?** We will measure our influence through annual reviews of the Healthy and Well Plan. Additional partnerships, number of community, education and workplace participants will all be utilised to assess impact. Annual updates and reviews of Community Action Plans will also provide input.
3. **Have we achieved the change we sought?** We will reflect on whether our work is having the longer term outcomes we'd hoped for. We will gather this evidence from risk factor data collected at the local, state and federal level focused on our key priority areas.

5. Priority Health and Wellbeing Areas

1. HEALTHIER EATING

A diet which includes a wide variety of mainly unprocessed foods is central to our health and helps us to function at our best. Poor eating habits are associated with chronic diseases of which 51.2% of Pyrenees residents are currently afflicted. From community feedback we learned of ways residents would like to be supported to making healthier eating choices. These suggestions included supporting the delivery of cooking classes; improved access to healthy food options from local producers and retailers; and making it easier to get drinking water in public places to reduce the consumption of high sugar drinks. We will work closely with our Health and Community partners in integrating and delivering these strategies.

PRIORITY AREA: HEALTHY EATING			
WHAT WE WANT TO DO	INDICATORS (Vic Outcomes Framework)	HOW WE WILL DO IT	WHO and Possible Partnerships (tbd)
Normalise healthy eating habits	<ul style="list-style-type: none"> - Proportion of people who consume sufficient fruit and vegetables - Mean serves of fruit and vegetables per person - Prevalence rate of type 2 diabetes in adults 	<ul style="list-style-type: none"> ▪ Advocate for the availability of healthy, sustainable and safe food ▪ Work with food retailers to make healthier options an easy and appealing choice ▪ Support community and sporting groups to develop healthy eating practices eg participation in 'Good Sports' ▪ Support the delivery of healthy eating messages to families ▪ Continue to promote healthy eating in the Pyrenees Shire workplace 	
Activate local communities to teach, learn, and share together	<ul style="list-style-type: none"> - Increase in community lead activities and participants - Increase in food security measures - Indicators above 	<ul style="list-style-type: none"> ▪ Work to improve food access for all through supporting the activities of the Grampians Food Alliance (GFA) ▪ Identify and build the capacity of local community champions of all ages to teach skills such as cooking, growing produce and budgeting ▪ Encourage community members to participate in these local opportunities to gain skills and knowledge and promote intergenerational connections ▪ Support the delivery of the 'Eat Local Eat Healthy' program 	
Make water the drink of choice	<ul style="list-style-type: none"> - Proportion of people who consume sugar sweetened beverages daily 	<ul style="list-style-type: none"> ▪ Investigate the installation of drinking water refill stations in key public spaces ▪ Work with partner organisations to promoting water consumption messages ▪ Work with partner organisations and retailers to consider ways to encourage purchasing of water over high sugar drinks. 	

2. ACTIVE LIVING

Being physically active is key to maintaining a healthy body. Exercise keeps our bones strong, benefits our mental health and gives opportunities to participate with others. It is recommended that people do a minimum of 150 minutes of physical activity per week. The most popular types of non-organised physical activity for Pyrenees Shire Residents were walking (51.5%), cycling (6.9%) and gym and fitness sessions (5.7%). Feedback from residents included having access to exercise activities, outdoor exercise stations, and good walking and cycling tracks.

PRIORITY AREA: ACTIVE LIVING			
WHAT WE WANT TO DO	INDICATORS (Vic Outcomes Framework)	HOW WE WILL DO IT	WHO and Possible Partnerships (tbd)
Increase levels of activity undertaken by Pyrenees Shire residents	<ul style="list-style-type: none"> - Prevalence rate of type 2 diabetes in adults - Proportion of people overweight and obese -Proportion of people who are sufficiently physically active 	<ul style="list-style-type: none"> ▪ Promote and support local exercise groups and classes for all ages ▪ Encourage participation in programs that promote physical activity (such as VicHealth’s Walk to School Program) ▪ Support community members to organise their own active activities ▪ Work with partner organisations to promote simple active living messages. ▪ Investigate how best to promote, provide and support participation in active ageing activities ▪ Increase involvement in local sporting clubs through supporting clubs to provide a welcome, all age friendly, gender equitable and healthy environment for all 	
Provide public spaces and infrastructure that encourages active living and that is safe and accessible by all	<ul style="list-style-type: none"> -Proportion of people participating in organised sport -Proportion of adults sitting for seven + hrs on an average weekday -% of people accessing local sporting facilities and participating in sporting clubs. - as above 	<ul style="list-style-type: none"> ▪ Undertake feasibility study on the installation of outdoor exercise equipment ▪ Investigate ways to maximise use of existing infrastructure (such as the Avoca swimming pool) ▪ Provide and promote well maintained walking tracks and trails ▪ Provide active transport pathways and linkages to promote and encourage walking and cycling around towns (inc. use of public transport) ▪ Increase community members of all ages use of Victorian State Parks by providing and promoting park maps ▪ Continue to investigate the development of mountain bike trails in Pyrenees State Forest ▪ Improve active spaces through tree planting and outdoor seating ▪ Align work with the Office for Women in Sports and Recreation 	

3. RESILIENT COMMUNITIES SUPPORTING GENDER EQUITY

Building resilient communities means that people are supported to live safe lives. The Victorian Government’s Royal Commission into Family Violence approved 227 recommendations to reduce cases of domestic violence, one of those being the inclusion of addressing domestic violence through municipal public health and wellbeing plans. In 2013-2015, 67% of family members (victims) affected by family violence were female. The rate of family incidents increased by 89.9% from 2015 to 2016, this rate being higher than the Victorian average. It is important that we focus to eliminate all forms of domestic violence in Pyrenees families.

Mental wellbeing is an important issue in the Pyrenees Shire affecting the ability of people to lead fulfilling and healthy lives. So too is affordable access to quality specialised mental health services. Between 2011-2013 the number of adults with mental or behavioural problems was 14.9 per 100 people, the Victorian rate being 10.8. Of these 12.9% were men and 17.3% were women. Despite these figures, Pyrenees residents reported they feel connected and trust others in their community. People responded with an average of 78.7 out of 100 in self-reported wellbeing. General satisfaction with life as a whole was rated 7.9 out of 10 and the average resilience score was 6.6 out of 8.

PRIORITY AREA: RESILIENT COMMUNITIES SUPPORTING GENDER EQUITY			
WHAT WE WANT TO DO	INDICATORS (Vic Outcomes Framework)	HOW WE WILL DO IT	WHO and Possible Partnerships
To reduce family violence and increase fairness, equality and equity for women.	-Increase in number of women in leadership positions -Reported gender equity score -No. of participants taking part in White Ribbon Day pledge - Rate of incidents of family violence recorded by police - Family violence index (tbd))	<ul style="list-style-type: none"> ▪ Actively advocate and demonstrate a commitment to gender equity ▪ Hold a White Ribbon Day event to raise awareness of violence against women. ▪ Adopt the Local Government Women’s Charter ▪ Deliver the Local Government ‘Listen, Learn and Lead Gender Equity Program’ ▪ Participate in and support the Communities of Respect and Equality (CORE) Plan and Governance Group, together with undertaking internal action plan. ▪ Work with local sporting clubs and community organisations to develop and adopt plans that promote gender equity ▪ Implement the Women’s Health Grampians (WHG) Act@work program ▪ Participate in Victoria against Violence campaign ▪ Support the Maternal and Child Health Nurse to enquire about domestic violence at ‘Key Ages and Stages’ visits 	
To create and sustain resilient communities	- Proportion of adults and adolescents with psychological distress - Proportion of	<ul style="list-style-type: none"> ▪ Support community events and programs that are accessible, embrace diversity and promote opportunities for people of all ages to meet, engage and enhance social connections. ▪ Support the delivery of playgroup sessions at the library 	

	adolescents with high level of resilience	<ul style="list-style-type: none"> ▪ Support the delivery of the Achievement Program ▪ Support access and promote the Son's of the West program ▪ Support access to and promote the YMCA men's program, and local men's shed and community garden initiatives ▪ Work to Emergency Management's Victoria's 'Relief and Recovery Reform Strategy' ▪ Support sustainable community events and projects through providing community grants ▪ Ensure healthy eating and active living initiatives also incorporate social wellbeing components 	
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6. Our Progress

Overall Strategic Indicators:

- An increase in neighbourhood livability
- Proportion of adults, adolescents and children with very good or excellent self-rated health

Keeping in line with the Pyrenees Shire Council Plan, the following symbols can be inserted into the plan to indicate the progress made.

0%	25%	50%	75%	Complete	Funding required	Information required	Ongoing	On Hold	Cancelled

7. Resource Links

Victorian Local Government Women's Charter

< <http://www.vlga.org.au/What-were-doing/Women-in-local-government/Victorian-Local-Government-Womens-Charter> >

Local Government Listen, Learn and Lead Gender Equity Program.

< <https://www.localgovernment.vic.gov.au/council-funding-and-grants/gender-equity> >

Women's Health Grampians CoRE Program- Communities of Respect and Equity

< <http://whg.org.au/wp-content/uploads/2016/05/CoRE-Plan-Document.pdf> >

< <http://whg.org.au/priorities-programs/core> >

Good Sports Program

< <http://goodsports.com.au/>

Son's of the West

< <http://sonsofthewest.org.au/>

VicHealth Indicators

< <https://www.vichealth.vic.gov.au/media-and-resources/publications/vichealth-indicators-lga-profiles-2015> >

Australian Bureau of Statistics

< <http://stat.abs.gov.au/itt/r.jsp?databyregion#/> >

Victorian Population Health Survey 2014: Modifiable risk factors contributing to chronic disease in Victoria

< <https://www2.health.vic.gov.au/public-health/population-health-systems/health-status-of-victorians/survey-data-and-reports/victorian-population-health-survey/victorian-population-health-survey-2014> >