

Moorabool
Shire Council



Health And Wellbeing Plan 2025-2029

Acknowledgement of Country

Council respectfully acknowledges the Traditional Owners of the land which includes the Wurundjeri Woi Wurrung, Wadawurrung and Dja Dja Wurrung people. We pay our respects to the Elders past, present and emerging.

Partner Acknowledgement

Moorabool Shire Council would like to thank its internal and external health and wellbeing partners, Health and Wellbeing Advisory Committee and community members for their input into the development of this plan.

Council looks forward to working with staff, external agencies and our Health and Wellbeing Advisory Committee to enhance and improve health and wellbeing within the Shire.

Health and Wellbeing Advisory Committee

Moorabool's Health and Wellbeing Advisory Committee provide advice to Council and provide input into the delivery of the Health and Wellbeing Plan for the life of the Plan.

Membership to the advisory committee is determined prior to adoption of the Plan in accordance with the Health and Wellbeing Advisory Committee Terms of Reference.

Health and Wellbeing Partners who helped to inform this plan

- Moorabool Shire Council staff and Councillors
- Moorabool Health and Wellbeing Advisory Committee
- Department of Justice and Community Safety
- Hope St Youth and Family Services
- WRISC Family Violence Support
- Grampians Public Health Unit
- Women's Health Grampians
- Child and Family Services
- Western Health
- Odyssey House
- Sports Central
- CatholicCare
- mecwacare
- ECMS



Acronyms

MSC – Moorabool Shire Council
Comm Dev – Community Development
MARC Stadium – Moorabool Aquatic and Recreation Centre
BADAC – Ballarat and District Aboriginal Cooperative
GPHU – Grampians Public Health Unit
MCH – Maternal and Child Health
WHG – Women’s Health Grampians
WRISC – WRISC Family Violence Support Inc.
CFA – Country Fire Authority
MSC CCW – MSC Community Connections and Wellbeing
CAFS – Child and Family Services
FaPMI (Grampians MH) - Families where a Parent has a Mental Illness
ACCC – Australian Competition and Consumer Commission
MAST – Moorabool Agencies and Schools Together
LDAT – Local Drug Action Team
EMCH – Enhanced Maternal and Child Health

Accessibility

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Message from the Mayor



This Health and Wellbeing Plan builds upon the Council Plan 2025-2029 to strengthen Council's commitment to building healthy, connected and inclusive communities.

Moorabool is a growing community, which brings a range of challenges. To meet these challenges, it is imperative that Council develops a Health and Wellbeing Plan that meets the needs of our many and varied communities now and into the future.

This Plan has been developed through a comprehensive consultation and engagement process with local community members, organisations and service providers, and by looking at key data and research on health issues that are indicated within our communities.

The Plan aims to ensure that the health and wellbeing needs of our community are addressed through a range of initiatives led by Council and in partnership with other stakeholders. Collectively we can work to improve health outcomes and reduce barriers to achieving optimal health and wellbeing for our communities.

I am confident that this Plan, and the commitment of our partners, will support the health and wellbeing of our community.

Cr Paul Tatchell
Mayor



Executive Summary

The Public Health and Wellbeing Act 2008 recognises the vital role of Councils in improving the health and wellbeing of people who live, work, learn and play in their municipality.

The Act requires Councils to develop a Municipal Public Health and Wellbeing Plan every four years, within 12 months of each general election of Council. The Plan must be established in accordance with the required State Government directives, local and state-wide data review, community and stakeholder consultation, and in response to key health issues identified within the Victorian Public Health and Wellbeing Plan 2023-2027.

The Moorabool Health and Wellbeing Plan 2025-2029 (MHWP) is a four-year plan for enhancing the health and wellbeing of our communities. Developed in collaboration with stakeholders, the MHWP outlines strategic actions for Council and partner organisations, and fosters partnerships with health providers and community groups. By taking collaborative and collective approaches, the MHWP aims to deliver targeted and improved health outcomes for Moorabool communities.

The Health and Wellbeing Advisory Committee oversees the implementation of the Plan and ensures ongoing engagement with key stakeholders. Committee membership includes Councillor representatives and internal and external stakeholders, who commit to participating in the Committee throughout the life of the Plan.



Moorabool Profile

Moorabool Shire is located west of Melbourne and is a growing peri-urban municipality. The Shire provides for a mix of lifestyles including urban, rural and farming, alongside state forests, parks and waterways and areas of historical significance. Moorabool Shire provides many opportunities for the community to be active and connected to others and the natural environment. Access to open spaces, playgrounds, walking tracks and recreation facilities, community groups, services, programs and events all contribute towards positive health and wellbeing outcomes.

Challenges faced within Moorabool that impact upon health and wellbeing include:

- A rapidly growing population
- Geographical location and access to services
- A large commuter population
- Climate change impacts
- Changing culture and diversity
- Economic climate



Introduction

Municipal Public Health and Wellbeing Plans developed by Councils have a promotion and prevention focus. They seek to address the broader social determinants of health, and reduce barriers to preventative health measures, to enable individuals and communities to make positive decisions about their health and wellbeing.

Health promotion and prevention planning recognises that a wide range of factors may impact upon or influence an individual or community's health and wellbeing. Individual, social, cultural, economic, environmental and other factors can be barriers to achieving optimal health.

At all stages of the planning process we sought to identify inequity and recognise the additional impacts upon marginalised communities. A Gender Impact Assessment has been applied to the process and development of the Plan to understand any gendered or intersectional impacts. This ensures that the Plan recognises specific needs of cohorts within our communities, to address health inequities and to provide actions to address barriers or enablers to promote health.

In addition to the MHWP Council supports and delivers a range of programs, services and facilities that support the health and wellbeing of the community, including parks and leisure facilities, walking and bike paths, playgrounds, immunisation programs, Maternal and Child Health Services, youth and early years programs and services, social connection programs, environmental and public health, and library programs.

The Aims of a Health and Wellbeing Plan

- Address the broad determinants of health
- Reduce barriers to preventative health measures
- Empower individuals and communities to make positive decisions about their health
- Provide a strategic direction for Council, local health providers and community organisations

The Vision of a Health and Wellbeing Plan

- Support a health prevention focus
- Reflect community need
- Strengthen existing activities and actions
- Recognise and identify gaps and opportunities
- Recognise and embed collective impact strategies

The Vision of Moorabool's Health and Wellbeing Plan

- Moorabool – where health and wellbeing is at the heart of our community



Health Promotion and Prevention

Municipal Health and Wellbeing Plans have a focus on preventative health measures rather than treatment.

The Ottawa Charter and the Social Determinants of Health identify factors that contribute to health outcomes and help to focus our prevention work on strategies and actions to improve health outcomes at individual and community levels.

The Ottawa Charter

The Ottawa Charter (1986) acknowledges that there are fundamental conditions and resources that are required to enable health and health equity (peace, shelter, education, food, income, sustainable resources, social justice and equity, a stable ecosystem).

Health promotion priority action areas identified in the Ottawa Charter are:

- **Build healthy public policy** – Identify opportunities and remove barriers to health through the adoption of healthy public policies
- **Create supportive environments** – Focus on and improve the natural and built environments, and the conservation of natural resources
- **Strengthen community actions** – Enhance self-help and social support, and develop systems for strengthening participation in actions to improve health outcomes
- **Develop personal skills** – Enabling ongoing learning throughout the lifespan to prepare for changes to health
- **Reorient health services** – Reorient the health sector towards increased health promotion and prevention action

Social Determinants of Health

The Social Determinants of Health are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life (World Health Organisation).

In the development of the MHWP we consider the Social Determinants of Health and how these may be barriers or enablers to accessing the environments, services, systems and structures that are in place to support optimal health.



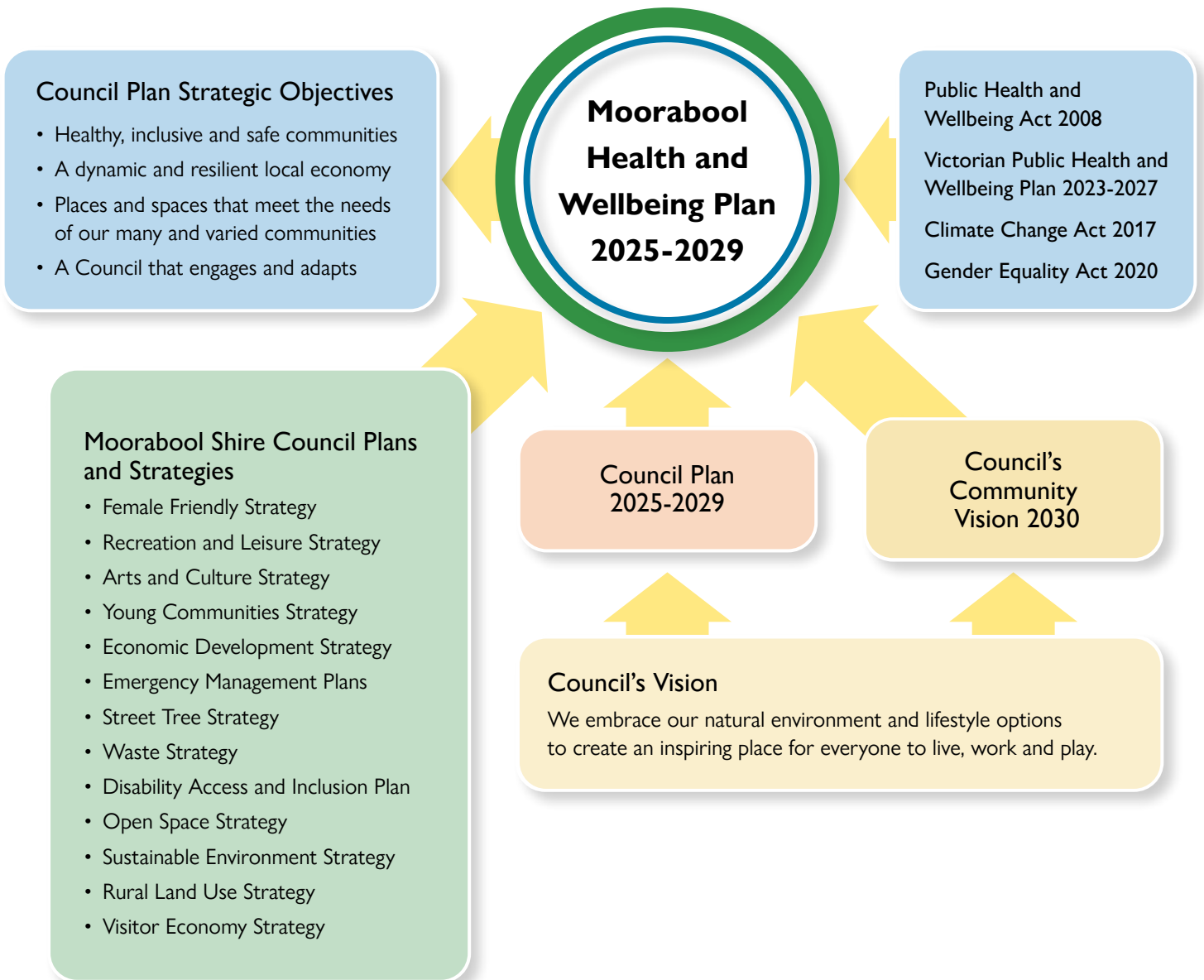
Council's Planning Framework

The Moorabool Health and Wellbeing Plan 2025-2029 has been developed to align with the Council Plan 2025-2029 and Community Vision to form Council's Strategic Planning Framework for the next four years.

The MHWP recognises other relevant frameworks, strategies and policy documents across Council that address emerging trends across the social, built, natural, cultural and economic environments for health.

In addition, Council provides leadership towards health and wellbeing outcomes including:

- Advocacy for improved local service provision
- Accessing State and Federal Government funding to improve and provide new community facilities and infrastructure
- Community Engagement to determine current and future health needs
- Providing a range of services, programs and infrastructure to the community that support health and wellbeing outcomes
- Planning for new communities and public spaces





Legislative Requirements

The Victorian Public Health and Wellbeing Plan 2023-2027 is the overarching policy framework for improving public health and wellbeing in Victoria. Section 26(3) of the Public Health and Wellbeing Act 2008 requires councils to have regard to the Victorian Public Health and Wellbeing Plan in developing their Municipal Public Health and Wellbeing Plan. Victorian priorities are identified, based on the issues that are the greatest contributors to the burden of disease and health inequalities and emerging threats or challenges to the public's health and wellbeing and where a lack of action is likely to result in significant future health burden.

Municipal Public Health and Wellbeing Plans must reflect the following legislated requirements:

- The Public Health and Wellbeing Act 2008 requires Councils to develop a Municipal Public Health and Wellbeing Plan (MPHWP) every four years, within 12 months of each general election of Council.
- Section 26 (2) (ba) of the Public Health and Wellbeing Act 2008 requires councils to specify in their MPHWP measures to prevent family violence and respond to the needs of victims of family violence in the local community.
- Section 9 of the Gender Equality Act 2020 requires Councils employing 50 or more staff to undertake a Gender Impact Assessment when developing or reviewing any policy, program or service that has a direct and significant impact on the public including the MPHWP.
- Section 17 of the Climate Change Act requires Councils to have regard to climate change in preparation of their MPHWP. The MPHWP will focus on the effects of climate change on health and wellbeing within the community.

Consultation

Data was compiled from a range of sources including Census 2021 data, local community health data, State/Federal Government data, peak organisation data and research, and internal Council data. Disaggregated data has been used where available to indicate where specific genders and demographic groups require more specific health prevention interventions. In addition, an intersectional lens was also applied to identify specific demographic groups who may experience additional health impacts or inequity, to inform more targeted health promotion and prevention measures. A series of infographics and more expansive data sets were developed and used within our consultation activities to provide data relating to key themes that emerged following data analysis.

These included:

Mental Health

Physical Activity

Healthy Eating and Food Security

Harm from Alcohol, Drugs, Tobacco, Vaping and Gambling

Homelessness

Public Health

Sexual and Reproductive Health

Culture and Inclusion

Prevention of Gender-Based Violence

Consultation - community & health organisations, community members, internal and external stakeholders

Consultation was held with local and regional community and health organisations, community members, internal and external stakeholders.

Consultation was undertaken with the following results:

- Community Surveys - Have Your Say online – 126
- Community Surveys - paper – 17
- Community Postcard responses – 55
- Puzzle piece consultation in libraries and early years hubs – 88 comments/ideas

Three workshops were held on 2, 7 and 15 April 2025 with internal staff, Councillors and external stakeholders, to ensure that the needs of the community were represented throughout the development of the Plan, and to determine where there may be opportunities for partnering or collective impact actions.

Each workshop had a different focus and used an outcomes-based approach to planning.

- Workshop 1- Outcomes and Data
- Workshop 2 – Strategies and Stakeholders
- Workshop 3 – Actions and Measures

Following the development of the Plan further internal engagement with teams was undertaken to refine the actions within the Plan. Executive briefings and Councillor briefings were held prior to final community consultation on the draft and endorsement of the Plan by Council.



Overview of health themes identified

Through data analysis, community consultation and stakeholder engagement the following key health themes were identified:

Mental Health and Resilience

- Social isolation and community capacity building
- Promotion of and access to services and support
- Social connection and civic participation
- Mental health campaigns
- Youth mental health

Culture and Inclusion

- Inclusion and engagement for diverse communities
- Cultural awareness and safety
- Celebration and recognition
- Expression through the Arts

Being Active

- Increase physical activity for new parents and diverse communities
- Promote active recreation and falls prevention for older people
- Increase accessibility to enable participation in physical activity
- Support and promote active travel
- Equal access and safe spaces

Healthy Eating and Food Security

- Support for healthy food environments
- Increase capacity and knowledge to cook and grow
- Increase access to food and reduce stigma – food security
- Increase breastfeeding rates
- Reduce food waste

Prevention of Violence and Community Safety

- Training and education
- Awareness of support services
- Elder abuse awareness and support
- Violence in diverse communities
- Surveillance programs
- Online safety
- Prevention campaigns

Climate and Environment

- Resilience to extreme weather events
- Support for environmental activities
- Sustainability initiatives
- Reduce, re-use and recycle initiatives
- Waste reduction and diversion
- Responses to illegal dumping

Homelessness

- Support for people experiencing homelessness
- Social housing advocacy and planning
- Networks and training

Reducing Harmful Addictions

- Prevention education
- Awareness of support services for addictions
- Education and enforcement related to tobacco and vaping

Public Health and Health Literacy

- Access and information for sexual and reproductive health
- Access to resources and health literacy
- Promotion of key health checks
- Immunisation rates
- Women's health through life stages
- Men's health through life stages



The Action Plan

BEING ACTIVE

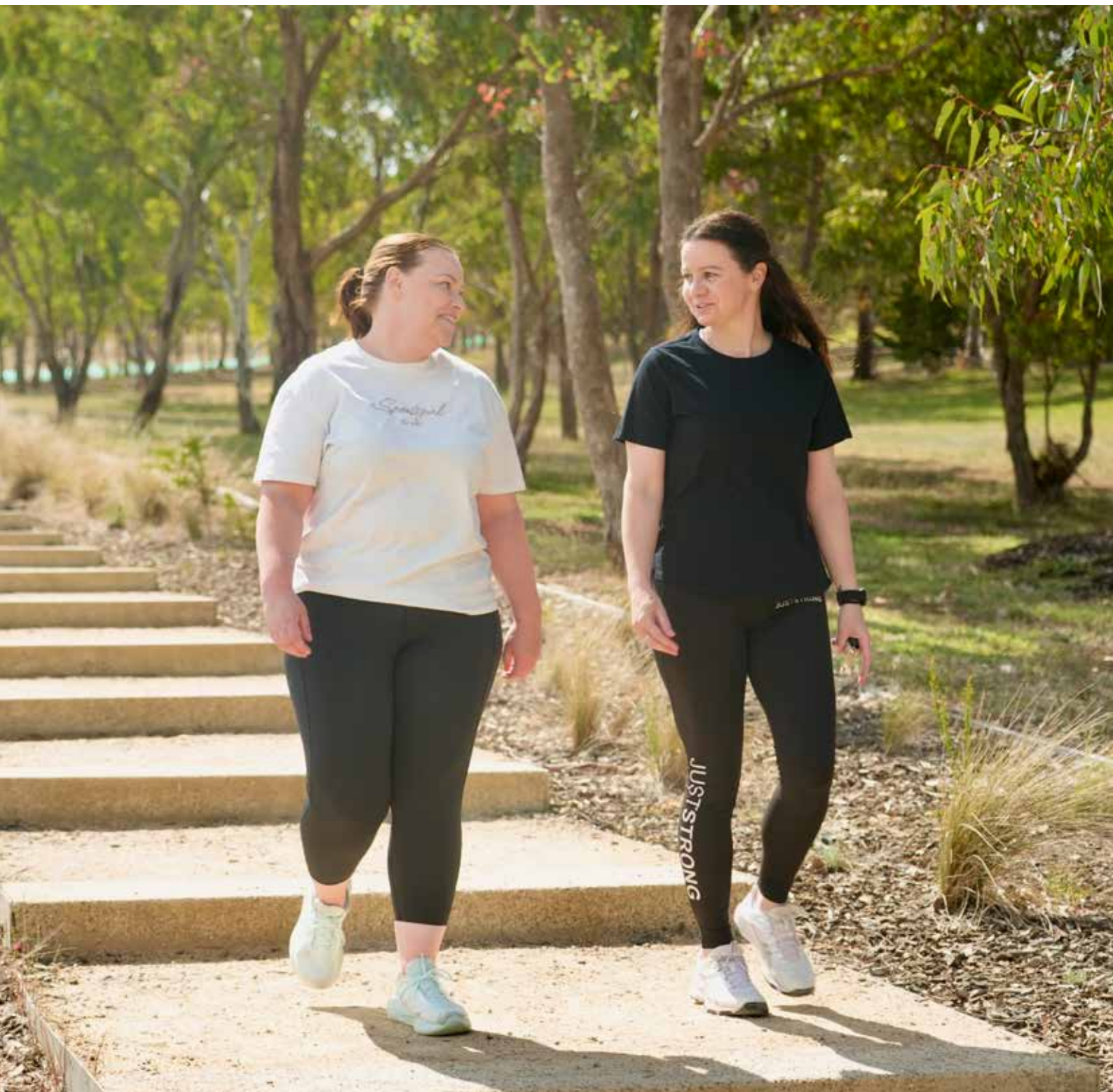
OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
Physical activity is safe, inclusive and accessible for all	Provide safe and fair access to sports facilities and infrastructure	Women's Health Grampians MSC Recreation	Increase uptake of Communities of Respect and Equality (CoRE) and Act@ Play by local sporting clubs to strengthen and improve cultures around equality and respect	1 and 3	#clubs participating #members participating
		Women's Health Grampians MSC Recreation Sports Central	Promote gender equality programs and deliver Movement-based Bystander Training for male players on Violence against Women and how to call out locker room behaviours	1-3	#males participating #clubs participating
		MSC Recreation	Implement the Fair Access Policy	1-2	Equitable allocation to male and female sports
Provide activities and pathways for children and young people to access sport and active recreation		MARC stadium MSC Recreation MSC Youth MSC Early Years MSC Libraries	Provide access to active recreation activities e.g. come and try days, youth holiday programs and social sports, geo caching, park pop-ups	1-4	#activities offered #participants
Increase opportunities for diverse communities to participate in sport and active recreation		MSC Leisure MSC Comm Dev Cultural Groups Lifesaving Victoria Schools	Support skills development through provision and promotion of swimming and water safety sessions for culturally and linguistically diverse communities	1-2	#programs promoted
		MSC Comm Dev MSC Customer Service Cultural Groups Schools	Link new residents with existing sports clubs through information in new resident welcome packs, schools and cultural groups	1 and 3	#packs distributed Increased membership
		MSC Recreation Sports Central MARC Stadium	Provide and promote access to targeted programs for specific disabilities or mobility issues e.g. wheelchair basketball	1-2	#programs provided #participants

BEING ACTIVE (continued)

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
		MSC Comm Dev MSC Arts	Promote the Trailrider and accessible trails within Moorabool including Arts trails	2	Promotion completed
		MSC Youth	Deliver inclusive access to sport and recreation through Social Q Program	1-2	#participants Programs delivered
Active recreation opportunities provide physical, social and health benefits	Promote active recreation to increase health benefits for older people	MSC Recreation MSC Leisure MSC Comm Dev MARC Stadium MSC Health Promotion	Promote active recreation options targeting older residents e.g. dog parks, walking tracks, outdoor exercise stations, outdoor pools, and seniors' festival active recreation activities eg seated yoga, cardio drumming	1-4	#programs provided
	Provide programs, services and equipment to reduce injury, and harms from falls	Western Health mecwacare MSC Environment MSC Leisure MSC libraries MARC Stadium	Support and promote falls prevention programs, balance programs, pool exercise programs, park exercise and balance equipment, and walking groups	1-2	#programs promoted #attendance
		Western Health mecwacare MSC Comm Dev My Aged Care	Promote information and assistance programs for older people to reduce use of ladders including light globe changing, batteries in smoke detectors, and gutter cleaning	1-2	Promotion completed
Moorabool residents have access to infrastructure that supports active recreation	Invest in walking and running tracks and trails and outdoor exercise equipment	MSC Environment	Identify and provide infrastructure within new and current reserves for walking, running and exercise	1-3	Improved and increased footpath, walking tracks, connections
		MSC Health Promotion MSC Recreation MSC Leisure Visitor Information Centre Tracks and Trails Committee	Promote existing tracks and trails, paper and online maps, and apps for walking and cycling, including information on facilities and accessibility	2-4	Promotion completed

BEING ACTIVE (continued)

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
		MSC Health Promotion Western Health	Promote Walk to School Day, Walk Safely to School Day and Ride2School Day	1-4	#schools participating
	Provide options for women to support post-natal activity	MSC MCH MARC Stadium	Delivery of pram walking groups and mother and baby physical activity programs	1-2	#programs #attendance



MENTAL HEALTH AND RESILIENCE

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
Services, programs and groups supporting mental health and wellbeing are facilitated and promoted	Provide access to information and promote available programs and services	MSC Health Promotion MSC Youth MSC MCH MSC EMCH Health providers MSC Customer Service MSC Libraries MSC CCW FaPMI (Grampians MH)	Promote access to mental health support services and increase awareness of government funded Mental Health Plans, annual mental health sessions and group therapy sessions under Medicare	1-2	#promotions
	Reduce stigma attached to help seeking for mental health concerns across the lifespan	MSC Health Promotion MSC Youth MSC MCH MSC EMCH Health services	Promotion of mental health campaigns and programs including Mental Health Month, RUOK Day, Wear it Purple Day, Dementia Action Week, Mental Health First Aid	1-4	#campaigns promoted
Young people's mental health and wellbeing is supported	Support access to formal and informal spaces and programs for social and health supports for young people including neurodiverse, lgbtqi+, aboriginal and culturally diverse young people	MSC Youth Headspace Schools	Outreach and pop-in services are available through MSC Youth Services and community venues	1-4	#services #participation
		MSC Arts MSC Youth	Opportunities for skills development, expression and connection are provided through the arts eg graffiti based art, public art, performance art, exhibitions	1-4	#opportunities provided
		MSC Youth Minus 28 Q Hub Western Health	Social Q program for young people is delivered	1-2	%LGBTQIA+ young people who report improved mental health and wellbeing
	Support young people with access to information and support to self-regulate during stressful situations	MSC Youth CatholicCare programs Schools Victoria Police MSC Emergency Management	Engage with external providers to identify programs to support self-regulation and stress management	1	#programs offered

MENTAL HEALTH AND RESILIENCE (continued)

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
Loneliness and isolation are reduced through increased social connection	Provide support and opportunities for social connection	MSC Comm Dev MSC Health Promotion MSC Revenue	Community connectors are established and promoted using Council communications options e.g. mailouts and newsletters	2-3	#promotions
		MSC Comm Dev	Support the MSC Community Asset Committees to increase activation of community halls in rural areas	2	Increase in hall activation
	Facilitate civic participation opportunities to support decision making and community engagement	MSC Comm Dev MSC Youth	Facilitate MSC Advisory Committees including Positive Ageing Advisory Committee, Disability Access and Inclusion Advisory Committee and Youth Action Group	1-4	#participants
Residents have the capacity to manage stress related to issues outside of their control	Engage services to support residents to manage personal and social issues impacting on their mental health	MSC Libraries MSC MCH Services Victoria Bus Grampians Legal	Engage community with financial counselling and planning, digital access, and other visiting services	1-2	#services
Men are equipped to access services and have conversations about mental health	Provide access to mental health information and support following disasters	MSC Emergency Management	Review the Municipal Emergency Management Plan to include mental health information and support for community and volunteers during emergencies and recovery	1	Plan reviewed
	Reduce barriers to engaging with programs and services in rural areas	mecwacare	Investigate transport and other barriers for farmers, rural, isolated residents, to programs and services	1	#rural clients accessing services
		MSC Comm Dev mecwacare Silver Chain	Increase awareness of home help services for older residents through information, seniors' events, website	1	Promotion recorded
Men are equipped to access services and have conversations about mental health	MSC Health Promotion mecwacare MSC Comm Dev Men's Sheds	Promote men's mental health through men's health week, mental health month and seniors' week, including tips on how to support your mates	1-4	Promotion recorded	

CLIMATE AND ENVIRONMENT

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES	
Community planning around emergency management is actively supported	Audit and equip community facilities to support communities during emergency events	MSC Emergency Management MSC Major Projects MSC Engineering	Audit all current and future Shire buildings to identify mitigation actions for power supply and use as emergency venues - eg generators, animals, farming equipment, solar batteries	1	%of community facilities designed to be cooling centres, are DDA compliant, and have generators and solar panels and batteries	
		MSC Emergency Management	Undertake annual Gender Impact Assessments of Emergency Relief Centres	1-4	#relief centres audited	
	Support households to prepare for bushfires and other climate related emergencies	MSC Emergency Management WRISC Berry Street GPHU Orange Door MSC Comm Dev CFA MSC Communications	Educate community about use of current emergency planning resources on Council's website and local fire readiness sessions through social and other media	1-4	#sessions and attendance	
		MSC Emergency Management MSC Communications	Communicate about areas residents can go during extreme heat days including Ballan Respite Centre via MSC website, social media and other media	1-4	Promotion recorded	
	Community are supported to adapt and respond to climate change	Promote and provide annual tree planting programs and community planting days	MSC Environment MSC Communications	Promote local Landcare groups and tree planting days, and provide free native plants annually to the community to support local habitats	1-4	#plants provided Feedback
		Advocate for public transport and active transport infrastructure	MSC Strategic Planning MSC Engineering MSC Assets Bus companies Public Transport Victoria	Identify transport connection needs and active transport infrastructure within new developments	1-4	#bus routes
MSC Environment MSC Comm Dev			Identify and promote charging points for mobility scooters	2	#charging points	
		MSC Comm Dev MSC Assets VicPol	Promote lawful and safe use of electric bikes and mobility scooters	1-4	Promotion recorded	

CLIMATE AND ENVIRONMENT (continued)

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
Environmental best practice is evident within council operations	Prioritise renewable and energy efficiency within council buildings	MSC Environment	Develop a framework for Environmental Sustainable Design for new Council facilities	2	Framework developed
Landfill is reduced due to increased uptake of re-use and recycling options	Provide education for community on waste and recycling options	MSC Waste Darley Neighbourhood House	Support repair activities including promotion of the Darley Neighbourhood House Repair Café	1-2	Promotion recorded
		MSC Waste MSC Communications MSC Libraries WMEYH MSC Arts MSC Eco Dev	Promote waste reduction, disposal and recycling options eg batteries, paint, oil, light globes, e-waste, glass, single use plastics, consumables and organic waste	1-4	Reduction in illegal dumping
		MSC Environment MSC Libraries Neighbourhood Houses Schools	Utilise community facilities and libraries to run educational sustainability workshops	1-4	#sustainability workshops
	Invest in activities to reduce barriers to waste disposal, and reduce and respond to littering and illegal dumping	MSC Waste MSC Operations MSC Community Safety Contractors MSC Assets Developers	Identify additional deterrents to address illegal dumping and investigate barriers to the use of transfer stations	2	Illegal dumping deterrents investigated Barriers investigated
		MSC Environment MSC Waste	Promote and support clean up Australia Day activities	1-4	#vouchers provided

CULTURE AND INCLUSION

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES	
All communities within Moorabool feel culturally safe and included	Ensure buildings, spaces and services are culturally safe	MSC CCW Cultural groups First Nations groups	Provide multicultural support programs ie Early Years Multicultural Support Officer and multicultural playgroups	1-4	#programs delivered	
		MSC Comm Dev MSC CCW MSC Heritage MSC Arts MSC Eco Dev MSC Best Start	Promote understanding and awareness of Aboriginal heritage through the acknowledgement of Traditional Owners in council facilities	3-4	#increase in the number of council facilities with Traditional Owner acknowledgement	
Moorabool is a community that celebrates and promotes diversity	Provide opportunities for cross-cultural understanding and celebration	MSC Libraries	Explore opportunities for a Human Libraries Program where people can share their culture, life and experiences moving to the region	2	#programs offered	
		MSC Libraries MSC Early Years Hubs Neighbourhood Houses Training providers	Facilitate English language programs in accessible locations involving volunteers	1	#volunteers #participants	
		MSC Early Years Hubs MSC Libraries	Scope and provide access to safe and welcoming spaces within Council venues eg prayer spaces, signage	3	Provision of safe and welcoming spaces	
		MSC Comm Dev Cultural Groups	Grants are promoted, and support provided to cultural groups with their grant applications for cultural events and celebrations	1	Promotion and support provided to cultural groups	
		MSC Communications MSC CCW MSC Comm Dev MSC Arts MSC Libraries	Promotion of Council events, programs and funding opportunities into key languages where required	1-3	#programs and events promoted	
		Host and promote events that engage and acknowledge the LGBTQIA+ community	MSC Youth MSC Arts MSC Comm Dev Minus 18	Celebrate and promote IDAHOBIT and Pride Month including community activities	1-4	Celebration and promotion
			MSC CCW	Promote Midsumma and ChillOut festivals	1-4	Events promoted
Provide for disability access and inclusion within council strategies, venues and events	MSC Comm Dev	Develop the Disability Access and Inclusion Plan	1	Plan developed and endorsed		

CULTURE AND INCLUSION (continued)

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
		MSC Assets MSC Comm Dev MSC CCW MSC Recreation MSC Assets WHG Equality Advocates WHG - Disability	Audit existing Council facilities to identify disability accessibility improvements	2	#audits completed #facility improvements detailed within capital improvement plan
		MSC Comm Dev	Provision of Disability Awareness Week activities, and promotion of disability programs, activities and events	2-3	#activities and promotion
We recognise and embrace our First Nations people and communities	Support the development of a Reconciliation Action Plan	MSC CCW MSC Comm Dev First Nations Groups Best Start	Prepare a report for Council consideration to identify the scope and pathway to a Reconciliation Action Plan (RAP)	2-3	Report created
	Provide Council and community with opportunities to increase their understanding and knowledge of local Aboriginal culture and customs	MSC People and Culture MSC Health Promotion Aboriginal Corporations Aboriginal Housing	Provide Aboriginal cultural awareness/cultural literacy training for MSC Staff	1	#training modules developed # training delivered #participants
		MSC Arts and Culture	Expand opportunities for First Nations Cultural Heritage activation through the use of public art in community places	2-3	#opportunities provided
		MSC Comm Dev	List Aboriginal corporations on Council website	1	Aboriginal corporations are listed on Council website
		MSC Comm Dev MSC Early Years MSC Best Start	Celebrate and recognise Reconciliation Week, National Sorry Day, NAIDOC Week and National Aboriginal and Torres Strait Islander Children's Day	1-4	#events #participants
		MSC Comm Dev MSC Best Start MSC CCW MSC Libraries MSC Arts	Develop a Council working group to support First Nations cultural events, consultation and engagement	1	Working group established

HEALTHY EATING AND FOOD SECURITY

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
Moorabool residents are informed to make healthy food and drink choices	Promote food education models for schools, school canteens, early years services and parents	MSC Health Promotion Western Health MSC MCH VicHealth Kindergartens Schools	Provide schools, early years services and parents with information on food programs and guidance eg Stephanie Alexander Kitchen Gardens, Healthy Choices Guidelines, Australian Nutrition Standards	1-4	Information provided
		MSC Health Promotion MSC Youth	Promote the harms from energy drink consumption for young people	1	Promotion recorded
	Align Council catering with the Healthy Choices guidelines	MSC Health Promotion	Review Council's Healthy Catering Policy	1	Policy reviewed
Moorabool residents have skills and knowledge to cook affordable healthy food	Increase community capacity to cook affordable healthy food	MSC Health Promotion MSC Youth MSC Supported Playgroups Neighbourhood Houses Community Gardens First Nations People Cultural groups	Support cultural, seasonal and low cost food choices through information and cooking education eg playgroups, social support programs, youth programs, Neighbourhood Houses and community gardens	1-4	#programs Participant feedback
	Reduce food waste and increase education on food saving	MSC Environment Neighbourhood Houses	Provide education on food waste reduction and food saving techniques	3	Education provided
Moorabool residents have skills to grow food to improve health and food security	Support community gardens and skills workshops	MSC Comm Dev Community Gardens Cultural groups	Investigate partnerships and opportunities for new garden initiatives eg community gardens, garden boxes	4	Partnerships investigated
		MSC Health Promotion	Update website community directory listings for community gardens and gardening groups	2	Website updated
	Promote food programs and events	MSC Economic Development MSC Health Promotion Libraries Garden groups	Promote local food events and programs eg Harvest Festival, Strawberries and Cherries, Farmers Markets, Farm Gates, cultural events, Food Swaps, Seed Library, cooking demonstrations	1-4	#events and programs promoted

HEALTHY EATING AND FOOD SECURITY (continued)

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
Our food growing areas are preserved and supported to grow	Protect agricultural land from urban development	MSC Planning MSC Communications Department of Agriculture	Include advocacy for the protection of the Bacchus Marsh Irrigation District within the MSC advocacy document	2	Advocacy undertaken
Positive outcomes relating to breastfeeding are recognised	Support and resource breastfeeding	MSC MCH	Lactation and infant feeding support is offered through Council's Maternal and Child Health Service	1-4	%breastfeeding rates newborn and 6 months
		MSC MCH	Explore data to understand the contributors to low-birth weight babies in Moorabool	1	Data analysed
Moorabool residents are aware of and access food relief when they need it	Identify gaps and opportunities for food relief options	MSC Health Promotion Relief agencies Rural communities GPHU	Attend food relief agency networks and identify opportunities for additional food relief within Moorabool eg Second Bite program, expanded voucher system, school breakfast programs	1-3	Opportunities identified
	Promote and de-stigmatise use of foodbanks and relief options	MSC Health Promotion Local Services Network Food Relief Agencies	Create posters and social media de-stigmatising food relief including details of available services	2	Promotion materials created
		MSC Health Promotion	Update food relief options on Council's website and provide information through events and venues	1-4	Food relief options updated on Council website
Increase awareness of food services for older people		MSC Health Promotion	Map and promote available food services for older residents including community lunches and Meals on Wheels	2	Availability of food services shared with older residents

PREVENTION OF VIOLENCE AND COMMUNITY SAFETY

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
Public spaces are safe and accessible for all	Improve infrastructure to increase usage and improve safety	MSC Health Promotion MSC Environment MSC Recreation Disability Advisory Committee Ageing Advisory Committee WHG Accessibility for All	Undertake a QR code project for identified council facilities for users to provide feedback on user experience and safety	3	#users providing feedback
	Increase and sustain surveillance programs and police presence to reduce crime and improve safety	Neighbourhood Watch – Bacchus Marsh and Myrning MSC Comm Dev Victoria Police Department of Justice Neighbourhood Watch Victoria	Neighbourhood Watch – Bacchus Marsh and Myrning is facilitated, and additional Neighbourhood Watch groups are investigated	1	Active Neighbourhood Watch groups
		MSC Youth Victoria Police Department of Justice Berry Street	Engage with partners on programs supporting at risk young people	1-2	#partners #programs
Improved safety for people with disabilities accessing public and community spaces	Challenge attitudes that condone violence against women with disability	MSC People and Culture Women's Health Grampians MSC Health Promotion MSC Comm Dev	Deliver disability accessibility and violence prevention training for Council staff	1-4	%online modules completed
	Improve safety for people with disabilities, especially women, when accessing public and community spaces	Women's Health Grampians MSC Comm Dev	Support a disability awareness campaign including eg stickers for businesses so that people with disability can access safe spaces if they feel harassed or unsafe	2	#businesses displaying sticker
Awareness is raised about online safety for all (young people, women and men, seniors)	Facilitate cyber safety education for young people and their parents	MSC Youth Schools Victoria Police Women's Health Grampians Youth Action Group Social Q Parents Western Health	Facilitate and promote cyber safety education for young people including risks of sharing intimate images, sextortion, online dating risks, online safety and safe use of social media.	1-4	Community feedback
	Provide scams awareness education and information for older people	MSC Libraries MSC Comm Dev Consumer Affairs Vic Victoria Police ACCC COTA Australia Be Connected Seniors Online Vic	Promotion of resources and campaigns relating to scams	1-4	Promotion recorded

PREVENTION OF VIOLENCE AND COMMUNITY SAFETY (continued)

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
Council take an intersectional approach to addressing gender-based and other violence	Promote engagement with gender-based and other forms of violence prevention programs and campaigns	Women's Health Grampians	Promote programs including Accessibility for All training, Equality for All training and CoRE for community groups and organisations	1-4	%reduced rates of gender-based violence #uptake of CoRE among MSC groups
		MSC Health Promotion Cultural groups Disability groups MSC MCH MSC Arts MAPP Gallery	Provide and promote information on gender-based violence in community languages and in accessible formats	1 and 3	Promotion recorded
Train and equip council staff to recognise and provide referral support to people experiencing family violence		MSC – People and Culture Women's Health Grampians WRISC Berry St Safe Steps	Facilitate Bystander and Gender-Based Violence Training for Council staff and promote other available training	3	staff feedback #staff trained Pre and post training surveys
Provide training in LGBTQIA+ awareness to support the provision of safe and accessible programs and services within council		MSC People and Culture MSC CCW Minus 18 Tiny Pride	Safety and Accessibility Training is identified and provided by LGBTQIA+ organisations to Council staff	2	Staff feedback #staff trained
Engage with and promote prevention of gender-based and other forms of violence campaigns		MSC Health Promotion Women's Health Grampians MSC- Arts MSC- Libraries MSC Comm Dev MSC People and Culture	Provide activities and promotion for gender-based prevention campaigns including the 16 Days of Activism, MSC Stand With Us campaign, International Women's Day, Are You Safe at Home? Day, Elder Abuse Awareness Day	1-4	# posts created # events and attendance
		MSC Health Promotion MSC Communications	Social media is used to raise awareness of the increase in domestic and family violence following sporting events, public holidays and during pregnancy, and information on available support services and helplines	1-4	#posts and reach
Communities have access to programs, information, services and support	Provide accessible information and services for people who identify as LGBTQIA+	MSC Youth Tiny Pride - Ballarat Rainbow health MSC MCH	Co-design information with young LGBTQIA+ people and distribute through services, community groups and LGBTQIA+ community and allies	1-2	Promotion recorded

REDUCING HARMFUL ADDICTIONS

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
Moorabool community is aware of the health impacts from alcohol consumption	Increase education and responsible service of alcohol (RSA) training for sports clubs, community groups and young people	Western Health LDAT Sports Clubs Community groups GPs	Deliver two sessions of Local Drug Action Team training for young people (alcohol and other drugs, vaping)	1	#attendance
		MSC Recreation Sports Central Australian Drug Foundation	Promote the Good Sports program and Responsible Service of Alcohol training to sports clubs	1-2	#Good Sports Clubs
Moorabool shire supports healthy social lifestyles	Minimise impacts of harmful industries within council facilities	MSC Health Promotion MSC Recreation Recreation Reserves Sports Clubs	Council to consider the Draft Sports Club Alcohol and Gambling Harm Reduction Policy	1	Policy considered by council
Parents have support to understand the influence of gambling on children	Inform parents about potential exposure of their children to gambling apps	MSC Health Promotion MSC Early Years MSC Youth	Identify and promote programs and information about online safety and gambling harms for children to parents	3	Promotion recorded
Moorabool adults are aware of available support services for addictions	Share addiction support service information	MSC Health Promotion MSC Comm Dev Western Health GPHU	Promotion of gambling, drug and alcohol, tobacco and vaping support service information through social media, community venues, events, groups and Council website	1-4	Promotion recorded
Increased awareness of harms from tobacco and vaping	Increase harm reduction education in schools and through health programs	Western Health MSC Health Promotion GPHU MAST	Promote and support schools to engage with the Seeing Through the Haze program	1	#schools #students Student campaign resources developed
		Western Health WH Midwifery MSC MCH GP Clinics BADAC QUIT Cancer Council	Provide and promote education and information about harms from tobacco and vaping during pregnancy and antenatally	1-4	%women smoking in first 22 weeks pregnancy
The community is aware of smoking and vaping free spaces	Enforce playgrounds and community spaces as smoke and vape free environments	MSC Environmental Health MSC Health Promotion MSC Landscaping MSC Assets	Audit venues and install smoking/no vaping signage - including playgrounds, early years services and recreation reserves and promote the relevant legislation	1-2	Audit undertaken #signs installed
		MSC Environmental Health	Implement site inspections for compliance with smoking/vaping legislation	1-4	#inspections %compliance

HOMELESSNESS

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
Homelessness and housing insecurity within Moorabool Shire is understood	Support information-sharing between Council and homelessness services	MSC Health Promotion MSC Compliance HOPE ST CAFS Orange Door Material aid providers Real Estates Neighbourhood Houses MSC Libraries MSC Customer Service	Council establishes an internal data collection method to record interactions with homeless people seeking support and communicates with homelessness services to understand local need	1	#forms developed
		Homeless Services Network MSC CCW MSC Health Promotion MSC Planning MSC Compliance MSC Public Health	Set up a local network with bi-monthly/quarterly meetings to share information and inform strategies and actions around homelessness in Moorabool	1-2	#meetings held
Services to support people experiencing homelessness are available	Investigate options for additional services for the homeless available to people in moorabool	Homeless Services Network MSC Health Promotion CAFS MSC Recreation	Identify additional spaces available and options for homeless people within Moorabool eg showers, food bus, pop-up services, outreach into high volume spaces, storage options, material aid, emergency accommodation	1-2	#local agencies have a referral protocol/process
Moorabool Council staff understand the signs of homelessness and how to connect people experiencing homelessness with support services	Increase capacity of council staff to refer people to homelessness services	Homeless Services Network MSC Health Promotion MSC Compliance Council for Homelessness Persons Local Services Network CAFS - access point Hope St Neighbourhood Houses	Map current homelessness services and referral options including diversity services supporting people across Moorabool and develop a handy card and website information for staff and community	1	Resource developed #resources distributed
		Homeless Services Network MSC Health Promotion MSC Youth MSC Compliance MSC People and Culture Homelessness services - Hope St, CAFS	Council engages with homelessness services to develop a training module for all staff on identifying and supporting people experiencing homelessness or at risk of becoming homeless	2	#training sessions delivered Increased staff knowledge and confidence
Access to social and public housing is increased for moorabool residents	Develop an affordable housing policy which responds to the needs of social housing within the shire	MSC CCW MSC Community Planning and Development Housing Services	Develop a Housing Policy to respond to social and affordable housing challenges within the municipality	2-3	Policy created #increase community/social housing planning permits issued %of social and affordable dwellings in developments

PUBLIC HEALTH AND HEALTH LITERACY

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES	
Sexual and reproductive health is normalised and de-stigmatised	Condom vending machines are accessible in public venues including libraries and recreation facilities	Women's Health Grampians MSC Health Promotion	Audit of accessibility of condoms within Moorabool community and identify locations and options for self-sustaining vending machines in community spaces	1-2	Audit complete Decreased rates of STIs #usage of machines	
	Sanitary products are available in moorabool venues to reduce period poverty	Department of Families Fairness and Housing MSC Libraries MSC Health Promotion	Council Libraries have machines installed and serviced through a State Government initiative providing free tampons and pads	1-2	#machines #products dispensed	
	Local referral pathways for sexual and reproductive health are accessible and easy to find		Women's Health Grampians MSC Health Promotion Western Health- Sexual Health clinic GP Clinics	Identify gaps and opportunities to improve local health services connection to 1800MyOptions and promote through Council venues, health services, toilet door campaigns, youth services	1 and 3	Increase in health literacy and support Increase in access to services
			MSC Health Promotion Women's Health Grampians Disability Services Cultural Groups BADAC Retirement Homes Seniors Week Event	Promotion of sexual and reproductive health services in accessible formats to diverse communities through e.g. youth events, seniors' events	2-3	
Moorabool families have increased awareness of the benefits of immunisation and improved uptake of vaccinations across the lifespan	Communicate about vaccine schedules and vaccine benefits for children and adults	MSC Public Health MSC Health Promotion Women' Health Grampians GPHU MSC Communications MSC EY/Youth Schools GP Clinics	Information is communicated in accessible formats and community languages about childhood, youth and adult vaccinations including seasonal vaccinations	1-4	%uptake of childhood vaccines Migrant vaccinations are up to date %uptake of the HPV vaccine	
		MSC Public Health MSC MCH MSC Health Promotion Western Health GP Clinics	Undertake community consultation through MCH service to understand barriers for families to vaccinations and identify ways to improve uptake	2	Consultation findings	

PUBLIC HEALTH AND HEALTH LITERACY (continued)

OUTCOME	STRATEGIES	STAKEHOLDERS	ACTIONS	YEARS	MEASURES
Improved uptake of regular health screening	Promote breast, bowel and cervical screening	MSC Health Promotion Women's Health Grampians GPHU GP clinics	Promotion of health screening for men through social media, Men's Health Week, men's sheds, service groups, seniors' centres and seniors' month.	1-4	%uptake of health screening
		MSC Health Promotion Women's Health Grampians GPHU GP clinics	Promotion of health screening for women and targeting women 50+ years through social media, Women's Health Week, service groups, seniors' centres and Seniors'Month	1-4	%uptake of health screening





(2021) People aged 75+

- 76% owned a smartphone
- 41% used social media
- 81% used email



(2022) People who reported high or very high levels of psychological distress Moorabool 23.1% (Vic 23.5%)

(2021) 49.5% of LGBTQIA+ young people reported being diagnosed with generalised anxiety disorder or depression

Mental Health and Resilience



15% men, 17% women 65+ experience loneliness (2022)
53% of LGBTQIA+ older people experience loneliness



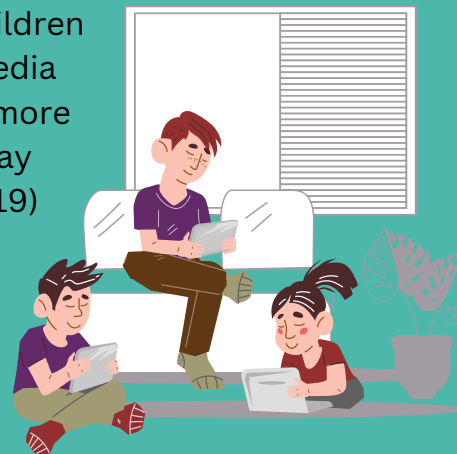
People with disability aged 15-64

- 28% experience loneliness (16% without disability)
- 17% experience social isolation

(2022) People who reported they had a mental health condition including depression or anxiety Moorabool 10.2% (Vic 8.8%)



(2021) 32.5% of children used electronic media for recreation for more than 2 hours per day (doubled since 2019)



(2021) only 47.3% of children met the physical activity guidelines (62.2% 2013)

- 22% of Victorian children are overweight or obese
- 50% of Victorian adults aged 18-24 are overweight or obese
- 65% of Victorian adults 25 and over are overweight or obese

Physical Activity



68% of retired women are considered “inactive” or “somewhat active”



Walking and bushwalking are the top 2 active recreation activities for women and girls in Moorabool

- Women walking 73%
- Girls walking 45%
- Women Bushwalking 37%
- Women jogging/running 24%

Falls account for 36.3% of emergency department presentations



Moorabool babies fully breastfed on discharge from hospital

2021-2022 (74.5 %)

2022-2023 (71%)

2023-2024 (72.6%)



Fully breastfed at 6 months of age

2021-2022(16.7%)

2022-2023 (17%)

2023-2024(17.4 %)



(2022) 8.1% of Victorian adults ran out of food and could not afford to buy more (5.8% 2019)

(2020) 5.7% of Moorabool residents ran out of food and couldn't afford to buy more

(2022) Experienced severe food insecurity (metro 7.1%)

Rural women 12.6%,

Rural men 9.9%



Food and Food Insecurity

In Victoria

- 35% know where to get help for food insecurity
- 32% believed others had greater need
- 45% too were too embarrassed to seek help



People in Moorabool accessing Foodbank

- 2022- 398 adults (77 new visitors)
- 2023 - 450 adults (85 new visitors)

13% increase



Family violence incidents in Moorabool

- 2021-22 (488)
- 2022-23 (544)

an increase of 8.8%



Family violence incidents increase during and after a crisis or natural disaster



Children were present at 40.6% of family violence incidents



Prevention of Violence and Homelessness

Increased rates of domestic violence have been associated with major sporting events, and public holidays

(2022) 244 female and 143 male clients accessed homelessness services in Moorabool



86 people were recorded as homeless on census night 2021 in Moorabool

- 25 (29%) were aged 0-14

14.8% of Australians aged over 65 years report experiencing elder abuse, with only 1/3 seeking assistance



Women are at increased risk of experiencing violence from an intimate partner during pregnancy



Women often experience multiple incidents of violence across their lifetime



Increase in Vaping
 14+ yo 1.4% (2018) 8.9%(2023)
 14-17 yo 0.8% (2018) 14.5% (2023)
 18-24 yo 2.% (2018) 19.8% (2023)

1/4 of all current e-cigarette users
 have never smoked (Vic 2022)



Moorabool
 Electronic Gaming Machine losses
 2022/2023 14.50 million
 2023/2024 10.39 million

Victorian adults gambling online
 19% in 2018/19
 23% in 2022/23



Sports betting is five times higher
 among men than for women

Adults who smoke daily
 Moorabool 13.8% (Vic
 12%) higher in men than
 women



Mothers who smoked in
 first 20 weeks of
 pregnancy Moorabool
 12.1% (Vic 8%)

Harms from vaping, tobacco, alcohol and gambling

31% of Victorian
 secondary-school
 children have gambled
 in the past



3 in 5 adults consume
 alcohol at a lifetime risk
 of harm
 Moorabool 67.2%
 (Vic 59.5%)



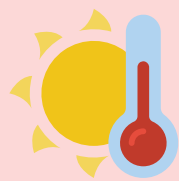
Ambulance attendances
 (2021-2022) Moorabool

- Alcohol related 111
 (3rd highest in the
 Grampians Region)
- Illicit drug related 61
 (2nd highest in the
 Grampians Region)

55% of Australian
 children aged 11 – 16
 recall seeing gambling
 ads on social media



Moorabool has 3 out of 11
 Victorian towns who are
 rated as extreme areas for
 bushfire, and 12 towns
 rated at high to very high
 risk



Average annual temperature
 has increased in Victoria by
 1.2 °C since 1910

Climate Change

Over the past 30 years,
 Victoria's cool season
 rainfall has declined

(2024) Council
 distributed 4,900 native
 plants to the community

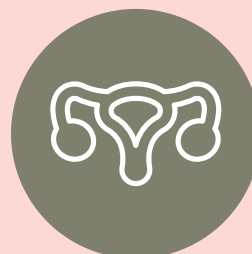
(2023 and 2024) Council
 provided free green
 waste disposal to assist
 households prepare for
 fire season



(2023)89.92% of 5yo
 Moorabool children
 were fully immunised
 (93.83% Vic)

Victorian Aboriginal
 children's immunisation
 rates increased from
 86.7% in 2011 to 95.44%
 in 2023

Immunisation, Health Checks and Sexual and Reproductive Health



Cervical screening
 rates for females aged
 25-74 Moorabool was
 highest in Grampians
 Region at 45.9% but
 below Vic 47.4%





Data Informing the Action Plan

Data from available sources was used to identify need and inform the decisions made regarding the outcomes, strategies and actions within the Plan. The following data provided some of the rationale for actions identified within the Plan.

Healthy Eating and Food Security

9% women and 2% men meet the recommended guidelines for vegetable consumption. Only 40% meet fruit consumption guidelines (Victorian Public Health and Wellbeing Plan 2023-2027)

Proportion of children who were born with low birthweight. Moorabool 8.3% (highest in Grampians Region) Vic 6.7% (PHIDU, 2023 Children's Health Indicators by LGA)

Food insecurity in pregnancy is linked to low birth weights, poor outcomes for children and chronic disease in later life (Queensland University of Technology Food Insecurity Study 2022)

Proportion of infants breastfed exclusively to 3 months (2nd highest in Grampians Region, Moorabool 64.3%) Vic 63.4% (PHIDU, 2023 Children's Health Indicators by LGA)

In 2021-2022 there were 506 Births in Moorabool. On discharge from hospital 377 babies were fully breastfed (74.5%), and at 6 months 85 (16.7%) were fully breastfed. (MCH CDIS)

In 2022-2023 there were 480 Births in Moorabool. On discharge from hospital 342 (71%) babies were fully breastfed, by 6 months 82 (17%) were fully breastfed. (MCH CDIS)

In 2023-2024 there were 471 births in Moorabool. On discharge from hospital 342 babies (72.6%) were fully breastfed, by 6 months 82 (17.4%) were fully breastfed. (MCH CDIS)

5.7% of Moorabool residents ran out of food and couldn't afford to buy more (Victorian Public Health and Wellbeing Outcomes Dashboard 2020)

In 2022 8.1% of adults ran out of food and couldn't afford to buy more. Higher for young adults, Aboriginal adults, low income and higher psychological distress (Victorian Population Health Survey 2022)

13% increase in people accessing the Neighbours Place Foodbank in Bacchus Marsh between 2022 and 2023 (Neighbours Place)

Locals accessing the Soul Food free lunch increased from 2800 meals in 2020 to 8945 meals in 2024 (Soul Food) Bacchus Up to Pay it Forward local Moorabool food vouchers distributed – 2021 (470) 2023 (774) (BUTPIF)

32% believed others had greater need, 45% too embarrassed to access food relief (Foodbank Report 2023)

Mental Health and Resilience

Questions about mental health and wellbeing were asked within the Moorabool Health and Wellbeing Plan consultation survey 2025. Responses included:

- Mental Health was selected as an issue that was important by 73% of respondents
- Community connection was selected as an issue that was important by 60% of respondents. 88% felt being connected to community was important. 37% feel socially connected to community, 29% sometimes socially connected, and 24% didn't feel connected
- Loneliness was selected as an issue that was important by 37% of respondents
- Cost, timing of groups and activities and not being aware of what is available were cited as reasons for not attending groups
- 53% of respondents were concerned about the effects of climate change on their health and wellbeing, including mental health

23% of Moorabool Adults reported high or very high psychological distress. (Victorian Agency for Health Information, 2022)

Young people had highest rates of mental illness and most at-risk-of barriers. Young people reported barriers – 60% cost, 42% previous negative help-seeking experiences, 39% unable to find or access suitable service, 31% stigma or fear of discrimination (Black Dog Institute – Navigating Australia's Mental Health System in 2024 Consumer Report)

38% young people extremely or very concerned about coping with stress (2023 Mission Australia Annual Youth Survey)

More young women 16-24 years are experiencing mental health disorders (46% 2020-2022, 29% 2007) (National Report Card 2023 – Monitoring the performance of Australia's mental health system)

88% of LGBTQIA+ youth believed there was not adequate support (spaces, groups, events and resources) for them in their community and region, outside of school (2020 Queer Out Here Report, Minus 18)

63.8% of LGBTQIA+ young people reported having ever been diagnosed with a mental health condition (2021 Writing Themselves In 4, La Trobe University)

Men were less likely to seek help for their mental health, and report stigma as a barrier to help seeking (Black Dog Institute- Navigating Australia's Mental Health System in 2024 Report)

28% of people with disability experience loneliness (16% without disability) (Australian Institute of Health and Welfare – People with Disability in Australia 2022)

People reporting mental health conditions including depression or anxiety in Moorabool 10.2% (Vic 8.8%) (ABS 2023)

Reducing discrimination and promoting social inclusion is critical to improving the wellbeing of people living with mental illness and promoting better mental health across society. Most reported reasons for discrimination for people with mental health conditions include gender, disability and age (National Report card 2023 – Mental Health)

14% of people in Moorabool volunteered in the previous 12 months (Census 2021)





Being Active

Questions to understand behaviour and infrastructure were asked within the Moorabool Health and Wellbeing Plan consultation survey 2025. Responses included:

- Walking paths and trails, local parks and reserves and swimming pools were facilities selected as highest for maintaining physical and mental wellbeing
- 72% of respondents indicated they participate in active recreation
- 37% of respondents travel outside of Moorabool for sports or other recreation
- 72% of respondents reported that feeling safe would help them to increase their levels of physical activity
- What could encourage you to walk more often? Responses to this question included walking trails along rivers and parks (58%) Knowing where local trails are located (56%) Better lighting (54%) Completed footpaths (55%)

In 2021 32.5% of children used electronic media for recreation for more than 2 hours per day. Doubled since 2019 (Victorian Child Health and Wellbeing Survey)

In 2021 47.3% of children met the physical activity guidelines (62.2% in 2013) (Victorian Health and Wellbeing Survey 2021)

Falls account for 41% of injury related deaths in Victoria, 49% of hospital admissions and 36.3% of emergency department presentations (Victorian Public Health and Wellbeing Plan 2024-2027)

1 in 3 Victorians said lack of lighting was a barrier to walking more (VicHealth Covid bike and walk survey 2020)

The top active recreation activities in Moorabool for women (walking 73%, bushwalking 37%) and girls (walking 45%) (Moorabool Female Friendly Sport and Recreation Participation and Infrastructure Strategy 2022-2032)

68% of retired women are considered inactive or somewhat active (Moorabool Female Friendly Sport and Recreation Participation and Infrastructure Strategy 2022-2032)

Culturally and linguistically diverse Victorians do less physical activity (Victorian Population Health Survey 2020)

90% of women and 66% of men said gender inequality is still an issue in sport that needs to be fixed. 9/10 people believe there should be more effort to promote girls continued involvement in sports through their teens. More than 50% of people who play community sport have seen or experienced gender imbalance - 56% sexist language and 55% sexist jokes. (Change our Game – State of Play Report 2022-2023)



Climate and Environment

Questions about climate change were asked within the Moorabool Health and Wellbeing Plan consultation survey 2025. Responses included:

- 53% of respondents are concerned about climate change on their health and wellbeing, including food and water, bushfires and other disasters, air quality, heat and sustainable energy
- 59% of respondents have an emergency and evacuation plan
- 62.5% of respondents value respite centres to stay cool/warm, 58.5% think we should provide workshops for preparedness for disasters, 57% believe community connections and places to gather are important
- Respondents identified renewable energy options, increased recycling and waste options, subsidies and lower costs, trees and environments for wildlife, and protection of our agricultural areas to address climate change

67% of Victorians are concerned about climate change 68% want more information on how to protect health as climate change impacts increase (State of Sustainability Report, Sustainability Victoria 2023)

Stressors including the Covid-19 Pandemic, greater frequency and severity of natural disasters and social and economic conditions, have led to an increase in the number of people experiencing poor mental health and wellbeing (Victorian Public Health and Wellbeing Progress Report 2023)

The climate of Victoria is projected to continue to change over the coming decades, with an increase in fire seasons and high fire danger days, extreme rain events and decreased rainfall (climatechangeinaustralia.gov.au)

Moorabool has 3 out of 11 Victorian towns which are rated as extreme areas for bushfire, and 12 rated at high to very high risk (Victorian Fire Risk Register)



Public Health and Health Literacy

45% of females aged 18-23 reported using condoms (Australian Institute of Health and Welfare 2024)

2021, rate per 10,000 women with Chlamydia 15.4 Moorabool, 11.6 Grampians, 16.3 Vic (Women's Health Atlas 2024)

Rates of women seeking sexual and reproductive health services exceeds the availability of number of service providers within Moorabool (Women's Health Atlas 2024)

Breast screening rates for females aged 50-74 Moorabool 46% Vic 46.5% (PHIDU 2023)

Bowel screening rates for people aged 50-74 Moorabool 46.8% Vic 46% (PHIDU 2023)

Cervical screening rates for females aged 25-74 45.9% Moorabool 47.4% Vic (PHIDU 2023)

Decrease in immunisation rates in Moorabool at 5yo (97.04% 2022) (89.92% 2023) (Vic 93.83 2023) (Department of Health and Aged Care, childhood immunisation coverage)

Inconsistent HPV vaccination rates across Moorabool postcodes in 2022/2023 (Department of Health and Aged Care, childhood immunisation coverage)

Parental barriers to immunisation include lack of information/disinformation, gap fees, timing of appointments with vaccination requirements, prior experiences with providers (MSC New Parent Group feedback 2024)



Culture And Inclusion

What should Council consider to support cultural groups in Moorabool? was included as a question within the Moorabool Health and Wellbeing Plan consultation survey 2025. Themes included communication, consultation, support for First Nations people, services, attitudes and inclusion, programs and facilities, and celebration.

Rates of psychological distress are higher for Aboriginal people than the general population (Victorian Population Health Survey 2020)

Moorabool and Macedon are home to a higher proportion of Aboriginal children and youth than the rest of the NWMPHN region (North West Melbourne PHN 2021)

Moorabool Aboriginal population 1.5% (1.0% Vic) (Census 2021)

1.9% of Moorabool residents are from India (Census 2021)

Homelessness

35% of respondents were concerned about homelessness (Moorabool Health and Wellbeing Plan consultation survey 2025)

72% of rural/regional Councils reported an increase in homelessness (MAV Homelessness Survey 2024)

Homelessness concerns to rural/regional Councils included sleeping on streets/parks and in vehicles (MAV Homelessness Survey 2024)

Less than 1% of housing is affordable to a single person on Centrelink benefits or a pension (Anglicare Rental Affordability Snapshot 2024)

244 female and 143 male clients accessed homelessness services in 2022 in Moorabool (Australian Institute of Health and Welfare 2022)

In 2021 only 2.1% of housing in Moorabool was social housing (2.9% Victoria)



Prevention of Violence and Community Safety

Questions relating to prevention of gender-based violence and safety were asked within the Moorabool Health and Wellbeing Plan consultation survey 2025. Responses included:

- 61% of respondents would know where to access services for help with family violence
- 67% of respondents were concerned about online influencers targeting young people with toxic masculinity, 62% regarding gender stereotypes
- Lighting improvement, services and safe places, youth support and engagement, safer walkable paths and tracks, improved surveillance, police presence, discrimination, animals and antisocial behaviour were some of the themes that emerged from survey participant's feedback as issues relating to prevention of violence

Prevalence of gendered violence in Moorabool (Crime Statistics Victoria Family Violence Dashboard)

- 2021/22 488 Incidents of family violence
- 2022/23 544 incidents of family violence
- 67.5% female victims, 32.4% male victims (all ages)
- Children present at 40.6% of Family Violence incidents
- 441 Family Violence Intervention Orders. Breaches of Family Violence Intervention Orders in Moorabool (311 in 2022/23)

45% of adults with disability have experience violence since the age of 15. 22% have experienced disability discrimination (Australian Institute of Health and Welfare – People with Disability in Australia 2022)

Women from migrant and refugee backgrounds are particularly vulnerable to financial abuse, reproductive coercion and immigration related violence including withholding documents, threats or visa cancellations or deportation (Commission for Gender Equality 2020)

There is a clear link between a major sporting event such as the AFL Grandfinal and an increase in domestic violence. Increased rates have also been associated with events such as public holidays, seasonal variations, disasters and economic crisis. (La Trobe University, Major sports events and domestic violence: A systemic review, Dr Kirsty Forsdike, 2024)

In 2021 76% of people over 75 years owned a smartphone, 41% used social media, 81% used email (Australian Communication and Media Authority)

Youth crime - Number of Alleged Offender Incidents, by Age and Municipality: year to June 2024 [Moorabool]. (Crime Statistics Agency Victoria – Jun 2024 Alleged Offender Incidents)

- 10-17 years, 82
- 18-24 years, 139



Reducing Harmful Addictions

53% know how to find support services for people for people with drug and alcohol addictions (Moorabool Health and Wellbeing Plan consultation survey 2025)

48% concerned about alcohol harms (Moorabool Health and Wellbeing Plan consultation survey 2025)

17 sports clubs and 3 community groups undertook RSA training in Moorabool in 2024

67% adults in Moorabool consume alcohol at levels with a risk of lifetime harm (59.5% Vic) (Department of Health 2022)

Exposure to alcohol marketing increases young people's consumption and drinking earlier (Under the Radar Report, VicHealth, 2020)

12.1% of women smoke within the first 22 weeks of pregnancy in Moorabool (8% Vic) (Victorian Population Health Survey 2020)

6.2% of people in Moorabool vape daily/weekly/monthly (Cancer Council 2022/23)

14-17 year olds vaping 14.5% in 2023 (Cancer Council 2023)

10.3M in Electronic Gaming Machine losses in Moorabool 2023/34 (VGCCC.vic.gov.au)

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