

# Borough of Queenscliffe

## Health and Wellbeing Action Plan 2023–2025



## **Background**

The Borough of Queenscliffe and its stakeholders play a vital role in protecting, improving, and promoting public health and wellbeing within the municipal area. The *Public Health and Wellbeing Act 2008* sets out the statutory framework for Council's health and wellbeing responsibilities.

Council's aim is to achieve the highest standards of health and wellbeing for the members of our community, from early childhood to adolescence and youth, to adulthood and ageing. Good health and wellbeing lead to positive outcomes such as increased life expectancy, reduced disease and illness burden, greater community participation, and a stronger economy.

Our plan is part of a shared vision for the state, 'where we have a Victoria that is free of the avoidable burden of disease and injury and where all Victorians can enjoy the highest attainable standards of health, wellbeing and participation at every age' (Victoria Public Health and Wellbeing Plan 2019-2023, State of Victoria 2019).

## **What is a Health and Wellbeing Action Plan?**

A Health and Wellbeing Action Plan is a plan that lists priorities and actions for implementation by Council that will protect, improve and promote health and wellbeing within the community of Queenscliff and Point Lonsdale.

The Health and Wellbeing Action Plan lists the work Council will undertake to address the health and wellbeing priorities identified in the Municipal Health and Wellbeing Plan that was integrated into the 2021 – 2025 Council Plan. The priorities in the Municipal Health and Wellbeing Plan were developed by:

- Examining data for health status and health determinants in the Borough of Queenscliffe.
- Identifying goals and strategies for creating a community in which people can achieve maximum health and wellbeing.
- Involving the community in the development of the plan.
- Developing partnerships with the Department of Health and other agencies to identify common issues and State priorities.

The 2021 – 2025 Council Plan and the integrated Municipal Health and Wellbeing Plan was subject to community consultation, and review by internal and external stakeholders including the Department of Health.

This process of review, analysis and consultation resulted in Council identifying the following health and wellbeing priorities for the Borough of Queenscliffe:

- Tackling Climate Change and its impact on health
- Increasing active living
- Improving mental health and social connection
- Reducing harmful alcohol and drug use
- Prevention of family violence and promotion of gender equality

## **Health and Wellbeing in the Borough of Queenscliffe**

### **What we already do and will keep doing**

The Borough of Queenscliffe provides a range of activities and services that contribute to the enhancement of health and wellbeing in our community. These include:

- ***Aged and Disability Services:***
  - Our community care team support independent living and active and physical ageing.
- ***Arts, Culture and Tourism:***
  - Facilitation and support for events that enable physical and psychological wellbeing.
- ***Environmental Health:***
  - Provision of safe and healthy food through food safety audits, regular food business inspections and education
  - Infectious disease outbreak investigations
  - Localised Mosquito control
  - Tobacco control activities to reduce the prevalence of smoking
- ***Parks, Open Space and Project Management:***
  - Creation, maintenance and enabling of environments that are conducive to health and wellbeing
  - Maintenance and provision of sporting infrastructure

Council also plays a role in collecting and sharing information about health and wellbeing initiatives in the area. Council uses its various platforms, including the Town Hall and the Queenscliffe Cultural Hub, to display flyers and posts about health and wellbeing programs and activities.

### **Health and Wellbeing Actions 2022–2025**

The following table sets out the actions that Council will undertake over the next three years. The actions are linked to the health and wellbeing priorities established in the 2021 – 2025 Council Plan.

A number of health and wellbeing actions were incorporated into the Council Plan; those actions have been included in the table below.

Priority <b>Tackling Climate Change and its impact on health</b>		
Action	Health outcome	Notes
Reduce greenhouse gas emissions	Less respiratory disease	<ul style="list-style-type: none"> <li>• The Health and Human Services Climate Change Adaptation Plan 2022– 2026 identifies a number of health co-benefits that result from climate change mitigation activity</li> <li>• Council is actively pursuing initiatives that reduce carbon emissions:                             <ul style="list-style-type: none"> <li>○ Moving to EV fleet</li> <li>○ Purchase of renewable energy</li> <li>○ Installation of solar panels on Council assets</li> </ul> </li> <li>• Implement Borough of Queenscliffe Climate Emergency Response Plan</li> </ul>
Increase tree canopy cover	Reduce urban heat impacts Improve air quality	<ul style="list-style-type: none"> <li>• Tree canopy cover increase incorporated into Vegetation Management Strategy as a key objective</li> <li>• Council supporting community planting initiatives</li> <li>• Council has increased annual planting</li> <li>• Implement Borough of Queenscliffe Climate Emergency Response Plan</li> </ul>



Implement the Borough of Queenscliffe Heat Health Plan	Minimise the health impacts of heat waves on local community	<ul style="list-style-type: none"> <li>• Distribute extreme heat information to our community</li> <li>• Monitor impacts of extreme heat on vulnerable people in our community</li> </ul>
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Priority <b>Increase Active Living</b>		
Action	Health outcome	Notes
Provide connected and accessible walking and cycling network	Reduced instances of obesity Improved mental health	<ul style="list-style-type: none"> <li>• Implement Council’s Active Transport Strategy</li> <li>• Investigate attraction of exercise related events in the Borough</li> <li>• All infrastructure is maintained or upgraded to be fit-for-purpose</li> </ul>
Maintain and enhance public spaces	Increased physical activity Improved mental health	<ul style="list-style-type: none"> <li>• All infrastructure is maintained or upgraded to be fit-for-purpose</li> </ul>
Support Bellarine Community Health (BCH) active living initiatives and programs	Reduced instances of obesity Improved mental health	<ul style="list-style-type: none"> <li>• Council to partner with BCH and other preventative health providers</li> </ul>

Priority <b>Improving Mental Health and Social Connection</b>		
Action	Health outcome	Notes
Establish a Disability Lived Experience Reference Group (DLERG)	Improved mental health	<ul style="list-style-type: none"> <li>• Incorporated into Council program</li> <li>• Allocate resources to support DLERG</li> </ul>

Support community events	Improved mental health	<ul style="list-style-type: none"> <li>Promote volunteering and positive inclusion programs such as Refugee Week and Volunteer Week.</li> <li>Connect and communicate health and wellbeing initiatives across organisations targeting vulnerable populations (newsletters, publications, website and email).</li> </ul>
Provide community grants to organisations that encourage community involvement and social support	Improved mental health	<ul style="list-style-type: none"> <li>Encourage volunteering, community participation and social connections.</li> </ul>
Support Queenscliffe Neighbourhood House (QNH) initiatives	Improved mental health	<ul style="list-style-type: none"> <li>Council to partner with QNH and other providers of community social connection opportunities</li> </ul>
Develop a Reconciliation Action Plan	Improved mental health	<ul style="list-style-type: none"> <li>Project underway and Reconciliation Action Plan under development</li> </ul>

Priority		
Reducing harmful alcohol and drug use		
Action	Health outcome	Notes
Support preventative health provider education and awareness initiatives.	Reduced lifetime risk of alcohol and drug harm	<ul style="list-style-type: none"> <li>Council to partner with BCH and other preventative health providers</li> <li>Use of Council communication channels to raise awareness and promote education opportunities</li> </ul>

Priority <b>Prevention of family violence and promotion of gender equality</b>		
Action	Health outcome	Notes
Create a Gender Equality Statement of Commitment	Improved mental health Reduced risk of physical harm	<ul style="list-style-type: none"> <li>Mayor, Councillors and community leaders to raise awareness on gender equity and respectful relationships through the public forums.</li> </ul>
Implement the objectives and provisions of the Gender Equality Act 2020	Improved mental health	<ul style="list-style-type: none"> <li>Develop a whole of organisation approach to gender equity and respectful relationships</li> </ul>
Support, participate and implement G21 Respect 2040	Improved mental health Reduced risk of physical harm	<ul style="list-style-type: none"> <li>Contribute to the delivery of the strategic plan for prevention and addressing violence against women and children in the G21 region</li> </ul>
Support Queenscliffe Neighbourhood House (QNH) initiatives	Improved mental health	<ul style="list-style-type: none"> <li>Council to partner with QNH and other providers of gender equality promotion opportunities</li> </ul>

## **Implementation**

Council will review the Action Plan annually in order to incorporate specific actions into the Annual Plan and the annual budget.

The priorities and actions contained identified annually or across the life of the Action Plan will be implemented through:

- Internal business units within Council as part of their operations and projects.
- In collaboration and shared responsibility with external partnerships

Progress on implementation will be reported through the Annual Report and quarterly reporting on the implementation of the Annual Plan.