Moving Forward

OUR APPROACH TO PROMOTING HEALTH

At Djerriwarrh Health Services we believe health promotion empowers individuals, families and communities to better understand our shared roles in creating health for all. We have had a strong history of working in partnership with our community to promote health and wellbeing. Ideally placed, Primary Health Services like Djerriwarrh Health Services have a key role in leading community based health promotion action.

Community Health has a unique and integral role in linking individuals with the treatment sector and creating opportunities to build stronger and equitable health promoting settings. At Djerriwarrh Health Services this has resulted in facilitating partnerships with our community to address the broader determinants of health and re-orienting health services towards a stronger prevention focus.

We are guided by the social model of health and Ottawa Charter as the cornerstones underpinning the organisation’s approach to health promotion. The social model of health addresses the broader determinants of health and fosters inter-sectoral collaboration to reduce social inequities and empower individuals and communities to achieve better health and wellbeing (VicHealth, 2013).


DJERRIWARRH HEALTH SERVICES’ 2017 TO 2021 PREVENTION PRIORITIES AND PROJECTS

Through community consultations conducted between 2014 and 2017, approximately 2,029 data sources and responses have been collected across all DjHS Health Promotion project areas. The community consultations, evaluations of 2013 to 2017 projects and local data have informed the Health Promotion projects moving forward.

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HEALTH PROMOTION MISSION STATEMENT

We will work in collaboration with our community to ensure health is understood, valued and prioritised.
Linking Melton South has worked with the community to identify priorities for Melton South residents and how to work together to address them. Through community consultations focused in the Melton South area between 2014 and 2017, approximately 1,136 data sources and responses have been collected. Throughout this process, staff have gained some insight into what Melton South is like as a place to live, work, learn, and play. Our conversations with the community have also uncovered the means by which residents and local organisations would like to be involved in realising their vision for a stronger, more vibrant and connected community where people live, work, learn, and play. The Health Promotion team will continue to work in partnership with the community to realise their aspirations for the future.
Moorabool Shire data has been sourced from the Central Highlands Primary Care Partnership Moorabool Shire Health and Wellbeing Snapshot 2017; Moorabool Shire Council 2017; Moorabool LGA Profile 2011; VicHealth Indicators Survey 2015. Melton data has been sourced from the VicHealth Indicators Survey 2015; Results - Melton LGA Profile.

**DEMOGRAPHICS**

**Moorabool Shire**
In 2016, 31,818 people resided in Moorabool, 49.5% male and 50.5% female. 316 identified as Aboriginal or Torres Strait Islander. 19.4% were born overseas with 7.8% non-English speaking households.

**City of Melton**
In 2016, 135,443 people resided in Melton, 49.4% male and 50.6% female. 1,288 identified as Aboriginal or Torres Strait Islander. 29.9% were born overseas with 32.2% non-English speaking households.

**VIOLENCE & INJURY**

**Moorabool Shire**
In 2015, 63.1% of people reported feeling safe walking at night. In 2013-15, 72% of affected family members (victims) of family violence were female. The rate of incidents in 2015/2016 was higher than the Victorian average.

**City of Melton**
In 2015, 42.1% of people reported feeling safe walking at night. 132.9 per 10,000 women were victims of family violence compared to 34.9 per 10,000 men. 87 women and 13 men were victims of sexual offences in 2015.

**HEALTHY EATING**

**Moorabool Shire**
In 2014, 6.6% of Moorabool residents consumed 5 or more serves of vegetables, ↓ 1% from 2013 (7.6%).

**City of Melton**
In 2014, 4.4% of Melton residents consumed 5 or more serves of vegetables, ↑ 2.6% from 2013 (1.8%). [Victorian average 6.4%]

**ACTIVE LIVING**

**Moorabool Shire**
In 2014, 41.4% of Moorabool residents engaged in sufficient physical activity, compared to a Victorian average of 64%. ↓ 19.6% from 2013.

**City of Melton**
In 2015, 34.7% of residents in Melton engaged in 4 or more days of physical activity while 24.3% participated in no physical activity at all, compared to the Vic average of 41.3% and 18.9% respectively.

**MENTAL HEALTH & DISABILITY**

**Moorabool Shire**
In 2015, 42.1% of residents reported a resilience rate of 6.7 out of 8, where Melton residents reported 6.2 [Vic 6.4].

**City of Melton**
In 2015, 50.6% of people reported needing assistance, ↑ 0.6% since 2006.

In 2016 in Melton 4.9% of people reported needing assistance, ↑ 0.5% since 2011

**EMPLOYMENT & EDUCATION**

**Moorabool Shire**
2016 Median weekly household income: $1,387 per week

**City of Melton**
2016 Median weekly household income: $1,538 per week