

Snapshot of Gannawarra & North Loddon catchment

The Victorian Population Health Survey 2024 statewide survey is currently underway with 7,500 participants to be interviewed over the coming months. The survey will close on 1 November 2024.

- Data from the 34,000 participants who undertook the 2023 Victorian Population Health Survey is currently being analysed with the dashboard to be published in early 2025.



GANNAWARRA & NORTH LODDON

Community Health - Health Promotion (CH-HP) Action Plan

Introduction for Gannawarra & North Loddon catchment

The Gannawarra and North Loddon Community Health – Health Promotion 2024-2025 Action Plan is a collaborative effort designed to improve the health and wellbeing of communities within the Gannawarra and North Loddon regions.

This plan aligns with multiple strategic frameworks:

- Gannawarra Shire’s Municipal Public Health and Wellbeing Plan, Growing Gannawarra, 2021 – 2025
- Loddon Shire’s Municipal Public Health and Wellbeing Plan, Living Well in Loddon, 2021-2025
- Victorian Public Health and Wellbeing Plan 2023-2027
- Loddon Mallee Public Health Unit (Murray and Loddon Sub Regions) Population Health Plan 2023-2025

Key Priority Areas

The action plan focuses on six main priorities, with Climate Change and Health, a theme across all areas:

- Increase Healthy Eating
- Increase Active Living
- Reduce Tobacco and E-Cigarette Related Harm
- Improve Mental Wellbeing
- Prevent Family Violence
- Improve Sexual and Reproductive Health

The Gannawarra catchment covers approximately 3,735 square kilometres with a population of 10,683 (2021 census), towns within the catchment include:

- Cohuna
- Kerang
- Koondrook
- Lake Charm
- Lalbert
- Leitchville
- Macorna
- Murrabit
- Mystic Park
- Quambatook

The North Loddon catchment includes Boort (population of 940) and Pyramid Hill (population of 598)*

*(2021 census)

Partnerships

Northern District Community Health (NDCH) collaborates with a wide range of key stakeholders to enhance community health outcomes. These partnerships are crucial for maximising impact, particularly through resource sharing and collaborative efforts. By working together, we can achieve more significant health outcomes for our communities, despite limited resources.

The stakeholders NDCH collaborates with include, but are not limited to:

- Achievement Program (AP)
- Boort District Health (BDH)
- Boort, Cohuna, Kerang, Pyramid Hill, and Quambatook Neighbourhood Houses (NH’s)
- Centre for Excellence in Rural Sexual Health (CERSH)
- Cohuna District Hospital (CDH)
- Community groups
- Dental Health Services Victoria (DHSV)
- Early Childhood Centres and Schools
- Gannawarra Shire Council (GSC)
- Healthy Eating Advisory Service (HEAS)
- Healthy Loddon Campaspe (HLC)
- Inglewood and Districts Health Service (IDHS)
- Kerang District Health (KDH)
- Loddon Healthy Minds Network (LHMN)
- Loddon Mallee Public Health Unit (LMPHU) - Loddon Prevention Sub-Region
- Loddon Mallee Public Health Unit (LMPHU) - Murray Prevention Sub-Region
- Loddon Shire Council (LSC)
- Mallee District Aboriginal Services (MDAS)
- Mallee Sports Assembly (MSA)
- Quit Victoria
- Smiles 4 Miles (S4M)
- Sports Focus (SF)
- Vic Kids Eat Well (VKEW)
- VicHealth
- Victoria Police (VICPOL)
- Women’s Health Loddon Mallee (WHLM)

The Gannawarra and North Loddon Community Health – Health Promotion 2024-2025 Action Plan serves as a roadmap for fostering healthier, more resilient communities by promoting proactive, strategic, and inclusive health initiatives across the catchment areas.

Priority – Increase Healthy Eating

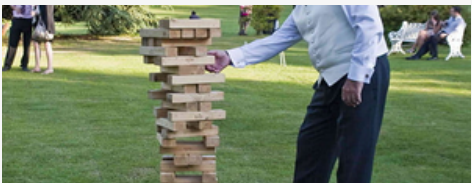
Objectives	Strategies	Gannawarra Lead/Support	North Loddon Lead/Support	Short-term Measures for success
<p>Support <u>schools, OSHC(s), and Kindergartens, community and council owned settings</u> (neighbourhood houses, men’s Sheds, senior citizen facilities, youth centres, libraries), and support <u>sports and recreation</u> (public or privately owned) and <u>sport clubs</u> to successfully implement the Vic Kids Eat Well program and the Healthy Eating Incremental Change Framework to foster a creative and health-oriented environment</p>	<p>Work with settings to implement Vic Kids Eat Well</p> <ul style="list-style-type: none"> • Ditch the soft drinks • Swap sugary drinks for healthier drinks/ switch to healthier drinks • Kick the confectionery • Rethink cakes and muffins • Switch to healthier snacks • Boost veggies and salad • Skip the deep fryer • Offer healthier pies and pastries • Add health appeal to meal deals • Make a positive impact with advertising and marketing • Get creative with healthy fundraising <p>Deliver Gannawarra and Loddon Kids Eat Well lessons in schools to support the Vic Kids Eat Well program</p>	<p>NDCH, GSC, Gannawarra schools</p>	<p>NDCH, LSC, LMPHU, HLC, Northern Loddon schools</p>	<p>Increased uptake of VKEW and progress towards small bites in various settings</p> <p>Number of children receiving Gannawarra and Loddon Kids Eat Well program</p>
<p>Support Kindergartens with the Smiles 4 Miles program</p>	<p>Support Gannawarra and Loddon Kindergartens to achieve and maintain award status in the Smiles 4 Miles Program</p>	<p>NDCH, GSC</p>	<p>NDCH, LSC, BDH</p>	<p>All Kindergarten settings achieving Smiles4Miles award status</p>
<p>Support Public Health Services to adopt, implement and maintain Healthy Choices: Policy Directive for Victorian Public Health Services</p>	<p>Work with Victorian Hospitals and Health services to adopt, implement and maintain Healthy Choices: Policy Directive</p>	<p>CDH, KDH, NDCH</p>	<p>BDH, NDCH</p>	<p>Support the implementation of the Healthy Choices: Policy Directive in Gannawarra at KDH and CDH; Loddon at BDH</p>

Priority – Increase Healthy Eating

Objectives	Strategies	Gannawarra Lead/Support	North Loddon Lead/Support	Short-term Measures for success
<p>Work with local partners to ensure community-facing events refer to the Healthy Events Guide checklist during implementation and planning stages to improve access to healthy food, increase food literacy, promote healthier drinks and snacks, consider dietary requirements and allergies</p>	<p>Use the Loddon and Gannawarra Healthy Events Guide to incorporate health-focused criteria into event design and implementation</p> <p>Highlight key days such as Healthy Lunchbox Week, National Nutrition Week, Diabetes Week</p> <p>Collaborate with local partnerships in Gannawarra and Loddon and support their healthy eating initiatives</p>	<p>NDCH, GSC</p>	<p>NDCH, LSC, BDH, Northern Loddon Schools</p>	<p>Number of events supported using the guide</p> <p>Number of healthy eating initiatives organised and the engagement during those events</p>
<p>Work on projects relevant to local needs such as food security, attending local networks and meetings</p>	<p>Support action of Food Security, prioritising access to fresh healthy foods for people in the community</p> <p>Supporting community gardens e.g. Indigenous Bush tucker garden</p>	<p>LMPHU, NH, GSC, NDCH</p> <p>NH, Men’s Sheds, Grow Collective MDAS, GSC, NDCH,</p>	<p>LMPHU, NH, LSC, NDCH</p>	<p>Support FoodShare and community garden activities in Gannawarra and Northern Loddon</p>
<p>Healthy kids, healthy futures; Supporting children and families</p>	<p>Upskilling parents with the best possible advice and tips on healthy eating e.g. the INFANT program, StoryTime at the local library and through cultural cooking with our Indigenous Children and Youth program</p>	<p>GSC, NDCH</p>	<p>LSC, NDCH</p>	<p>Number of programs or activities supported</p> <p>Anecdotal feedback from children and families</p>

Priority – Increase Active Living

Objectives	Strategies	Gannawarra Lead/Support	North Loddon Lead/Support	Short-term Measures for success
<p>Promote and increase participation in free and low-cost active events by assisting community programs and events</p> <p>Work with community organisations to incorporate physical activity by providing support and resources to enhance accessibility and engagement</p>	<p>Organise and support structured and unstructured free and fee-paying physical activity, community active classes or events like Family Fun Day, Parkrun, Walk2School, Bingo Adventure, Story Walk, Active Footpath etc</p> <p>Partner with stakeholders and scope improving availability and accessibility of structured and unstructured free and fee-paying physical activity, community active classes or events</p> <p>Increase accessibility of the community to NDCH's portable active living equipment and games</p>	<p>NDCH, MSA, NH's, GSC</p>	<p>NDCH, SF, NH's, LSC, HLC</p>	<p>Number of free and low-cost physical activity events supported or promoted through social media and newsletters</p> <p>Support the deliverables of the Healthy Loddon Campaspe Activation Projects and Gannawarra Shire's Municipal Health and Wellbeing Plan</p> <p>Number of events supported with NDCH's portable active living equipment and giant games</p>



Priority – Increase Active Living

Objectives	Strategies	Gannawarra Lead/Support	North Loddon Lead/Support	Short-term Measures for success
Promote active transport	<p>Build the community’s knowledge of both local public transport (PT) options and booking agents, for example, community car, and patient transport services</p> <p>Organise Ride2School and Walk2School Day with local schools</p>	<p>NDCH, Kerang NH’s, Gannawarra Schools, GSC</p>	<p>NDCH, Northern Loddon Schools & NH’s, LSC, BDH, LMPHU</p>	<p>Improved knowledge about public transport and local options</p> <p>Number of schools participating in Ride2School and Walk2School day</p>
<p>Assist NDCH workforce in: Increasing support for staff to be physically active</p> <p>Increasing opportunities to integrate physical activity within normal work</p>	<p>Provide opportunities for staff to be active at morning and afternoon tea breaks</p> <p>Encourage walking meetings where appropriate, short bursts of activity or stretching in meetings</p> <p>Provide physical activity challenges to staff as part of wellbeing initiatives e.g. Bingo</p>	<p>NDCH</p>	<p>NDCH</p>	<p>Number of staff being active during morning and afternoon tea breaks</p> <p>Number of staff engaging in physical activity challenges</p>
<p>Supporting women to get active – however, wherever and whenever they choose, without being judged</p>	<p>Support Gannawarra and Loddon Shire in the implementation of the Fair Access Policy</p> <p>Promote and activate ‘This Girl Can’ campaign</p>	<p>GSC, NDCH</p>	<p>LSC, NDCH</p>	<p>Feedback from key stakeholders on how the Fair Access Policy is being implemented.</p> <p>Number of activities promoted, or participants engaged in ‘This Girl Can’ campaign</p>

Priority –Reduce Tobacco and E-Cigarette Related Harm

Objectives	Strategies	Gannawarra Lead/Support	North Loddon Lead/Support	Short-term Measures for success
<p>Increase the health knowledge and capacity of children, young people, and adults to make informed choices regarding the utilisation of e-cigarettes and vapes</p> <p>Provide knowledge and information regarding cigarette and e-cigarette cessation support services</p>	<p>Deliver Making Informed Choices lesson to Grade 5/6</p> <p>Deliver Seeing Through the Haze lesson to Year 7 to 10</p> <p>Deliver parent/carer education sessions on ‘E-cigarettes and Young People’</p> <p>Provide resources and curriculum content to teachers and schools on e-cigarettes</p> <p>Use school newsletter inserts and social media to educate community about e-cigarettes</p>	<p>NDCH, Gannawarra Schools</p>	<p>NDCH, Northern Loddon Schools</p>	<p>Number of children, young people and adults provided with education sessions</p> <p>Number of resources provided to teachers and schools</p> <p>Number of social media posts</p> <p>Number of school newsletter inserts</p>
<p>Increase the number of settings and locations that are voluntarily smoke-free at events we organise or partner with</p>	<p>Promote utilisation of ‘No smoking or vaping’ signage at events</p> <p>Promote events as smoke and vape free through social media</p>	<p>NDCH, GSC</p>	<p>NDCH, LSC</p>	<p>Number of events where ‘No Smoking and Vaping’ signage was used</p>
<p>Work with the local government to update community to the latest ‘No Smoking or Vaping’ signage</p>	<p>Provide local businesses with updated stickers</p> <p>Advocate for funding to update sporting clubs, businesses and community settings signage</p>	<p>NDCH, GSC</p>	<p>NDCH, LSC</p>	<p>Number of settings that have updated signage</p>

Priority – Improve Mental Wellbeing

Objectives	Strategies	Gannawarra Lead/Support	North Loddon Lead/Support	Short-term Measures for success
Work on projects relevant to local needs such as place-based mental health events and campaigns, attending local networks and meetings	Partner with Council on Flood Recovery events and initiatives including the Community Recovery and Resilience Project Negotiate with Live4Life to implement program in local schools and communities	NDCH , GSC, Live4Life	NDCH , LSC, Live4Life	Number of events organised MHFA sessions and attendance at the MHFA training sessions
Support national campaign days that focus on Mental Health	Organise RUOK? Day/ IDAHOBIT Day, Wear it Purple Day, Crazy Socks 4 Docs Day	NDCH , GSC	NDCH , LSC, BDH	Number of events organised and engagement at the events
Mental Health First Aid (MHFA)	Promote and support Mental Health First Aid Training	NDCH , GSC	NDCH , LSC	Number of MHFA sessions and attendance at the MHFA training sessions
Enhance the understanding and awareness of help-seeking behaviours and training opportunities for community	Use social media and newsletters to promote self-care tips, 5 Ways to Wellbeing, SafeTalk training and other relevant opportunities to improve mental health knowledge. Promote 5 Ways to Wellbeing in the Healthy Events Guide	NDCH , GSC	NDCH , LSC	Number of social media posts and engagement Number of events promoted in NDCH newsletter
Raise awareness of the benefits of delaying digital technology use among children	Awareness Campaigns on Social Media and school newsletters, incorporate messaging in existing programs (e.g. INFANT), community events and school sessions	NDCH , GSC	NDCH , LSC	Number of social media posts, programs or community events where the message has been promoted and distributed

Priorities (30%) - Prevent Family Violence and Improve Sexual and Reproductive Health

Objectives	Strategies	Gannawarra Lead/Support	North Loddon Lead/Support	Short-term Measures for success
<p>Prevention of Family Violence: Work on projects relevant to local needs such as place-based gender equity campaigns, attending local networks and meetings</p>	<p>Attend, support and promote local Prevention of Family Violence network</p> <p>Support the 16 days of activism campaign</p>	<p>NDCH, GSC, Rotary Club of Kerang</p>	<p>NDCH, LSC, NHs, BDH</p>	<p>Successful delivery of 16 days of activism campaign</p> <p>Number of network meetings attended</p>
<p>Improve Sexual and Reproductive Health: Work on projects relevant to local needs such as place-based provision of sexual health resources, attending local networks and meetings</p>	<p>Increase provision and access to free/ low-cost condoms (and other contraceptives)</p> <p>Attend local sexual health networks</p>	<p>NDCH, WHLM, CERSH</p>	<p>NDCH, WHLM, CERSH</p>	<p>Increased provision and access to free/ low-cost condoms (and other contraceptives) within the community</p> <p>Number of local sexual health networks meetings attended</p>

Climate Change and Health: Implement a lens of climate change and health across all priority areas.

Our current strategies effectively integrate climate change and health considerations across all priority areas:

- Vic Kids Eat Well Program: focuses on sustainability and the reduction of processed food consumption
- Local Food Security: promote access to fresh, healthy foods through community gardens and FoodShare activities, emphasising locally sourced produce to decrease food miles
- Healthy Events Guide: encourage the use of the Healthy Events Guide to improve access to healthy food at community events, supporting the reduction of waste and promoting environmentally sustainable practices
- Active Transport Initiatives: reduce reliance on motor vehicles and decrease emissions
- Education on Environmental Impact: Include discussions on the environmental impact of tobacco and e-cigarette waste in educational programs for schools and community groups
- Provide mental health services support to those impacted by climate change disasters
- The Community Recovery project has a strong focus on climate change, this project aims to build community resilience and preparedness for climate-related events
- Support Make a Change, Gannawarra and Loddon Shire Council, on an initiative designed to ‘talk about the weather’
- Support Gannawarra and Loddon’s Municipal Health and Wellbeing Plans climate change and health strategies
- Elevate climate change and health communications through social media and newsletters
- Embed Aboriginal and Torres Strait Islander Peoples’ self-determination in climate change adaptation – e.g. Reconciliation Action Plan and Indigenous Bush Tucker garden