



Implementing the *Victorian public health and wellbeing plan 2015–2019*

Taking action – the first two years

To receive this publication in an accessible format email prevention@dhhs.vic.gov.au.

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

© State of Victoria, Department of Health and Human Services October, 2016.

Except where otherwise indicated, the images in this publication show models and illustrative settings only, and do not necessarily depict actual services, facilities or recipients of services. This publication may contain images of deceased Aboriginal and Torres Strait Islander peoples.

Where the term 'Aboriginal' is used it refers to both Aboriginal and Torres Strait Islander people. Indigenous is retained when it is part of the title of a report, program or quotation.

ISBN 978-0-7311-6956-6 (pdf/online)

Available at www2.health.vic.gov.au/about/health-strategies/public-health-wellbeing-plan

(1605034)

Implementing the *Victorian public health and wellbeing plan 2015–2019*

Taking action – the first two years

Contents

| | |
|---|-----------|
| Delivering on our vision for Victoria | 2 |
| Legislative and policy context | 3 |
| Scope of the <i>Victorian public health and wellbeing plan 2015–2019</i> | 4 |
| A life course approach | 5 |
| Health and wellbeing priorities | 5 |
| Platforms for change | 5 |
| Aligning our prevention efforts across government and the wider sector | 6 |
| Victorian policy priorities | 6 |
| A stronger focus on prevention and the determinants of health and wellbeing | 9 |
| Enablers | 11 |
| Summary of actions | 13 |
| Priority: Healthier eating and active living | 14 |
| Priority: Tobacco-free living | 17 |
| Priority: Reducing harmful alcohol and drug use | 19 |
| Priority: Improving mental health | 21 |
| Priority: Preventing violence and injury | 23 |
| Priority: Improving sexual and reproductive health | 25 |
| Platform: Healthy and sustainable environments | 27 |
| Platform: Place-based approaches | 28 |
| Platform: People-centred approaches | 29 |
| Ambitious targets for our future | 32 |
| Working together | 34 |

Delivering on our vision for Victoria

Implementing the Victorian public health and wellbeing plan 2015–2019: taking action – the first two years (the action plan), together with the Victorian public health and wellbeing outcomes framework (the outcomes framework), are the next steps in delivering on the objective of the Public Health and Wellbeing Act 2008 and implementing the vision of the Victorian public health and wellbeing plan 2015–2019.

This action plan lists the major initiatives commenced or due to commence across the Victorian Government and major government agencies during the first two years of the public health and wellbeing plan (until 2017) as part of longer-term action.

The actions will be periodically refreshed and progressively updated in line with new developments. A dedicated website will capture important initiatives and contributions of sector partners, and will include resources to share innovation, knowledge and examples of good practice.

The accompanying outcomes framework provides a new approach to monitoring and reporting on the impact of collective efforts to improve health and wellbeing over the longer term, and to decrease inequalities across the population.

An outcomes approach requires clear identification of what we are seeking to achieve. It also allows us to systematically take stock of progress and assess where improvement is needed, and it provides a stronger basis to inform future investment.

Together, the *Victorian public health and wellbeing plan 2015–2019*, the action plan and the outcomes framework provide a suite of resources that can guide and support an expanded and stronger focus on prevention.

The documents seek to engage partners and communities across priorities, align efforts across local, regional and state government, track progress, and harness available knowledge, expertise and resources to best effect in achieving long-term change.

The vision is:

a Victoria free of the avoidable burden of disease and injury so that all Victorians can enjoy the highest attainable standards of health, wellbeing and participation at every age.



Legislative and policy context

The *Public Health and Wellbeing Act 2008* provides the legislative framework for public health and wellbeing in Victoria.

The *Victorian public health and wellbeing plan 2015–2019* provides a framework for our efforts to improve health and wellbeing for all Victorians and to reduce inequalities. It highlights the importance of preventive and supportive action at every stage of life, establishes priorities for action, and describes the platforms through which change can be achieved.

The action plan sets out what is being done across the Victorian Government and major government agencies to improve public health and wellbeing up until 2017.

The outcomes framework identifies the health and wellbeing outcomes that we seek to achieve for all Victorians. It defines the indicators and measures we will use to monitor changes over the longer term, with particular attention to inequalities.

Scope of the *Victorian public health and wellbeing plan 2015–2019*

The *Victorian public health and wellbeing plan 2015–2019* sets out a long-term agenda to improve all Victorians' health and wellbeing.

It aims to ensure that the greatest improvements are realised among those whose health is poorest.

The companion document, *Health and wellbeing status of Victoria*, identifies that health and wellbeing inequalities are most evident in areas and populations experiencing socioeconomic disadvantage.

The greatest relative difference in health and wellbeing status is between Aboriginal Victorians and non-Aboriginal Victorians. However, many other population groups may also experience significant health and wellbeing inequalities.

These groups include:

- people with a disability
- residents of rural Victoria
- lesbian, gay, bisexual, transgender or intersex people
- some people from refugee backgrounds, including asylum seekers
- some people from culturally and linguistically diverse backgrounds
- people who are homeless
- children in out-of-home care.

Health and wellbeing inequalities are often a result of inequalities in other areas of life, such as housing, education, employment and transport accessibility among others.

The scope of the *Victorian public health and wellbeing plan 2015–2019* therefore bridges the responsibilities of the health system and those of other sectors that influence the wider determinants of health such as planning, education, employment, transport and housing.

The *Victorian public health and wellbeing plan 2015–2019* encompasses three major strategic directions that support each other:

- a life-course approach
- promoting health and wellbeing priorities
- platforms for change.

A life course approach

A life course approach recognises that both biological and social risks accumulate and interact across all stages of life. The same is true of protective factors.

A life course approach helps to focus attention at key transition points where opportunities to intervene can have the greatest impact. For example, investing in the early years establishes good health and resilience that will have benefits throughout life.

While a focus on each life stage enables interventions to be designed and targeted to meet needs at that point in the life-cycle, many initiatives are cross-generational and provide support over a lifetime.

Health and wellbeing priorities

The *Victorian public health and wellbeing plan 2015–2019* sets six key priority areas for action:

- healthier eating and active living
- tobacco-free living
- reducing harmful alcohol and drug use
- improving mental health
- preventing violence and injury
- improving sexual and reproductive health.

These priorities are based on the most significant preventable causes of poor health and wellbeing, make a large contribution to inequalities in outcomes across the population, and importantly are areas where we can make changes that will make a difference to communities and individuals.

Platforms for change

Sustainable improvements in health and wellbeing are best achieved when change is guided and owned by affected communities and interventions are tailored to local needs and circumstances. Healthy and sustainable environments, place-based and people-centred approaches provide platforms to deliver health benefits for all Victorians.

The platforms for change are:

- healthy and sustainable environments
- place-based approaches
- people-centred approaches.

Aligning our prevention efforts across government and the wider sector

The *Victorian public health and wellbeing plan 2015–2019* does not exist in isolation from other key policy directions and statements. In fact, focusing on prevention and early intervention supports many social objectives. There is a strong relationship between the priorities and platforms for change in the plan and a number of other policy priorities in Victoria.

Victorian policy priorities

Health 2040 consultations

The Victorian Government response to the Health 2040 consultations will present a clear vision for the future health and wellbeing of Victorians, and for the whole Victorian health system. It will lay out the strategies we will use to achieve these goals and how we will track our progress.

Response to Royal Commission into Family Violence

The Royal Commission into Family Violence provided practical recommendations to prevent and address family violence, based on an examination of the current service system and best practice approaches.

The Victorian Government has committed to implementing all the Royal Commission's recommendations, including a primary prevention strategy (10-year family violence prevention strategy).

Victorian gender equality strategy

A new Gender equality strategy for Victoria, due to be released in November 2016, will guide actions and priorities for the government to work alongside the community towards a common goal of equal social, civic and economic participation for women in society.

The strategy will include a set of women's health and wellbeing outcomes that address the gendered determinants of health.

Advancing gender equality increases women's safety, security, health and wellbeing by encouraging a society based on respect and equality. Gender equality also has tangible benefits for Victoria's productivity and economic prosperity, as more women are supported to reach their potential.

A new 10-year family violence prevention strategy will provide a high-level overview of the vision for primary prevention of family violence.

It will describe the current, transition and end state of the *Statewide family violence action plan*, and will provide a broad outline of the prevention approach.



Roadmap for reform

The *Roadmap for reform: strong families, safe children* will deliver a child and family services system focused on:

- strengthening communities to better prevent neglect and abuse
- delivering early support for children and families at risk
- keeping more families together through crisis
- securing a better future for children who cannot live at home.

The Roadmap complements other key reform initiatives across Victoria, including Education State, the National Disability Insurance Scheme and *Victoria's 10-year mental health plan*.

Education State

Through Education State, the Victorian Government is building an education system that produces excellence and reduces the impact of disadvantage.

As part of this, the Department of Education and Training and the Department of Health and Human Services are aligning policies, workforces and resources to deliver improved outcomes for children.

Aboriginal health, wellbeing and safety

In partnership with the Aboriginal community, the Department of Health and Human Services will develop an integrated approach to improving Aboriginal health, wellbeing and safety in Victoria, based on principles of self-determination and co-design.

National Disability Insurance Scheme

The National Disability Insurance Scheme (NDIS) is a national program that provides a new way to deliver services and support for people with permanent and significant disability in Australia.

With the NDIS, people with a disability can choose supports and services to meet their individual needs, rather than using a one-size-fits-all system.

The NDIS is being rolled out progressively in Victoria over a three-year period from 1 July 2016. By July 2019, we estimate that 105,000 Victorians will have transitioned to the scheme.

Victorian state disability plan 2017–2020

The Victorian Government's vision is to build an inclusive community where people with a disability are supported and empowered to make choices that enable them to live a life they value.

The Victorian state disability plan 2017–2020 will set out the government's shared goals for developing a fairer Victoria, making it easier for every person to participate in every part of life.

Following consultation with the community, the plan will be in place by 1 January 2017.

Victoria's 10-year mental health plan

Victoria's 10-year mental health plan aims to ensure that all Victorians, particularly those who are disadvantaged or vulnerable, experience the best possible health, including mental health, throughout their lives.



Victorian cancer plan 2016–2020

The *Victorian cancer plan 2016–2020* provides a framework to improve cancer outcomes for all Victorians. This first cancer plan sets long-term goals to 2040 to:

- halve the proportion of Victorians diagnosed with preventable cancers
- double the improvement in one- and five-year survival of Victorians with cancer
- ensure Victorians have the best possible experience of the cancer treatment and care system
- achieve equitable outcomes for all Victorians.

The *Victorian cancer plan 2016–2020* includes a focus on prevention, screening and early detection.

Response to the Hazelwood Mine Fire Inquiry

The *Hazelwood mine fire inquiry: Victorian Government implementation plan* includes establishing the Latrobe Valley Health Zone to improve health outcomes, develop a culture of healthy living, and address the region's distinct social, economic and environmental concerns.

Plan Melbourne refresh

The Plan Melbourne refresh sees health incorporated into planning with the development of strategies to implement 20-minute neighbourhoods.

The 20-minute neighbourhood concept requires urban planning and design ideas that promote walkable/rollable neighbourhoods and better access to local services for daily needs.

A stronger focus on prevention and the determinants of health and wellbeing

The Victorian Government is delivering better health, better access, better care and better equity for all Victorians by investing in prevention and early intervention.

Prevention is at the centre of efforts to deliver lasting improvements to health and wellbeing, and reductions in health and wellbeing inequalities. We are focusing on the unique strengths of communities and places to deliver solutions that are relevant, effective, efficient and sustainable.

A whole-of-government approach to health and wellbeing recognises that a broad range of policies and actions are required to effect change. Specific preventive actions that reduce risk factors for poor health and wellbeing support better outcomes in other policy areas, such as education and labour market participation.

Equally, improvements in other, wider determinants of health and wellbeing, such as access to affordable housing and public transport, reduced stigma and discrimination, and being employed with safe and fair working conditions, can help reduce risk taking behaviours and psychological distress, and contribute to better health and wellbeing outcomes.

The Victorian Government is addressing the cultural and social determinants of Aboriginal health and wellbeing. There is an increasing body of evidence demonstrating that protection and promotion of traditional knowledge, family, culture and kinship contribute to community cohesion and personal resilience. These approaches to Aboriginal health and wellbeing are a relevant and effective way to improve outcomes, and they require collaborative inter-sectorial approaches.

Gender is another significant determinant of health and wellbeing. Gender roles, norms, expectations and behaviour impact people's ability to protect and promote their health.

Relatively lower pay, higher caring responsibilities, unpaid work and access to health services all impact on women's health and wellbeing. Men's shorter life expectancy and the role of masculinity in shaping men's expectations and behaviours are also linked to the health disparity between men and women.

Victoria's gender equality strategy will focus on women who are at significant risk of poorer health and wellbeing outcomes. This includes Aboriginal and Torres Strait Islander women, women in rural and remote areas, women with a disability, economically disadvantaged women, lesbian, gay, bisexual, transgender and intersex (LGBTI) Victorians and women from culturally and linguistically diverse backgrounds.

Prevention is at the centre of efforts to deliver lasting improvements to health and wellbeing, and reductions in health and wellbeing inequalities.

Protection and promotion of traditional knowledge, family, culture and kinship contribute to community cohesion and personal resilience.



Approaches across the life course

While many Victorian Government health and wellbeing policies and actions apply across the life course, the government also has policies and programs that target specific life stages.

For example:

- the No Jab, No Play legislation ensures that all children enrolling in early childhood education and care services are up to date with their vaccinations
- Back to Work addresses job creation for Victorians of working age facing disadvantage and a new WorkHealth program is in development to address health and wellbeing in the workplace
- the Victorian Active Ageing Partnership aims to increase opportunities for participation in physical activity for older Victorians, especially in areas of socioeconomic disadvantage and among isolated older people not currently involved in physical activity.

A large body of evidence highlights the significant health, social and economic benefits to be obtained over a lifetime by investing in ensuring children have the best possible start in life, and giving concentrated attention to the health and wellbeing of children from the perinatal period through to adolescence.

Through Education State, the government is building an education system that produces excellence and reduces the impact of disadvantage. Central to this is improving health, wellbeing, learning and development outcomes for all Victorian children.

The reform of the child and family service system, *Roadmap for reform: strong families, safe children*, outlines the best outcomes for children and their families, underpinned by principles including early intervention, prevention and supporting the connection of all children, young people and families to their family, cultures and communities.

Youth policy: building stronger youth engagement in Victoria describes how government will engage with young people in the development of policies and programs.

A life course approach is also critical to ensure gender equality in health and wellbeing outcomes. Health and wellbeing needs change across the life course and are shaped by gender.

Health services, information and promotion materials need to be tailored so that they are age and gender appropriate.



Enablers

Delivering best value for investment

The Victorian Government's approach to prevention aims to deliver the best value for every dollar invested in preventive health.

To meet this ambition, we are shifting to a focus on outcomes. This requires the collective efforts of multiple government departments and agencies, local governments, healthcare services, Primary Health Networks, non-government organisations, communities and others working together to deliver improved outcomes for all Victorians.

We aim to achieve transparent line of sight between the policy intent of the *Victorian public health and wellbeing plan 2015–2019* and the actions and outcomes of municipal public health and wellbeing plans and other mechanisms.

This means focusing investment on the strategies and initiatives most likely to lead to improved population health and wellbeing outcomes, and strengthened joint accountability.

Strengthening the role of the service system

Our approach to prevention sees a focus on making better use of the multiple opportunities through the health and human services system for population health improvement.

This means services will be delivering prevention through their roles as employers, purchasers and care providers, as well as working with local partners to support health improvements for the broader community.

New service measures are also being introduced to recognise the important role of health services in prevention.

Delivering systems change

Delivering lasting change for Victorians requires a focus on changing the underlying systems that influence our everyday lives.

This means understanding the multiple systems that influence health and wellbeing, and identifying where best to intervene for optimal health and wellbeing outcomes. Focusing on the whole system encourages a long-term view, attention to addressing the underlying causes of ill health, and joined-up, cross-sector solutions to health and wellbeing challenges.

Victoria's new Regional Partnerships provide a platform for cross-sector work in local areas.



Image: John Palermo

Bringing strategies together at a local level: The Latrobe Health Innovation Zone

The *Hazelwood mine fire inquiry: Victorian Government implementation plan* includes action and investment across five key areas to deliver lasting change for the community.

This includes establishing Australia's first Health Innovation Zone to improve the health and wellbeing of the community, monitor air quality, manage smoke events and plan for emergencies, and better rehabilitation and regulation of the mining industry.

The goal is to work closely with the Latrobe community to address both the immediate health impacts of the mine fire as well as the long-term disadvantage faced by those living in the Latrobe Valley.

The concentrated effort in the Latrobe region will provide a testing ground for a new model to address health and wellbeing in disadvantaged communities across Victoria.

Summary of actions

The following sections outline key actions underway or planned in each of the six health and wellbeing priorities and in the three platforms for change.

Important relationships exist between all priority areas and actions may have effects in more than one priority area. For example, actions aiming to reduce harmful alcohol and drug use will also contribute to preventing violence and injury.

The following sections outline the key results we are aiming to achieve in each of the priority areas and the health and sustainable environments platform. These are aligned with the Department of Health and Human Services outcome framework and the Victorian public health and wellbeing outcomes framework (summarised below). Each priority area contributes to at least one domain in the outcomes framework (and the colour used in the following sections indicates the relevant domain).

Actions listed in the place-based and people-centred approaches sections support key results identified in the health and wellbeing priorities.

Table 1: Summary of the Victorian public health and wellbeing outcomes framework

| | | |
|--|--|--|
| Domain 1: Victorians are healthy and well | Domain 2: Victorians are safe and secure | Domain 3: Victorians have the capabilities to participate |
| | Domain 4: Victorians are connected to culture and community | Domain 5: Victoria is liveable |



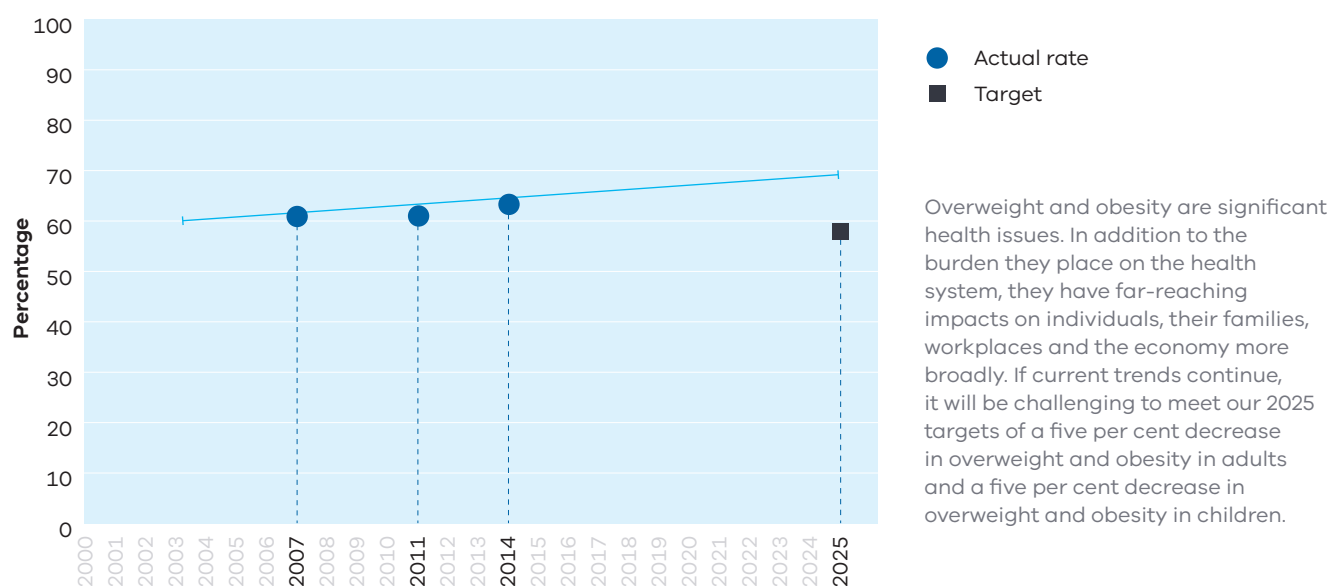
Priority: Healthier eating and active living

Key results

For the population of Victoria, we aim to:

- reduce the prevalence of overweight and obesity
- increase physical activity, reduce sedentary behaviour and increase active transport
- reduce consumption of discretionary food and drink
- increase fruit and vegetable consumption
- increase breastfeeding
- reduce type 2 diabetes.

Figure 1: Projection of prevalence of overweight and obesity (adults), and 2025 target



Source: National Health Survey and Australian Health Survey (Age standardised rates)



Actions

Actions include:

- introducing kilojoule labelling in fast food chains to support healthier food choices
- increasing access to healthy food and drink in multiple settings through the *Healthy choices guidelines*, the Healthy Eating Advisory Service, the Achievement Program (a health promoting framework), supporting healthy procurement policies and updating the *Healthy canteen kit – school canteens and other school food services policy*
- supporting Aboriginal organisations and communities to improve nutrition and access to healthier food and drink choices, with a focus on children and families
- supporting collaboration between multiple stakeholders to increase fruit and vegetable intake and reduce sugary drink consumption
- strengthening screening and early intervention for dental disease
- promoting breastfeeding through supportive policies, and social, environmental and educational initiatives
- encouraging healthy neighbourhood design to promote universal accessibility, active living, physical activity, social connectedness and opportunities for daily contact with nature
- delivering the School and Community Shade Grants Program to increase the availability of shade in schools and community spaces including parks, playgrounds, sports facilities and other community settings
- strengthening the role of physical education and recreation and sport in Victorian schools, and exploring ways to design schools to decrease sedentary behaviour, increase physical activity and increase active transport
- establishing Active Transport Victoria to focus on increasing the safety of pedestrians and cyclists, and increasing the participation in, and promotion of, walking and cycling
- delivering a range of physical activity and active transport programs including the Premier's Active April and an expansion of the Ride2School program
- supporting key settings to promote opportunities for participation in physical activity, including older Victorians through the Victorian Active Ageing Partnership and children and workers through a health promoting framework (Achievement Program)
- delivering a range of initiatives through VicHealth to increase healthy eating and support Victorians to engage in physical activity
- increasing participation in sport and active recreation and supporting the Victorian sport and recreation sector to reduce barriers to access and inclusion by developing new facilities and redeveloping older facilities, and promoting female and family friendly environments through the Community Sports Infrastructure Fund
- continuing to develop and apply Victoria's Healthy Parks Healthy People approach to ensure recreational opportunities, amenity, and opportunities for cultural connection, social cohesion and a sense of place are sustained in nature-based settings.

Working collectively to increase healthy eating

The Victorian Healthy Eating Enterprise brings over 50 organisations together to collectively address the health of Victoria's food system.

Representatives from state and local government, business and industry, education, health and key not-for-profit organisations meet regularly, and work together to reduce sugary drink consumption and increase consumption of fruit and vegetables.

This combined effort has led to social marketing campaigns and behind-the-scenes activities to encourage a range of settings – including health services, sport and recreation centres, and workplaces – to consider the nutritional value of the foods and drinks they supply.

These efforts align with and make use of the Victorian Government's Healthy choices framework, and are further supported by Victoria's Healthy Eating Advisory Service.



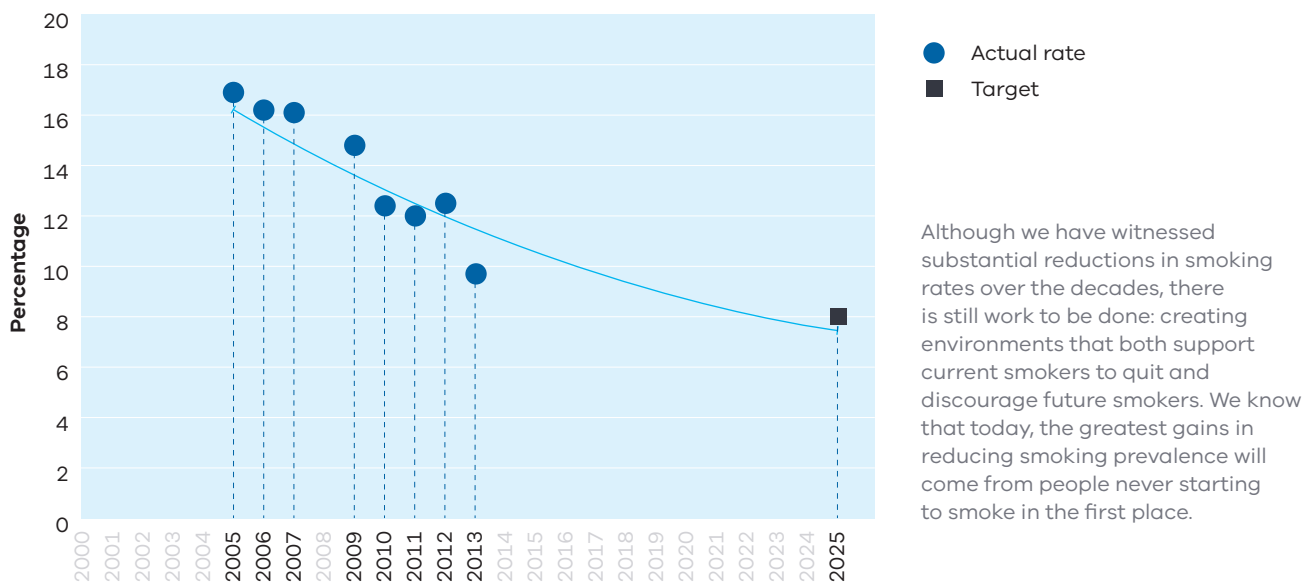
Priority: Tobacco-free living

Key results

For the population of Victoria, we aim to:

- reduce smoking
- reduce smoking during pregnancy and exposure to tobacco smoke in the home.

Figure 2: Projection of prevalence of daily smoking (adults), and 2025 target



Source: Victorian Population Health Survey (Age standardised rates)

Actions

Actions include:

- de-normalising smoking through anti-smoking social marketing campaigns and reducing the visibility of tobacco and smoking
- amending the *Tobacco Act 1987* to ban smoking in outdoor dining areas, and to regulate e-cigarettes from 1 August 2017
- implementing a smoking ban in prisons
- offering smoking cessation support to all Victorians through universal services as well as providing specific support for Aboriginal Victorians
- delivering initiatives through VicHealth to increase the number of people who are smoke free and quitting
- supporting key settings to implement smoke-free policies and environments (for example, early childhood settings, schools, workplaces, local councils, sport and recreation centres, hospitals, health services, custodial and residential care, and the tertiary education sector)
- supporting health professionals and health services to extend their role into prevention by offering smoking cessation support to people being admitted into hospitals and those attending general practitioners, mental health and dental services.

Creating health-promoting environments in health services

Health services and health professionals can play a major role in helping people quit smoking.

Recognising this, the Victorian Government is rolling out a systematic approach that sees health professionals offering a brief smoking cessation intervention, as appropriate, to all people who access their services, with a particular focus on areas with the highest prevalence of smoking.

A smoke-free policy for health services also ensures that health services across the state offer healthy and supportive environments for patients, staff and visitors.

Together, these initiatives are aiming to create health services that offer Victorians the best chance of quitting smoking and living smoke free.

Priority: Reducing harmful alcohol and drug use

Key results

For the population of Victoria, we aim to:

- reduce harmful alcohol consumption
- reduce alcohol consumption during pregnancy
- reduce illicit use of drugs
- reduce impact of illicit drug use
- reduce misuse of pharmaceutical drugs.

Actions

Actions include:

- ensuring that the Terms of Reference of the current review of the *Liquor Control Reform Act 1998* consider family violence and alcohol-related harms and involve consultation with people who have expertise in the inter-relationship between family violence and alcohol use
- strengthening efforts to prevent the use of illicit drugs and the harmful use of alcohol and pharmaceutical medication
- implementing a 'real-time' prescription monitoring system to allow pharmacists and doctors to make more informed decisions when prescribing and dispensing medications of dependence
- reducing harm to individuals and communities by improving access to needle and syringe programs and improving knowledge and accessibility of effective pharmacotherapies
- implementing the Ice Action Plan to prevent and reduce ice and other drug related harm (including continuing to support grassroots community ice action groups and expanding family drug education and support programs)
- improving access to information, referral to treatment and support for people to recover (including promoting confidential drug counselling and referral as well as improving early screening, intake, assessment and treatment, establishing the 1800 ICE ADVICE telephone line for users, families and health professionals, and strengthening consumer and peer-led support and involvement in treatment)
- working with people who have co-occurring mental illness and harmful alcohol and other drug use, their carers and families, to provide best practice care and support
- delivering a range of initiatives through VicHealth so that more people and environments support an effective reduction in harmful alcohol use
- assisting workplaces and schools through the Achievement Program (a health promoting framework) to make changes to their policies, culture and environment to promote responsible alcohol consumption.



Working together to improve health and wellbeing via the Achievement Program

The Achievement Program (a health promoting framework) makes it easier for Victorians to be healthy by improving the health of places where adults and children spend their time – in workplaces, schools and early childhood services.

It focuses attention on a range of health and wellbeing priorities, including healthy eating, physical activity, smoking, alcohol use and mental health and wellbeing.

Since 2012, 54 per cent of early childhood services, 38 per cent of primary and 26 per cent of secondary schools, as well as 935 workplaces across Victoria, have enrolled. More than 190 organisations have been recognised for creating healthy environments for learning and working.

In partnership with key stakeholders such as the Department of Education and Training and WorkSafe, the Achievement Program (a health promoting framework) is currently being revised to better align with the changing policy context of government, make it easier to use and provide more efficient and effective state and local support to workplaces, schools and early childhood services.



Priority: Improving mental health

Key results

For the population of Victoria, we aim to:

- decrease suicide
- increase family functioning
- increase resilience
- increase community and cultural participation
- increase social cohesion
- decrease psychological distress.

Actions

Actions include:

- implementing *Victoria's 10-year mental health plan*
- implementing a whole-of-government approach to reducing suicide and suicidal behaviour through the *Victorian suicide prevention framework 2016–25*, including place-based trials of multiple suicide prevention strategies across six local government areas and more support for people after a suicide attempt
- working with Primary Health Networks that have a priority focus on suicide prevention, among other areas
- identifying mental illness early through enhanced connectedness of services that support positive whole-of-family health and wellbeing
- improving prevention, early intervention and treatment for vulnerable mothers from pregnancy through the post-partum and early infancy period
- strengthening preventive health initiatives for people living with severe mental illness to improve their health and wellbeing and prevent chronic illness, and increasing the capacity of child and adolescent mental health services
- working to divert people with mental illness from the criminal justice system by strengthening pathways to early community treatment and support, and supporting reintegration for people leaving prison with serious mental illness
- developing a range of actions that specifically aim to improve housing outcomes for people experiencing mental illness



- working closely with existing school-based programs and supports to build resilience and influence attitudes that support mental wellbeing of children and young people
- developing and expanding strategies to build resilience and address discrimination for at risk, and disadvantaged populations including Aboriginal and Torres Strait Islander people and LGBTI people
- developing an Aboriginal social and emotional wellbeing framework to support resilience and promote protective factors, while addressing risk factors for poor mental health with leadership from Aboriginal community controlled health organisations and communities
- working to eliminate stigma and discrimination in the community and health services sector by working with people with lived experience and increasing awareness and improving attitudes and responses to mental illness
- developing a new Pride Centre to promote sustainability of Victorian LGBTI community organisations, associations and groups, and provide opportunities to increase ease of access for people seeking LGBTI services to improve resilience and overall health and wellbeing
- delivering initiatives to build community resilience and positive social connections with a focus on women and young people.

Priority: Preventing violence and injury

Key results

For the population of Victoria, we aim to:

- decrease family, domestic and sexual violence
- decrease violent crime
- increase community safety
- decrease unintentional injury.

Actions

Actions include:

- implementing the recommendations from the Victorian Royal Commission into Family Violence to prevent and address family violence
- establishing specialist family violence advisor positions to be located in major mental health and drug and alcohol services
- delivering the respectful relationships program across Victorian early years services and schools to promote positive attitudes and behaviours among children and young people, with the aim of preventing family violence, and expanding the program to improving teaching practices and culture, and partnerships with the community
- implementing the *Roadmap for reform: strong families, safe children*
- finalising and implementing the 2016–2018 Elder Abuse Prevention Priorities
- working with a wide range of organisations and communities to increase community safety and prevent injury across the life course, with particular attention to early childhood services and schools, farms and farming families, hospitals and local communities
- strengthening the resilience of diverse communities to support engagement in civil society, increase understanding of human rights, and develop intercultural and interfaith understanding
- preventing and reversing the development of racial, ethnic, and religious intolerances that can lead to violence through implementation of the *Strategic framework to strengthen Victoria's social cohesion and the resilience of its communities*
- working closely with communities, businesses, government, academia and others to develop initiatives that strengthen social cohesion and resilience, and empower local communities to help prevent individuals being drawn into violent extremist activity
- assisting specific communities experiencing high crime and disadvantage by continuing the Community Safety Fund and Public Safety Infrastructure Fund
- continuing to address Aboriginal family violence in the short, medium and long term through the actions in *Strong culture, strong peoples, strong families: towards a safer future for Indigenous communities*
- expanding the Communities that Care initiative for communities experiencing high crime and disadvantage, and enhancing police responses to public safety by increasing frontline police members, providing technology upgrades, and expanding forensic capability
- implementing the *Towards zero: 2016–2020 road safety strategy and action plan*, focusing on safer roads, safer speeds, safer vehicles and safer road users.



Working together to create a culture of gender equity and non-violence

The Victorian Government has made a commitment to preventing family violence by implementing all 227 recommendations of the Royal Commission into Family Violence.

The Royal Commission's recommendations are directed at improving the foundations of the current system, seizing opportunities to transform the way that we respond to family violence, and building the structures that will guide and oversee a long-term reform program that deals with all aspects of family violence.

The Royal Commission acknowledged that in order to prevent family violence, we need to address a range of underlying attitudes and social conditions that allow family violence to continue. This includes challenging and changing harmful attitudes towards women and children, promoting gender equality and encouraging respectful relationships. The report acknowledged that if family violence is not tackled at its source, crisis services will continue to be overwhelmed.

To prevent family violence we need to create a culture of equity and non-violence. While leadership from the Victorian Government is essential, changing our culture will require effort from organisations and individuals across the state.



Priority: Improving sexual and reproductive health

Key results

For the population of Victoria, we aim to:

- increase the proportion of children with healthy birth weight
- decrease teenage pregnancy
- increase safe sex practice
- decrease sexually transmitted infections.

Actions

Actions include:

- reducing the prevalence and transmission of blood-borne viruses (BBV) and sexually transmissible infections (STI) by embedding prevention and harm minimisation programs in a range of settings
- increasing and maintaining high immunisation coverage by providing accessible services for parents, adolescents, and vulnerable individuals and communities, and implementing educational and behavioural strategies
- improving access to BBV/STI vaccination, testing, treatment and care for priority populations across multiple health services with an emphasis on primary and community care
- implementing strategies to eliminate hepatitis B and hepatitis C as public health concerns by 2030, and eliminating stigma and discrimination associated with these diseases
- expanding the Safe Schools program to build resilience and support diversity amongst young people
- promoting the safety and wellbeing of children in out-of-home care through sector-wide training on sexual health, social media and online safety, and the development of related policies
- enhancing access to a range of reproductive health services, including termination services, support for early treatment, and management of endometriosis to avoid long-term negative effects
- removing barriers to ensure that fewer people living with or affected by a BBV/STI experience stigma and discrimination when seeking or using Victorian health and community services.

Reducing HIV transmission through PrEPX

A joint partnership between the Victorian Government, Alfred Health and the Victorian AIDS Council is developing a model for providing access to PrEP (pre-exposure prophylaxis) to prevent new HIV infections. The model aims to ensure that at-risk Victorians get the right support, at the right time, and in the right place to bring us closer to achieving the virtual elimination of new HIV infections.

Through a study called PrEPX, people at risk of being infected with HIV will have improved access to drugs prior to possible exposure to HIV. PrEP is the latest biomedical treatment in the fight against HIV, offering protection for at risk Victorians via a daily pill. PrEPX will see up to 2,600 people accessing PrEP from July 2016 and is expected to reduce new HIV infections in Victoria by up to 25 per cent over the coming years.



Platform: Healthy and sustainable environments

The environment is a key platform for change as we work to prevent the health and wellbeing impacts of climate change and protect environmental biodiversity for current and future generations. Supporting energy efficiency and renewable energy and developing a resilient approach to managing our water resources are also key.

This platform reflects the latest evidence on the connection between health and wellbeing and liveable neighbourhoods, including active transport, affordable and diverse housing, and access to parks and green space.

Work is underway on supporting healthy and active communities through Plan Melbourne refresh and the development of 20-minute neighbourhoods.

Key results

For the population of Victoria, we aim to:

- increase neighbourhood liveability
- increase adaptation to the impacts of climate change
- increase environmental sustainability and quality
- increase food safety.

Actions

Actions include:

- improving our understanding of the role of parks and open spaces in providing nature-based health solutions, maintaining and restoring biodiversity by continuing to implement Healthy Parks Healthy People, and revitalising park infrastructure to make parks more accessible and enjoyable
- developing strategies to implement 20 minute neighbourhoods in Plan Melbourne refresh to support healthy and active communities

- tackling climate change through the review of the *Climate Change Act 2010*, a Victorian emissions reductions target of net zero by 2050, a statewide multi-sector climate change pledging program, the second climate change adaptation plan and a whole-of-government climate change framework
- implementing the new water plan, *Water for Victoria*, which sets the strategic direction for water management and establishes a resilient approach to managing water supplies and preparing for drought and climate change
- supporting energy efficiency and renewable energy through *Victoria's renewable energy roadmap*, and *Victoria's energy efficiency and productivity statement* by assisting with the transition from brown coal to renewable technology, reducing barriers to entry for renewable energy and energy storage technologies, and continuing to work to achieve the Victorian Energy Efficiency Target
- protecting environmental biodiversity through *Protecting Victoria's environment: biodiversity 2036*, a 20 year plan for stopping the decline of Victoria's biodiversity, which includes our native plants and animals
- planning for heat and hazards by continuing to implement the *Heat health plan for Victoria* and the *State smoke framework*
- enhancing food safety by developing a strategy to reduce the number of cases of human salmonellosis and reduce contamination in the egg and chicken meat industries and incorporating new molecular technologies, particularly whole genome sequencing to improve surveillance and monitoring of pathogens.



Platform: Place-based approaches

Place-based approaches are a key platform for change. Healthy places to live, work, learn and play support Victorians to maintain good health and wellbeing.

At the community level this means encouraging organisations and individuals to work collectively to improve local decision-making, planning and accountability for health.

At the setting level, the focus is on creating healthier early years services, schools, workplaces, sporting clubs and more to deliver health and wellbeing improvements for Victorians.

Actions

Actions include:

- developing a new approach to place-based prevention across Victoria through local government municipal public health and wellbeing planning and the health promotion work of community health services
- implementing the *Hazelwood mine fire inquiry: Victorian Government implementation plan*
- supporting better outcomes for vulnerable children, young people and their families through joined-up services via Children and Youth Area Partnerships
- establishing a Community Renewal and Rebuilding program to provide targeted support for disadvantaged communities via locally driven interventions and place based projects
- introducing new allocation criteria for equity funding to schools based on their levels of social disadvantage to better-target funding to high-needs students and ensure additional resources and expertise are available for schools with students who face more barriers to success than their peers
- implementing recommendations from the *Review of the program for students with disabilities* to improve outcomes for students with disabilities in inclusive schools in Victoria, with a focus on evidence-based practice and a holistic approach to maximising learning for all students, and enhancing the initiatives already underway through the Special Needs Plan and Education State reforms
- encouraging early childhood services, schools and workplaces to apply a health promoting framework to protect and promote the health and wellbeing of people within that setting and its community
- developing tools and resources for place-based initiatives to address social isolation and loneliness among seniors
- establishing new Regional Partnerships and Metropolitan Partnerships to significantly increase collaboration between communities, industry, businesses and government to address the most important challenges and opportunities across the partnership regions.



Platform: People-centred approaches

The Victorian Government recognises that people, families, and communities are at the centre of efforts to improve health and wellbeing. This creates a focus on government at all levels working alongside people and communities to co-design and co-produce policies and programs.

At its core, this approach recognises the unique strengths, vulnerabilities and complexities of people and communities, and provides for a flexible, integrated and real-world response.

A focus on people is one of the key platforms for change and will help us to deliver on a number of critical areas of work including achieving greater equity in the health and wellbeing outcomes of Aboriginal Victorians, recognising the importance of culture, country and family for Aboriginal people, and implementing the whole-of-government cultural diversity plan.

Actions

Actions include:

- committing to co-production and co-design at every level by working with service users and providers to guide policy, program and service design and delivery, and promote equitable access for people with diverse cultural, religious, racial, linguistic, sexuality and gender identities
- working in partnership with Victorian Aboriginal communities, the funded sector, community organisations and others to co-design a new Aboriginal health, wellbeing and safety strategic plan, based on the principle of self-determination and a focus on strengthening connections to culture, country and family
- improving Aboriginal employment outcomes across health and human services through implementing the Aboriginal employment strategy



- supporting the National Disability Insurance Scheme to build relationships with mainstream service providers and local communities to improve understanding of the ways they can help people with a disability and increase accessibility and capacity of mainstream services
- implementing *Delivering for diversity: cultural diversity plan 2016–2019* to embed cultural diversity and the importance of culturally responsive, competent, respectful and accessible services throughout the Department of Health and Human Services
- promoting a person- and family-centred model of care, partner with consumers in healthcare and improve consumer's participation in healthcare
- strengthening support for newly arrived refugees and asylum seekers through building community capacity, strengthening access to education and employment, delivering a range of coordinated and integrated health programs, and utilising sports, arts, culture and community to foster a sense of place and belonging
- working through a whole of government LGBTI Taskforce established as part of the Government's commitment to provide inclusive and supportive services for LGBTI people.

Placing Aboriginal people and communities at the centre of the Aboriginal health, wellbeing and safety strategic plan

The new Aboriginal health, wellbeing and safety strategic plan aims to meet the needs and aspirations of the Victorian Aboriginal community to deliver lasting health and wellbeing outcomes.

The strategic plan will provide an integrated approach to improving Aboriginal health, wellbeing and safety, developed from and based on principles of self-determination and co-design.

It will address the social and cultural determinants of Aboriginal health and wellbeing to achieve greater equity in health and wellbeing outcomes.



Ambitious targets for our future

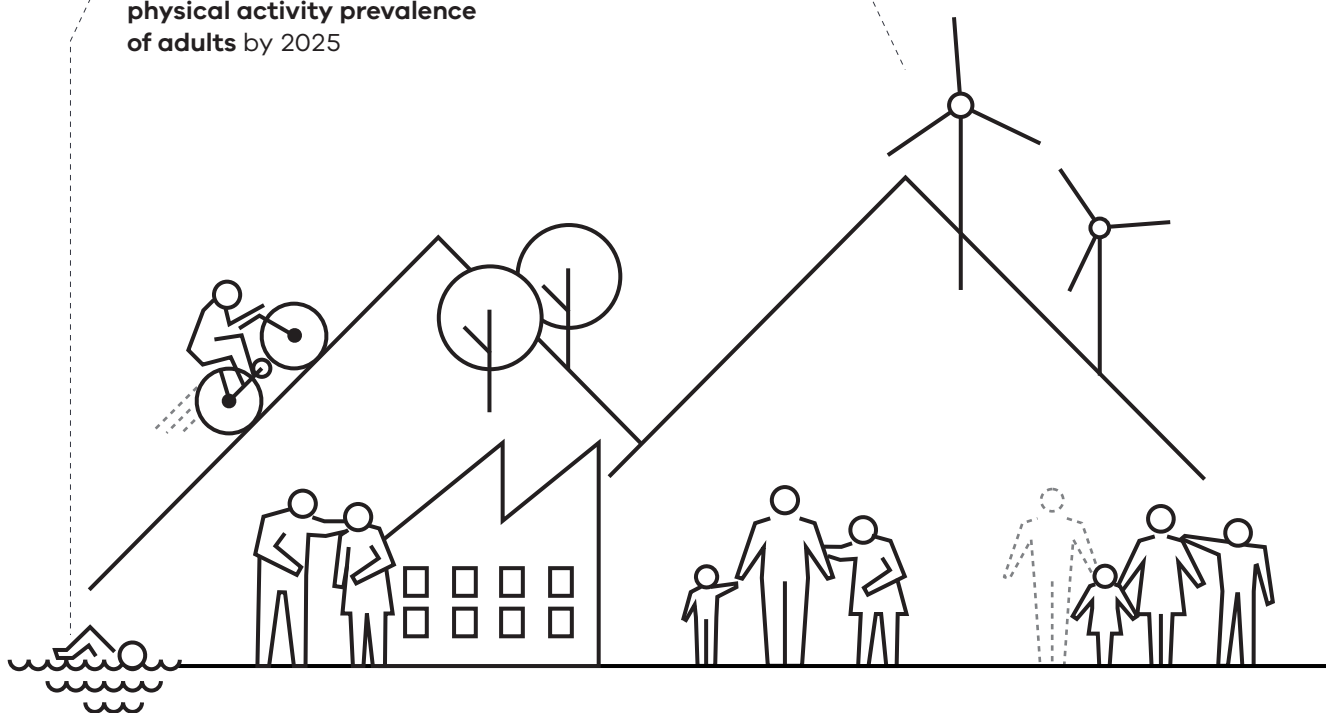
In line with state and national policies and international commitments, the Victorian Government is committed to achieving a number of key long-term targets (mostly by 2025). These initial targets will be built on over time as new targets are developed in areas such as family violence. The targets are included in the *outcomes framework*. The outcomes framework will help us track progress towards these targets, including whether we are achieving improvements among disadvantaged groups and geographic areas.



20 per cent **increase in sufficient physical activity prevalence of adolescents** by 2025

10 per cent **increase in sufficient physical activity prevalence of adults** by 2025

25 per cent of the state's **electricity from Victorian-built renewable generation** by 2020; and 40 per cent by 2025



10 per cent **decrease in excess alcohol consumption by adolescents and adults** by 2025

Virtual elimination of HIV transmission by 2020

25 per cent **decrease in premature deaths due to chronic disease** by 2025

Working together

We know it will take long-term commitment and effort from all of us – state and local government, non-government organisations, businesses and communities – to improve public health and wellbeing in Victoria.

Building partnerships for the long term will be key to our success. To support collective efforts, a new website <www.prevention.health.vic.gov.au> dedicated to population health and wellbeing provides a platform to share achievements and contributions.

