

## WASPOUR



## OUR PEOPLE

Without good health it is difficult to live our lives the way we would like to. Improving health and wellbeing is a shared responsibility. Individuals can make changes to the way they live their lives and support family and friends to do the same.

Council, along with State and Federal governments and other community organisations, have important roles to play in improving the health and wellbeing of Warrnambool's people. These community partners can create healthy environments for people to live/work/play/visit; develop policies and programs which support the community; strengthen the capacity of individuals, and provide services and facilities which promote, protect and encourage good outcomes.

## How are we faring?

### What is going well in Warrnambool now? (strengths)

- 50% residents report their health is excellent or very good
- Proportion of residents living a sedentary lifestyle has halved (5.3% in 2008 to 2.4% in 2014).
- 2 in 3 residents are doing enough exercise and the proportion is increasing.
- 1 in 3 men participate in organised sport (vs Vic 1 in 8) – highest rate in Victoria.
- 1 in 2 residents are eating enough fruit (increased from 43% in 2008 to 58% in 2014).
- Civic participation (attendance at meetings, signed petition, contacted councillor) has increased from 58% to 63% (2007-2011).
- 1 in 2 people volunteer more than once a month (1 in 3 for Victoria).
- Smoking has reduced to 1 in every 10 people (halved from 1 in 5 in 2008)



## What needs improvement in Warrnambool? (challenges)

- 1 in 3 residents report poor health
- 1 in 3 residents are overweight; 1 in 5 are obese
- Only 1 in 10 residents eat enough vegetables (5+ serves each day)
- 13% drink soft drink daily
- Residents are more likely to have an increased risk of lifetime harm from alcohol (71.8%) than Victoria (59.2%)
- Proportion residents seeking help for mental health issues is highest in Vic (31.8 people per 1000)
- Limited cultural diversity (6.9 % residents born overseas compared to 26.2% Victoria & 10.6% Regional Victoria)
- Proportion of children considered vulnerable on two or more measures when starting school has increased to 8%.
- Family violence incidents reported to police increasing (up from 12.2 to 18.9 per 1000 people)
- Household income is 20% less than the Victorian state average
- Providing Community and recreation infrastructure to meet the needs of the region - childcare centres, kindergartens, recreation facilities etc.

## Council's Goals

### Warrnambool Health and Wellbeing plan 2013 - 17

#### Promote healthy lifestyles

- encourage healthy eating & sufficient physical activity
- prevent harm from alcohol
- reduce tobacco use

#### Seek access, equity, safety, and inclusion for all

- promote mental wellbeing
- prevent violence against women and children
- improve accessibility and equity of programs and services

#### Improve access to economic resources

- promote economic participation
- improve educational qualifications, work readiness and opportunities for lifelong learning



ECONOMY



ENVIRONMENT



PEOPLE



PLACE