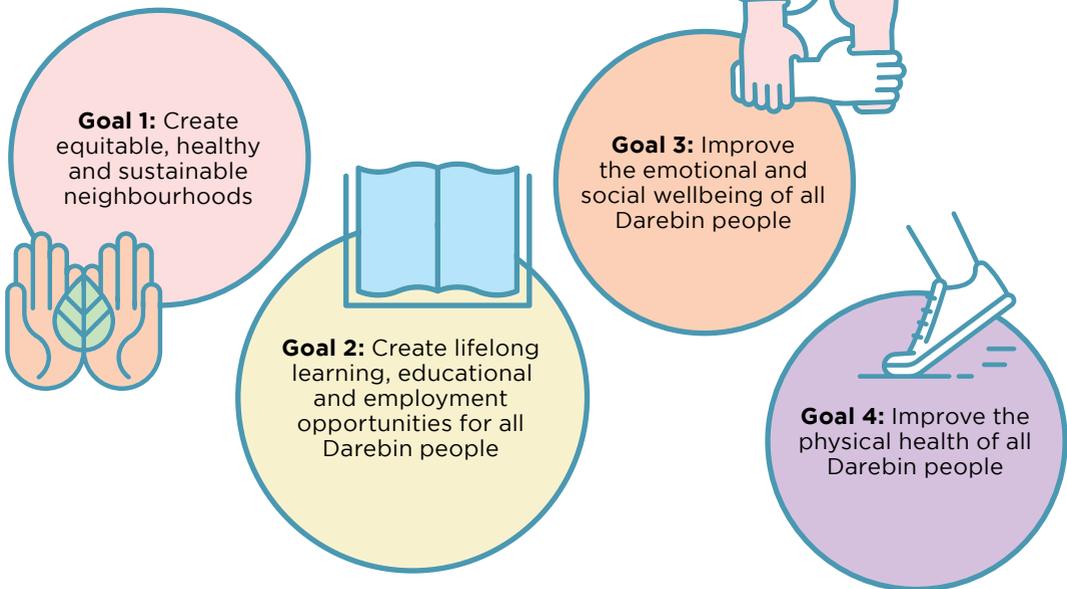


Darebin City Council's **Health and Wellbeing Plan 2017 - 2021** (Plan), has been developed with the understanding that health and wellbeing is influenced by the social, economic, cultural, built and natural conditions in which we are born, grow, learn, live, work and age. This Plan outlines what we will do to help achieve improved health and wellbeing outcomes so that residents can live rewarding, healthy and socially connected lives for the next four years.

This Plan is strongly linked to the 2017 - 2021 Council Plan, Goal 2: "We will improve the wellbeing of people in our community by providing opportunities for them to live their lives well" and Goal 5: "We will lead on equity and recognise our diverse community as our greatest asset for solving future challenges".

Our mission for the Plan is healthy, strong and resilient people and connected communities, and strives for health equity for all. There are four overarching goals to reach this mission.



For more information visit Darebin Health and Wellbeing Plan at: www.darebin.vic.gov.au/healthandwellbeing

A SNAPSHOT OF DAREBIN'S HEALTH AND WELLBEING

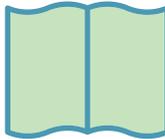
Risk factors to health and wellbeing

- 5.8% of households in Darebin reported running out of food and not having enough money to buy more.
- 31.2% of people agreed that “getting drunk every now and then is ok”.
- 12.1% are current smokers. The rate is higher in Preston East (30.1%) and Reservoir East (22.4%).
- \$683 in electronic gaming machine losses, per person each year.



Education

- 59.1% of people in Darebin completed compulsory education (year 12 or equivalent).
- 9.7% students in Year 9 did not meet or exceed the benchmark of reading.



Healthy eating and active living

- 11.8% of adults consume sugar sweetened soft drinks daily. The rate is higher in Preston East (19.4%).
- 92.8% of adults don't meet daily recommended consumption of 5 serves of vegetables.
- 6.2% of people sit more than 7 hours each day.



Mental health

- 14.4% adolescents and 20.4% adults experience very high level of psychological distress.
- 22.6% of people in Darebin volunteer which is lower than metro Melbourne of 31.6%.



Community safety and violence against women

- 31.7 family violence incidents each week.
- Perceptions of safety in public areas are lower in East Preston and East Reservoir.



Economic and employment characteristics

- 19.4% of households earn less than \$650 per week and 21% earn more than \$2,500 per week.
- 6.3% of people 15 years and above are unemployed.
- 13.7% of renters are in rental stress.
- 5.7% of Darebin mortgage holders are in mortgage stress.
- 85% of sole renters aged 65+ living in rent-related financial stress.



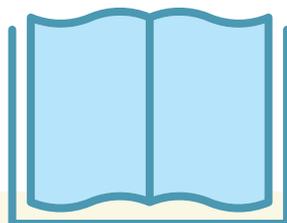
GOAL 1: CREATE EQUITABLE, HEALTHY AND SUSTAINABLE NEIGHBOURHOODS

Objectives	Strategies	Outcomes by 2021
<p>1.1 Establish health and wellbeing considerations for the planning and design of Darebin's built and natural environment</p>	<p>Health and wellbeing principles are embedded in all strategic planning and urban design policies</p> <p>Investigate restricted land use that has a detrimental impact on health and wellbeing outcomes, including electronic gaming machines, fast food, brothels and liquor outlets</p> <p>Ensure the Victorian Charter for Human Rights is reflected in all of Council's strategic and social planning</p>	<p>Health and wellbeing considerations are an integral part of all Darebin planning decisions, including universal access, safety and provision of spaces for social connections</p> <p>Council's integrated planning reflects commitments under Child Friendly Cities, Age Friendly Cities, Healthy Cities and welcoming cities</p>
<p>1.2 Create and maintain neighbourhoods that support safe and accessible open space</p>	<p>Advocate for diverse transport options and services in communities with limited public transport infrastructures, especially in the neighbourhoods where there is significant social and economic disadvantage</p> <p>Strengthen partnerships with schools, neighbourhood houses, community groups and local residents in order to maintain parks and facilities</p> <p>Support and advocate for the delivery of safe open spaces where local people are actively involved in the development processes and which allow people to gather, exercise, relax, play and interact in their local neighbourhood</p>	<p>Increase in perceptions of safety across Darebin, both during the day and at night by 5%</p> <p>Increased alternative and sustainable transport choices to services, commercial, educational, services and other activity centres</p> <p>Improved and increased open space in Darebin</p>



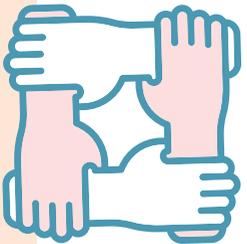
GOAL 2: CREATE LIFELONG LEARNING, EDUCATIONAL AND EMPLOYMENT OPPORTUNITIES FOR ALL DAREBIN PEOPLE

Objectives	Strategies	Outcomes by 2021
<p>2.1 To facilitate improved access and opportunities to employment pathways for disadvantaged adults and young people</p>	<p>Strengthen outreach, relationships and supports to ensure employment pathways are increased in neighbourhoods that experience economic and social disadvantage</p> <p>Facilitate partnerships with youth organisations and Darebin businesses to provide employment pathways</p> <p>Strengthen, collaborate and advocate with Darebin's partners in their ongoing effort to provide accessible adult education and employment skills</p>	<p>Five annual youth employment pathways programs delivered to provide employment opportunities to young people</p> <p>Increase in number of people, especially women and young people from long-term unemployed families to gain important skills and confidence to work.</p> <p>Two annual initiatives for coaching/mentoring and training opportunities for long-term unemployed people especially, women and young people</p>
<p>2.2 To facilitate equitable lifelong learning opportunities for disadvantaged adults, young people and children</p>	<p>Develop lifelong learning opportunities in partnership with local residents in priority communities which experience poorer health outcomes</p> <p>Support and advocated for ongoing improvements to the experiences of children and their families who experience educational disadvantage in their transition from early years services to primary schools to secondary schools</p> <p>Support young people who are disengaged from education and training to make enduring connection with their schools, have appropriate learning opportunities, and wellbeing as part of early intervention</p>	<p>Three whole-of- Council partnerships developed with secondary schools annually which include programs in response to key health and wellbeing priorities for young people</p> <p>Two initiatives annually to increase learning opportunities and health literacy in East Preston and East Reservoir</p>



GOAL 3: IMPROVE THE EMOTIONAL AND SOCIAL WELLBEING OF ALL DAREBIN PEOPLE

Objectives	Strategies	Outcomes by 2021
<p>3.1 To strengthen community connectedness across our neighbourhoods</p>	<p>Provide community connections through the arts, physical activity, early years, schools, neighbourhood community activities, events, information and communication technology, and volunteering</p>	<p>Increasing inclusive attitudes and respect for people of all age groups and cultures.</p> <p>Baseline data / benchmark for youth resilience</p> <p>Improved mental health and self esteem for Darebin's young people</p>
	<p>Maintain Council's roles in effectively supporting the work of agencies and organisations serving high needs residents</p>	
	<p>Collaborate with community agencies and schools on effective campaigns to promote the mental health and wellbeing of young people</p>	
<p>3.2 To promote freedom from discrimination and violence</p>	<p>Work in collaboration with identified local communities and settings who experience social and economic disadvantage</p>	<p>At least 2 new place-based community initiatives implemented annually that promote interculturalism and address racism.</p> <p>East Reservoir Neighbours for Change and East Preston Community Action Group advocate for local priorities and actions.</p> <p>One new community-based preventing violence against women initiative implemented annually</p> <p>Ongoing measures in annual community surveys about people's awareness regarding health and wellbeing consequences of discrimination</p>
	<p>Work in partnership with key stakeholders, agencies and community to address and respond to family violence and to prevent violence against women</p>	
	<p>Provide place-based community development in neighbourhoods that experience social and economic disadvantage in ways that respond to exclusion and discrimination, for priority populations:</p> <ul style="list-style-type: none"> • Aboriginal people • asylum seekers • newly-arriving women • Muslim women • LGBTIQ people 	



GOAL 4: IMPROVE THE PHYSICAL HEALTH OF ALL DAREBIN PEOPLE

Objectives	Strategies	Outcomes by 2021
4.1 Increase access to affordable and healthy food	Provide ongoing advocacy to all tiers of government to increase emergency relief and material aid across Darebin	15% increase in the number of businesses and community food enterprises donating surplus food
	Support and promote initiatives that contribute to access to affordable food and healthy eating	Council to support two organisations / services each year to develop and adopt food and nutrition guidelines
	Work with local partners to promote healthy eating and oral health across the life stages with Maternal and Child Health, Early Years, schools and the Healthy Ageing Program	Healthy Drinks Campaign shared indicators data collected annually
4.2 Increase participation rates in sport and physical activity	Reduce barriers to participation in priority populations: <ul style="list-style-type: none"> Newly arrived communities Older adults Aboriginal community People living with a disability Women and girls LGBTIQ people NDIS clients 	20% increase in Council supported sport or physical activity initiatives
	Partner with key stakeholders, agencies and networks to promote opportunities for increased physical activities	15% increase in female membership in organised sport
	Continue to invest in improving infrastructure that will increase participation in sport and physical activity	30% of organised sport participants are women or girls
4.3 Reduce the impact and harm of alcohol and tobacco	In partnership with community organisations, support and promote initiatives that contribute to increased awareness of alcohol	facility audits are undertaken to analyse and make recommendations on improvements that will increase participation of priority groups
	In partnership with community organisations, support and promote initiatives that contribute to increased awareness of tobacco	Increase participation year on year to Council supported leisure facilities
	Investigate smoke free zones within the municipality	Decrease the Darebin smoking rate to 10% (currently 12.1%)
		Health literacy resources developed with community organisations



Darebin City Council has developed a Health and Wellbeing Plan 2017 – 2021, which aims to improve the health and wellbeing of all Darebin residents. This is a summary document of the Wellbeing Plan. **To access the full document, visit www.darebin.vic.gov.au/healthandwellbeing**

Arabic

لقد وضع مجلس مدينة داربيبن خطة الصحة والرفاه 2017 - 2021، وهي تهدف إلى تحسين صحة ورفاهية جميع سكان داربيبن. وهذه وثيقة موجزة لخطة الرفاهية. وللاطلاع على الوثيقة الكاملة، يرجى زيارة الموقع الإلكتروني التالي www.darebin.vic.gov.au/healthandwellbeing

Chinese

戴瑞宾市议会制订了《2017 - 2021年身心健康计划》(Health and Wellbeing Plan 2017 - 2021)。该计划旨在提高戴瑞宾市全体居民的身心健康水平。本文档是该身心健康计划的摘要。查看全文，请访问 www.darebin.vic.gov.au/healthandwellbeing

Greek

Ο Δήμος Darebin έχει ετοιμάσει ένα Σχέδιο Υγείας και Ευημερίας για το 2017 - 2021, που αποσκοπεί στη βελτίωση της υγείας και της ευημερίας όλων των κατοίκων του Darebin. Η παρούσα είναι μια περίληψη του Σχεδίου Ευημερίας. Για να δείτε το πλήρες έγγραφο, επισκεφθείτε το www.darebin.vic.gov.au/healthandwellbeing

Hindi

डेयरबिन सिटी काउंसिल ने एक स्वास्थ्य और कल्याण योजना 2017 - 2021 (Health and Wellbeing Plan) बनाई है, जिसका उद्देश्य सभी डेयरबिन निवासियों के स्वास्थ्य और कल्याण को बेहतर बनाना है. यह कल्याण योजना का सारांश दस्तावेज़ है. पूर्ण दस्तावेज़ देखने के लिए, www.darebin.vic.gov.au/healthandwellbeing पर जाएँ.

Italian

Il Comune di Darebin City ha sviluppato un Piano per la salute e il benessere per il 2017 - 2021 che si prefigge di migliorare la salute e il benessere di tutti i residenti di Darebin. Questo è un documento riassuntivo del piano di benessere. Per accedere al documento intero, visitate il sito www.darebin.vic.gov.au/healthandwellbeing

Persian

شورای شهر داربین (Darebin City Council) یک برنامه سلامتی و تندرستی برای 2017 - 2021 تدارک دیده که هدف آن ارتقای سطح سلامتی و تندرستی اهالی داربین می باشد. این یک متن خلاصه از برنامه سلامتی و تندرستی است. برای مشاهده متن کامل به www.darebin.vic.gov.au/healthandwellbeing مراجعه فرمائید.

Macedonian

Општината Даребин подготви план за здравје и благосостојба 2017 - 2021, кој има цел да го подобри здравјето и добросостојбата на сите жители на Даребин. Ова е само преглед на планот за добросостојба. За да пристапите до целиот план, посетете ја страницата www.darebin.vic.gov.au/healthandwellbeing

Somali

Golaha Degmada Darebin wuxuu sameeyey Qorshaha Caafimaadka Samaaqabka ee 2017 ilaa 2021, kaas oo diirada saaraya wanaajinta caafimaadka iyo samaaqabka dhamaan dadka degan Darebin. Kani waa dukuminti kooban oo qorshaha Samaaqabka. Si aad u hesho dukuminti dhamaystiran booqo: www.darebin.vic.gov.au/healthandwellbeing

Vietnamese

Hội đồng Thành phố Darebin đã soạn thảo Kế hoạch Sức khỏe và An sinh (Health and Wellbeing Plan) 2017 - 2021, nhằm tăng cường sức khỏe và an sinh của toàn thể cư dân Darebin. Đây là bản tóm tắt Kế hoạch An sinh (Wellbeing Plan). Muốn có trọn tài liệu này, truy cập www.darebin.vic.gov.au/healthandwellbeing

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