



# The Plan at a glance

The Yarra Ranges Council Health and Wellbeing Plan 2021-2025 provides a strategic road map for Council to support optimal health and wellbeing of communities across the municipality. The plan reflects and leverages where Council has responsibility, capability, influence, roles and resources to support health and wellbeing.

## Improving health and wellbeing

Optimal health and wellbeing are fundamental to a thriving community and prosperous municipality. Residents are generally healthy but not in every way.

Compared to all of Victoria, Yarra Ranges adults have poorer health and wellbeing related to:

- > Family violence incidents
- > Food insecurity and drinking sugary drinks
- > Anxiety, depression and other mental health-related problems
- > Excess alcohol consumption
- > Diagnosis of multiple chronic diseases



## How the Plan was developed

- > Through community consultation.
- > Build on achievements of previous Health and Wellbeing Plans
- > Articulate with other Council plans and the Victorian Public Health and Wellbeing Plan 2019-23

## Approaches of the Plan

- > Healthy and sustainable environments
- > Whole of Council
- > Partnership and collective impact
- > Prevention - protective and risk factors
- > Asset based community development
- > Placed-based
- > Life-course
- > Evaluation and monitoring

## Principles of the Plan

- > Evidence informed
- > Gender equity and intersectionality
- > Social determinants of health
- > Human rights and health equity

## How the Plan will be implemented

- > Directly by Council and via partnerships with other agencies and communities
- > Action Plans for each priority

## Draft Health and Wellbeing Priorities and Goals

- |            |   |
|------------|---|
| Priority 1 | <b>Respond to public health emergencies</b><br>Communities recover from Covid 19 and other emergencies.   |
| Priority 2 | <b>Tackle climate change and its impact on health</b><br>People and businesses are resilient, prepared, and able to mitigate the potential health impacts of climate change.                    |
| Priority 3 | <b>Increase healthy eating</b><br>People have the capacity to consume healthy food, built on a sustainable system providing access to healthy, affordable food for all.                         |
| Priority 4 | <b>Increase active living</b><br>People have capacity to walk and be physically active in an inclusive culture.   |
| Priority 5 | <b>Improve mental wellbeing and social connections</b><br>People have good mental wellbeing through strong community connections, family supports and ease of access to mental health services. |
| Priority 6 | <b>Prevent violence against women and children</b><br>Women and children live free from abuse and violence in a culture of gender equity and respect.   |
| Priority 7 | <b>Reduce harmful alcohol and drug use</b><br>People are safe from the harmful effects of alcohol and other drugs.  |



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Draft Plan or  
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on 1300 368 333

