



Population Health Catchment Plan 2023–2029

**Barwon South West Public Health Unit**



**Prepared by the Barwon South West Public Health Unit, June 2023**

**Photo credits: front page**

Left column (top to bottom): Pam Hutchinson (via Golden Plains Shire Council), Southern Grampians Shire Council

Middle column (top to bottom): Moyne Shire Council, Southern Grampians Shire Council, Southern Grampians Shire Council

Right column (top to bottom): Corangamite Shire Council, City of Greater Geelong, Corangamite Shire Council, Colac-Otway Shire Council

**Photo credits: back page**

Left column (top to bottom): Southern Grampians Shire Council, Moyne Shire Council

Second column from left (top to bottom): Southern Grampians Shire Council, Glenelg Shire Council, City of Warrnambool, Southern Grampians Shire Council

Third column from left (top to bottom): Southern Grampians Shire Council, Colac-Otway Shire Council, City of Greater Geelong, Surf Coast Shire Council

Right column (top to bottom): Southern Grampians Shire Council, Colac-Otway Shire Council, Pam Hutchinson (via Golden Plains Shire Council), Southern Grampians Shire Council

**Photo credits: other**

Page i and Page 1: Southern Grampians Shire Council



# Acknowledgement of Country

Barwon South West Public Health Unit acknowledges the Traditional Owners of the lands that make up our region, the Bunganditj, Coladjin, Djab Wurrung, Djargurd Wurrung, Eastern Maar, Gadubanud, Girai Wurrung, Gulidjan, Gunditjmara, Jardwadjali, Tjap Wurrung and Wadawurrung peoples.

We pay our respects to their Elders past and present.

We thank the Traditional Owners for custodianship of the land, and celebrate their continuing cultures, acknowledging the memory of honourable ancestors.



# Executive Summary

The Barwon South West Public Health Unit (BSWPHU), hosted by Barwon Health, has developed the Barwon South West Population Health Catchment Plan (the Catchment Plan). The Catchment Plan was informed by population health needs, equity assessment and priorities for place-based health promotion, primary prevention and early intervention, including measures of impact aligned to outcomes frameworks, and will extend over a six-year period (2023–2029). The Catchment Plan supports the goals and objectives of the overarching Barwon South West Public Health Unit Strategy.

The Catchment Plan represents a collaboration of thought and effort. BSWPHU is grateful to the many people who contributed to its development. The Catchment Plan, developed over ten months, is informed by collaboration and consultation with our key prevention partners including local governments, community health organisations, women’s health organisations, sexual health clinics, Aboriginal Community Controlled Health Organisations (ACCHOs), Primary Health Networks (PHNs) and other key local and state-wide agencies.

The Catchment Plan will:

- Facilitate the implementation of state-wide programs, priorities, and policy at a local level while ensuring these inform and are informed by local priorities and responses;
- Strengthen local prevention capacity and networks to drive coordinated and collective impact with sufficient scale and reach; and
- Promote health and wellbeing outcomes that matter to people, their communities, and the environments in which they live.

The Catchment Plan presents a regional approach to health prevention as part of the Victorian Public Health Vision that *Victorians are the healthiest people in the world*. The anticipated outcomes of the Catchment Plan include:

- The environments where people live, work, play and study are safe and healthy, and promote the wellbeing of future generations.
- Everyone is supported to live their healthiest life, and intergenerational health outcomes are improved.
- People are connected with the right support, in the right place and at the right time to deliver outcomes that matter to them.

The Barwon South West region comprises a population of nearly 460,000 people across 10 local government areas, spanning from Queenscliff Heads to the South Australian border. Traditional land owners are the Bunganditj, Coladjin, Djab Wurrung, Djargurd Wurrung, Eastern Maar, Gadubanud, Girai Wurrung, Gulidjan, Gunditjmarra, Jardwadjali, Tjap Wurrung and Wathaurong (Wadawurrung) Aboriginal people.

The region’s population is growing and ageing, with 24% projected growth between 2021 and 2036, and highest projected growth in the 80+ year and 60–79 year age groups. A total of 1.4% of the Barwon South West population are Aboriginal and/or Torres Strait Islander peoples. People born in non-English speaking countries comprise 8.6% of the population, while 7.0% of the population reside in an area that sits within the lowest quintile for relative social disadvantage.

Non-communicable diseases (NCDs) pose a significant burden of disease in the Barwon South West region, with 31.8% of the population reporting that they have one or more long term health conditions. Of particular note are over 50% of the population reports living with



overweight and obesity, and the region has higher rates of risk alcohol consumption and smoking than the Victorian average. Tobacco use, physical inactivity, high body mass index, poor quality or unhealthy diet, and harmful use of alcohol and illicit drugs are common modifiable risk factors that account for around one third of the total health burden in Australia. Our prevention partners feel that solutions to these issues can be implemented; however, have identified that they require support to build capacity to evaluate programs both collaboratively and within their own organisations.

The Catchment Plan recognises that reducing the associated modifiable risk factors, in addition to addressing the wider social determinants of health, is imperative for controlling and preventing NCDs. By completing a needs analysis of the Barwon South West region, investigating the burden of NCDs and their modifiable risk factors in Australia and the Barwon South West region, and listening to voices of the community and our prevention partners, the following health priorities were identified:

- Increasing healthy eating
- Increasing active living
- Reducing tobacco and e-cigarette related harm
- Reducing harm from alcohol and other drugs
- Increasing the uptake of cancer screening
- Improving mental health and wellbeing
- Prevention of violence, family violence and promotion of gender equity
- Tackling climate change and its impact on health and strengthening community resilience

Over the next six years, BSWPHU will lead the implementation of the Catchment Plan along with partners and stakeholders to strengthen the region-wide prevention system. BSWPHU will be responsible for bringing regional partners together, including local government (councils), community health organisations, and various not-for-profit and private organisations, and for embedding prevention and health promotion planning and delivery at the local level.

The Catchment Plan is developed and designed to be a live document that will be updated and refreshed over time, through to 2029. BSWPHU is working collaboratively and collectively with our prevention partners across the Barwon South West region to ensure minimal duplication of effort across local government, state and nationally funded prevention efforts. BSWPHU will ensure that prevention activity is captured as progress and achievement of short-term impacts as well as long term shifts by the efforts of BSWPHU and prevention system partners.

In preparing this Catchment Plan, BSWPHU has undertaken comprehensive surveillance of the region's population, including a deep dive into modifiable risk factors associated with the preventable chronic disease burden within the Barwon South West region. The Catchment Plan maps current prevention activity and along with supporting population datasets, identifies eight health priorities that form the focus of the Catchment Plan implementation. The Community Partnerships team engaged in extensive consultation with prevention partners, including meetings with stakeholders, forums and direct engagement with community groups. BSWPHU has identified the Monitoring and Evaluation and Learning (MEL) framework to be implemented in the first year of the Catchment Plan. We look forward to collectively approaching challenges within the region with a solutions focused, outcomes measured approach to all prevention activity.

