



# A Healthy and Resilient Monash: Integrated Plan

2017 – 2021

## Council's Role in Health and Wellbeing

As the closest level of government to community, we are in a unique position to respond to the health and wellbeing priorities of our community.

Every four years, in accordance with the Public Health and Wellbeing Act 2008, we develop a municipal public health and wellbeing plan to guide our vision for Monash. This Plan is state-legislated and directly aligns with the Victorian Public Health and Wellbeing Plan 2015 - 2019.

## Mayor's Message

It is with great pleasure that I introduce ***A Healthy and Resilient Monash: Integrated Plan 2017-2021***. This plan represents our combined efforts to support the Monash community to lead healthy, happy and fulfilled lives. It recognises that good health is far broader than merely being free from disease: that it is a state of physical, mental and social wellbeing. Without good health, it is difficult to live lives to the fullest.

As your local Council, we want to create supportive environments that make it easy for our community to participate in healthy lifestyles.

That's why, for the first time, we have created one plan that brings together all the areas within Council that help us define what creates a healthy city. This one plan sets out one vision to maximise the health, happiness and wellbeing of the Monash community. It identifies different sectors of our community and their specific priorities including those with disabilities, our multicultural community, concerns about community safety, gender equity, sexual orientation, age friendly, sport and recreation, libraries, neighbourhood

houses, arts and culture, children, young people and families, place making and community grants.

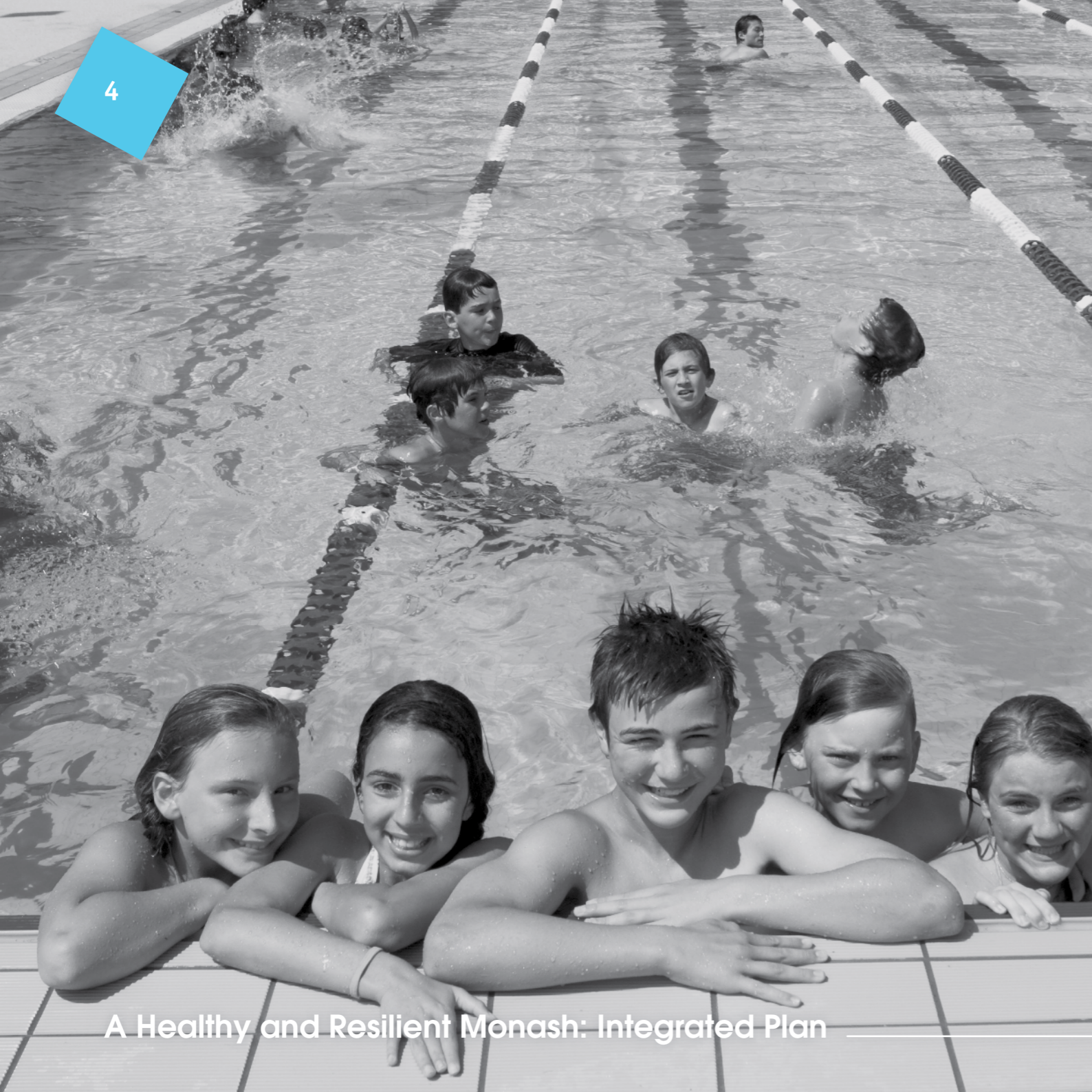
We have set our sights high for what we can achieve and we couldn't do it without the wonderful support of our local community partners.

Thank you also to the generosity of everyone who contributed their thoughts and ideas to the development of this plan. I am confident that together we will continue to build a healthy, strong and supportive community for all.

**Rebecca Paterson**  
Mayor

## Acknowledgement of Country

Monash City Council acknowledges the Traditional Owners of the land now known as Monash and pays respect to their Elders past and present.



## What our community has told us <sup>5</sup>

“We all need to work together to show respect for women.”

“Child care centres and schools shouldn’t feed our kids junk food, or sugary, salty foods. This is influencing their taste buds from an early age.”

“Please continue to grow the free activities in the parks! Music, Dance, Fun!”

“Accessible parks, walking and riding paths encourage people to get out and about.”

“When people are active their physical health AND mental health automatically improves!”

“Healthy eating is the start to a healthier mind, spirit and body.”

“If you’re in a good headspace, you’re more likely to make better life choices.”

“Respect helps create safer communities.”

“There’s a place for everyone in this community.”

“Life is complex for kids today, it’s no wonder many face mental health issues.”

# One plan and one vision for a whole community

In developing **A Healthy and Resilient Monash: Integrated Plan 2017-2021** we have, for the first time, captured and drawn together priorities from all of the plans, activities and services that contribute to the health, happiness and wellbeing of the Monash community.

- place
- sports
- libraries
- bike paths
- age friendly
- built spaces
- open spaces
- fit and healthy
- arts and culture
- lifelong learning
- making a difference
- Monash Gallery of Art
- resilient young people
- neighbourhood houses
- community grants program
- parks
- recreation
- all abilities
- child friendly
- gender equity
- strong families
- community safety
- diverse communities
- safeguarding children

**A Healthy and Resilient Monash: Integrated Plan 2017-2021** incorporates a breadth of current and sun-setting Council Strategies and Action Plans, including the:

- Active Monash incorporated strategies
- *Age-Friendly Monash 2015 - 2019*
- *Arts and Culture Strategy 2015 - 2018*
- *Children, Young People and Family Strategy 2016 - 2017*
- *Community Safety Framework 2015 - 2020*
- *Disability Action Plan 2013 - 2017*
- *Gender Equity Strategy 2015 - 2020*
- *Health & Wellbeing Partnership Plan 2013 - 2017*
- *Multicultural Action Plan 2013 - 2017*
- *Oakleigh Community Action Plan*
- *Public Health Approach to Gambling: A Policy Statement 2016 - 2020*
- *Public Library Service Strategy 2015 - 2018.*

A number of actions and programs that are delivered across the Community Development and Services Directorate including Neighbourhood Houses, Community Grants, Community



Development, Place-Making and the actions of the Monash Gallery of Art (MGA) are also integrated into this Plan.

We are confident that this approach will strengthen collaboration across Council and community, streamline reporting and drive us further to improve the health and wellbeing of the whole community.

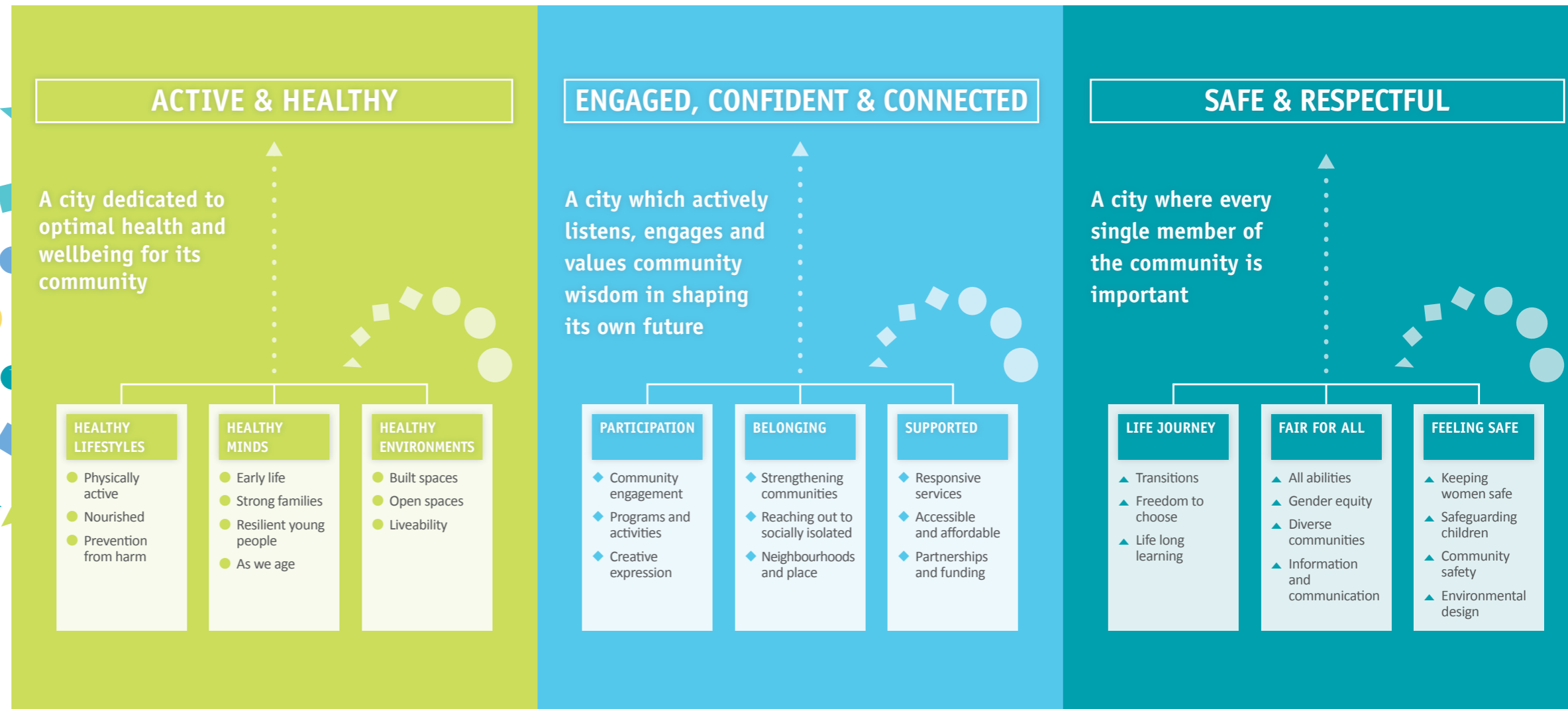
We have listened to what the community has told us, undertaken extensive research and data collection and worked with Council's key reference groups in the development of this plan.

**A Healthy and Resilient Monash: Integrated Plan 2017-2021** has two companion documents. These are:

- **Our Community: A Snapshot** which highlights key community evidence integral to shaping our priorities and measuring our success; and
- **Action Plan Year One 2017 - 2018** which identifies directions to guide our work over the next year.



## Framework 2017 – 2021



A city dedicated to optimal health and wellbeing for its community



## HEALTHY LIFESTYLES

A healthy diet, regular physical activity, and coping well with life stresses all contribute to good health.

### Physically active

Regular physical activity throughout life is one of the most significant factors in the promotion of good health and the prevention of chronic disease.

### Nourished

A balanced, healthy diet at all stages of life helps to maintain or improve overall health by providing the body with essential nutrition.

### Prevention from harm

Improving the health and resilience of individuals and communities through proactive services and programs improves one's health and life.

## HEALTHY MINDS

Positive experiences at key life transition points are particularly critical to good mental health.

### Early Life

Early childhood sets the foundation for lifelong learning, behaviour and health.

### Strong Families

Parents and carers have the most significant influence on a child and young person's health and wellbeing and this influence has lifelong effects.

### Resilient Young People

Supporting young people to feel safe, connected and confident improves their social and mental health, and they are better placed to adapt to new challenges as they occur.

### As we age

Remaining connected and engaged in community life contributes to positive health and wellbeing for older people.

## HEALTHY ENVIRONMENTS

Our health is closely linked to the natural and built environments in the communities where we live.

### Built spaces

Ensuring that community needs, both now and into the future, are central to the physical design of our buildings.

### Open spaces

Accessible public open spaces for sport, play, recreation and active transport in our neighbourhood.

### Liveability

Liveability comprises many elements. We will regularly consider how the community measures liveability and refine our approaches based on what the community tells us.

A city which actively listens, engages and values community wisdom in shaping its own future



## PARTICIPATION

A community where everyone has opportunities to lead socially engaged and fulfilling lives.

### Community engagement

Community engagement is a dynamic process that builds resilient relationships and the community's strength.

### Programs and activities

Community based programs, activities, events and celebrations that respond to community needs, interests and aspirations impact positively on health.

### Creative expression

Community based arts and cultural activities, services and events that celebrate cultural diversity, support artistic expression and strengthen community.

## BELONGING

Lives have more meaning when social experiences provide a sense of belonging.

### Strengthening communities

Strong and cohesive communities promote the inclusion and participation of everyone.

### Reaching out to socially isolated

Directing efforts to be inclusive of those who may be isolated ensures that everyone has the opportunity to be a part of community.

### Neighbourhoods and place

A community development approach that brings local communities together to foster and strengthen leadership, spirit and social connections.

## SUPPORTED

Supporting the health and wellbeing of our residents through direct service provision, through a community grants program and by working in partnership with community based services, is a key element of our approach.

### Responsive services

Monash Council will be responsive, flexible and creative in responding to existing and emerging community needs.

### Accessible and affordable

Monash seeks to provide services and activities that are accessible and affordable to people from all walks of life. We will identify and address barriers to participation.

### Partnerships and funding

Monash develops and fosters partnership approaches that benefit the Monash community.

**A city where every single member of the community is important**

## LIFE JOURNEY

Monash Council will optimise opportunities for its community to be able to access health and wellbeing services and social activities that meet the needs of every life stage.

### Transitions

A life course approach helps us to focus on key life transition points where interventions can have the greatest impact.

### Freedom to choose

Making informed decisions and having choices is a human right.

### Lifelong learning

Lifelong learning is the ongoing, active pursuit of knowledge that enhances social inclusion, active citizenship and personal development.

## FAIR FOR ALL

Monash Council has a strong and articulated commitment to Access and Equity, which is guided by the broad principles of International Human Rights and Social Justice.

### All abilities

People of all abilities can fully participate in all aspects of life.

### Gender equity

Actively promote empowerment and dignity, challenge discrimination and respect human rights to advance gender equity.

### Diverse communities

Monash Council celebrates its rich cultural, linguistic, religious, age, gender and sexual diversity and works to support lifetime wellbeing, community harmony and opportunities for everyone to be able to participate fully in community life.

### Information and communication

Developing targeted, effective and culturally appropriate ways to communicate is a critical element to building strong relationships with the community.

## FEELING SAFE

A safe community is one in which everyone works together in a coordinated and collaborative way to increase safety and reduce the fear of harm.

### Keeping women safe

Violence against women has enormous individual, family and community impacts and social costs. Through a shared, consistent and mutually reinforcing approach to preventing violence against women, we can all contribute to creating a safer community built upon equality and respect.

### Safeguarding children

Protecting children and young people from harm requires a vigilant and informed community that is confident in making judgements and is assertive in taking actions.

### Community safety

Feeling and being safe is essential to the health, wellbeing and enjoyment of community life.

### Environmental design

Environmental design principles shape and inform Council when devising plans, programs, policies and buildings.





# How we will measure our achievements

The Plan will align with the *Victorian public health and wellbeing outcomes framework* in its reporting, collection and measurement of outcomes. Our actions will be measure against improved outcomes for the following health conditions, health behaviours and healthy environments:

## Health Conditions

- Pre-obesity and obesity
- Diabetes
- Heart disease
- Blood pressure
- Osteoporosis
- Arthritis
- Mental health conditions
- High/very high psychological distress
- Age related and younger onset dementia.

## Health Behaviours

- Annual statistical profile of Monash, with over 140 indicators relating to population composition and growth, diversity, socio-economic status, community strength, health status and wellbeing, and service performance and utilisation (DHHS)
  - Smoking, alcohol and other drugs
  - Physical activity
  - Meeting dietary guidelines for fruit and vegetable consumption
  - Sugary drinks
  - Participation in health screening programmes
  - Breastfeeding
  - Incidence of gambling and spending losses
  - Fully immunised rate

- VicHealth Indicators Survey
- Crime Statistics Agency Victoria
- National Community Attitudes towards Violence Against Women Survey
- Resilient Youth Australia Annual Survey
- Annual Community Satisfaction Survey
- Monash City Council 2021 And Beyond Survey
- Participation of all community sectors in consultations
- Service usage
- Strong collaborative partnerships
- Increased membership of Friends of MGA (Monash Gallery of Art)
- Increased participation in community based programs, activities, events and celebrations
- Australian Early Development Census
- Participation rates of Maternal and Child Health Services
- Participation rates in four-year old kindergarten programs.

## Healthy Environments

- Reduction in gambling-related harm
- Ban on smoking in public spaces
- Reduction in numbers of children reported to Child Protection
- Increased referral to child support agencies
- Integrated family & children services in Monash
- Participation rates in Council facilities
- Increased shared pathways
- Public art initiatives
- Community infrastructure initiatives that are accessible for all
- Strong, sustainable community organisations
- Community Grants program reach
- Monash community data base established
- Affordable recreational opportunities
- Youth mental health service in Monash
- Open Space Strategic Plan developed
- Victorian Child Safe Standards accreditation
- UN accreditation as Child-Friendly City.

# Staying on Track

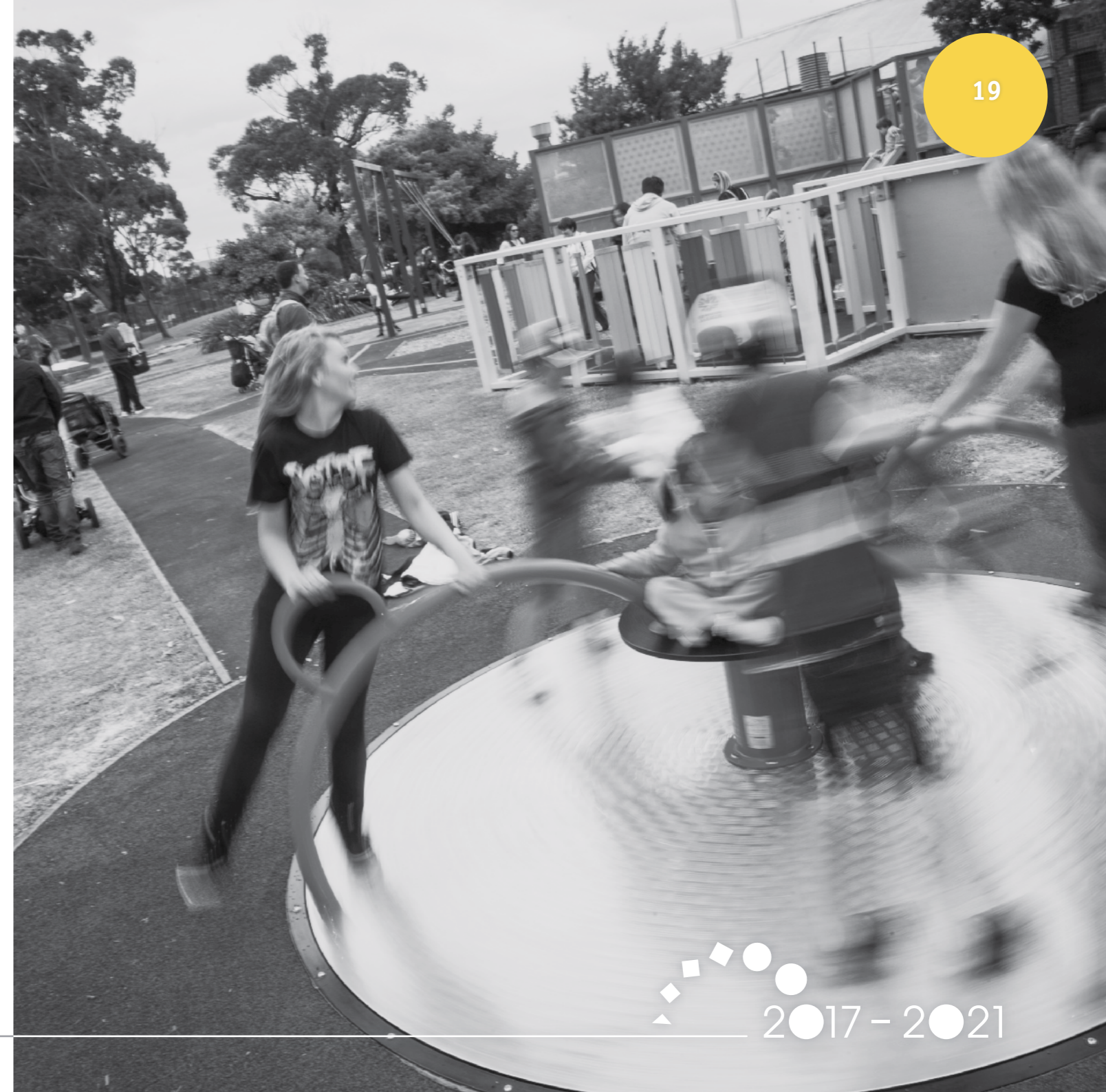
// We will ensure our approach remains live and adaptive to changes in community ..."

Viewed together, the three documents **A Healthy and Resilient Monash: Integrated Plan 2017-2021**, **Our Community: A Snapshot** and **Action Plan Year One 2017 - 2018** provide the framework, evidence base and actions for addressing issues which impact the health and wellbeing of the Monash community.

We will ensure our approach remains live and adaptive to changes in community by taking the following steps.

We will:

- further develop integrated planning approaches to deliver strong improvements to issues that were previously considered separately;
- update our evidence as new information comes to hand;
- update community information as new issues emerge;
- review and expand our approach on the basis of important new information;
- work in close association and provide quarterly progress reports to all advisory committees that contribute to **A Healthy and Resilient Monash: Integrated Plan 2017-2021**;
- review our achievements against the evidence;
- provide a progress report to Council on at least an annual basis; and
- develop a detailed evaluation in consultation with our stakeholder groups at the conclusion of this plan in 2021.



### Monash Civic Centre

293 Springvale Road  
Glen Waverley, 3150  
Hours: 8.15am to 5pm  
Monday to Friday

### Oakleigh Service Centre

3 Atherton Road  
Oakleigh, 3166  
Hours: 8.45am to 5pm  
Monday to Friday

Telephone: 9518 3555

National Relay Service  
(for people with a hearing impairment)  
1800 555 660  
mail@monash.vic.gov.au  
www.monash.vic.gov.au

## Language Assist Directory

العربية 9321 5480

廣東話 9321 5481

Ελληνικά 9321 5482

Italiano 9321 5483

한국어 9321 5484

普通话 9321 5485

русском 9321 5486

Việt Ngữ 9321 5487

Other  
languages 9321 5488

