

Lifestyle

Municipal Health and Wellbeing Plan Report Highlights 2018/19



*South Gippsland
Shire Council*

Report Partners

Council: Access and Inclusion, Buildings and Assets, Coal Creek, Community Services, Economic Development and Tourism, Planning, Regional Assessment Service, Sustainability, Social Planning and Strategic Planning

Other Partners: Department of Health and Human Services, Gamblers Help, Gippsport, Gippsland Primary Health Network, Grow Lightly, South Coast Primary and Community Partnership, South Gippsland Water, South Gippsland SPLASH and Tarwin Community Health Centre

Increased Opportunities for Active and Passive Recreation

Enabler: VicHealth Funding to Gippsport

Workplace Health and Wellbeing Plans

- Lets Get Active Program
- Employee Benefits Expo
- 4 workplaces completed Active April

Engaging People with Disabilities

- 120 people engaged in ten pin bowling, sailing, table tennis, netball, soccer and surfing

Recreation Strategy

- Developed and presented to Council



Lifestyle

We will continue to provide environments and practices which encourage healthy lifestyle choices.

Safe Walking and Riding - More Active Women and Girls

Enabler: VicHealth Funding - Walk to School and This Girl Can

Walk to School

- 16 out of 19 schools participated

This Girl Can

- 14 come and try activities
- 184 participants
- 6 ongoing classes

Gender Equity Audits

- 4 sporting club audits completed

Increased Physical Activity

- Wheelchair basketball, sailing, ten pin bowling, surfing
 - 45 teenagers engaged
 - 120 people with disabilities

Community Champions Go Gambling Free

- Program was conducted in Mirboo North and Leongatha
- 8 community champions recruited
- 2 Mental Health First Aid for Gambling held
- 3 shift workers lunches held
- 2 schools held video gaming harm sessions for both the school and parents
- Sport and Life Training held at Mirboo North Football Netball Club

Liquor and Gambling Strategy

- Internal licence protocol developed
- Liquor accord support with 43 members
- 43 clubs part of ADF Goodsports program

Minimise Harm from Gambling

Enabler: Victorian Responsible Gambling Foundation Funding

Making the Healthy Choice the Easy Choice

- 4 businesses actively engaged
- Menus classified with green (healthy), amber (sometimes) and red (limit) food choices
- 5 videos completed

South Gippsland Water Partnership

- 7 partners
- September 2018 and Summer Sippers 2019 campaigns completed
- #ChooseTap promoted social campaigns

Tap Water Everyday Project

- Co-design project commenced
- Secondary school students engaged

Water Drinking Fountains

- 2 fountains installed in South Gippsland towns

Increased Access to Healthy and Affordable Food and Water

Enabler: Department of Health and Human Services funding, South Coast Water Partnership