

# Healthy Warrnambool Plan 2025-2029





















### **Contents**

Acknowledgement of Country	3
Message from the Mayor	4
Warrnambool Context:	4
About the Municipal Health and Wellbeing Plan.	5
Community Profile through info graphics	6
How was the plan developed	12
Connection with the Council Plan.	14
Improving liveability	
Prevention of gender-based violence	
Improving social and emotional wellbeing	19
Deducing house from governing a look of and other	
Reducing harm from gambling, alcohol and other drugs (AOD)	21
	21
drugs (AOD)	

### **Acknowledgement of Country**





Warrnambool City Council acknowledge the Peek Whurrong and Kirrae Whurrung Peoples of the Gunditimara and Eastern Maar Nations as the Traditional Owners of the lands, waterways, and skies within Warrnambool municipality. We pay our respects to their Elders, past and present, and recognise their ongoing connection to Country—one that has existed for tens of thousands of years and continues to this day.

We acknowledge that sovereignty was never ceded. This always was, and always will be, Aboriginal land.





### Message from the Mayor



Council's vision for Warrnambool is for the city to be a thriving regional leader, rich in opportunities and committed to fostering a sustainable and inclusive lifestyle.

That vision relies on a city where residents' health and wellbeing are paramount and where opportunities to pursue healthy lifestyles are provided equitably.

Warrnambool is widely considered one of the most liveable regional cities in Australia and this is a reputation that Council is passionate about and works hard to retain.

Our role in supporting a healthy city is to ensure that the built infrastructure supports sustainable, active lifestyles and to partner with and support organisations that are dedicated to supporting the health and wellbeing of the community.

The Healthy Warrnambool 2025-2029 Plan demonstrates Council's commitment to partnering with the community and local service providers to promote and implement actions that help build a healthy community.

The Healthy Warrnambool Plan was developed in consultation with key health agencies, health promotion organisations and the community.

The priorities for Warrnambool which were determined by a combination of our local needs and their alignment with the Victorian Government's Public Health and Wellbeing Plan 2023-2027 are:

1.	Improving liveability
2.	Prevention of gender-based violence
3.	Improving social and emotional wellbeing
4.	Reducing harm from gambling, alcohol and other drugs (AOD)
5.	Increasing active living
6.	Increasing healthy eating and improving local food systems
7.	Improving resilience to the impacts of climate change

Working together, Council and dedicated health agencies can better address the barriers and issues that impact on our health and wellbeing.

I would like to thank all the stakeholders who provided input into the plan and I look forward to the prospect of some key measures moving in a positive direction over the next four years.

### Warrnambool -asnapshot

Warrnambool is situated on the traditional lands of the Eastern Maar people. Located approximately 260km west of Melbourne, it is Victoria's largest coastal regional City beyond Port Phillip Bay with a population of close to 36,000. It is the key regional centre for the Great South Coast.



The local government area includes the township of Warrnambool itself, as well as the smaller towns of Allansford to the east, and Woodford and Bushfield to the north and is bounded by the Merri River to the west and the Hopkins River to the east. The coast is a defining feature, with attractive beaches and rugged coastline located in the coastal reserve that runs along much of the southern boundary of the City.

The surrounding land includes highly productive agricultural land support mixed agriculture including cropping, dairy and beef production. Warrnambool City acts as the main service centre for the surrounding region.









# About the Municipal Health and Wellbeing Plan

Victoria's Public Health and Wellbeing Act 2008 recognises the key role of Councils in improving the health and wellbeing of people in their municipality. Section 26 of the Act requires each Council to prepare a Municipal Public Health and Wellbeing plan every four years.

The Healthy Warrnambool Plan 2025-2029 outlines Warrnambool's key health priorities and initiatives that will be implemented over the next four years, in line with the Victorian Health and Wellbeing Plan 2023-2027. Our plan considers preventative health as a key pillar of Australia's long term health plan and with local government closest to the community, Warrnambool City Council is uniquely positioned respond to health and wellbeing priorities of the community.

The Healthy Warrnambool Plan recognises the importance of health equity, acknowledging that health outcomes are not evenly or fairly distributed across our communities. This approach recognises that those who live with greater social and economic disadvantages are more likely to experience poorer health outcomes. Achieving health equity means recognising that not everyone enjoys the same opportunities to lead a healthy life, and taking steps to correct this.

It is also recognised that an intersectional approach is required to design effective health and wellbeing strategies that consider an individual's multiple and intersecting identities. The list of

priority population groups under each pillar is therefore provided as a starting point to help identify those facing greater barriers to achieving optimum health outcomes amongst individuals, families and communities within the Warrnambool municipality.

The following priority health pillars have been identified following a review of the population health data, engagement with our community and with the aim of building on the momentum of the previous Healthy Warrnambool Plan 2021-2025.

The below pillars are also aligned with the Victorian Public Health and Wellbeing Plan 2023-2027 and the Victorian Public Health and Wellbeing Outcomes Framework. The State government requires Council's to have regard to climate change in the Municipal Health and Wellbeing plan and address the prevention of family violence, including specifying measures to prevent family violence and responding to the needs of victims of family violence in the local community. These requirements are specified in the Health and Wellbeing Act 2008, Climate Change Act 2017, and the Gender Equality Act 2020.

### **Priority health pillars**

- 1 Improving liveability
- **2** Prevention of gender-based violence
- 3 Improving social and emotional wellbeing
- Reducing harm from gambling, alcohol and other drugs
- 5 Increasing active living
- 6 Increasing healthy eating and improving local food systems
- Improving resilience to the impacts of climate change



### Strategic context

### The Municipal Health and Wellbeing Plan is one of Council's key strategic documents.

The Healthy Warrnambool Plan 2025-2029 sits alongside the Warrnambool City Council Council Plan 2025-2029 and Warrnambool 2040 (W2040) community vision. The annual action plan will be guided by a wide range of area specific strategic plans as listed below.



Warrnambool and Moyne Youth Strategy 2025-2030 Active Warrnamboo Strategy 2025-2035

WCC Disability Action Plan 2017-2026

WCC Reconciliation Strategy and action Plan - In development

WCC Creative Strategy -2025-2029

WCC Sustainable Transport Strategy - Review pending

Warrnambool Open Space Strategy 2025-2040

### **Community profile**

Population	35,406
Annual growth rate (AAGR) between 2011-2021	1%
Median age	42
Males	48.1%
Females	51.9%
Aboriginal and Torres Strait Islander	707 (2%)
Overseas born	10%
People with severe disabilities	6.6%

<b>Demographic profile</b>	
SEIFA index of disadvantage 2021	995
Homeless persons estimated (2021)	184
Households renting	27%
Households with a mortgage	31%
Participation rate (population in the labour force	31%
Household income (>\$3,000 per week)	16%
Household income (<\$999 per week)	35.5%
Median weekly income	\$1,420
Median rental price	\$500 per week
Rental home Stock	18%

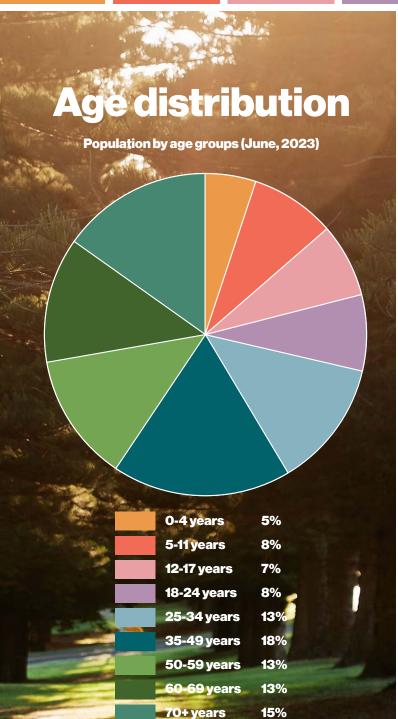
www.warrnambool.vic.gov.au

Source: Australian Bureau of Statistics, 2021 census.









### **Household income**

\$/week	Number of households	%
0-1000	4,717	35%
1000 - 2000	3,859	29%
2000-3000	2,585	19%
3k - 4k	1,165	9%
4k+	963	7%
Total	13,289	100%

Source: profile.id.com.au/warrnambool/household-income

### Long term health conditions

(self-reported)

People with one or more long term health conditions	32.2%
Mental health condition	10.4%
Asthma	9.9%
Arthritis	8.4%
Diabetes	4.4%
Heart disease	4.2%
Cancer	3.0%
Stroke	1.0%
Kidney disease	0.9%
Dementia	0.6%

Source: ABS 2021 census

### **Australian Early Development Census Data**

2024	Comparison to Victoria %	Trends/Observations
In 2024, <b>22.3%</b> of children in Warrnambool were classified as developmentally vulnerable-requiring additional support to reach the required standards on one or more AEDC domains which describe children's development	This figure correlates with the average for Victoria- for the same measure  22.3 %	Increased by <b>4.9%</b> since 2021
In 2024, <b>9.8%</b> of children in Warrnambool were classified as developmentally vulnerable-requiring additional support to reach the required standards on two or more AEDC domains which describe children's development	This figure is slightly lower than the average for Victoria for the same measure  11.8 %	No significant change since 2021





### **Healthy eating**

### **Victorian Population Health** Survey data 2023



In 2023, only **3%** of adults in Warrnambool ate enough fruit and vegetables to comply with the Australian dietary guidelines

### **Comparison to Victoria %**



Slightly lower than the average for Victoria

#### **Gender-based trends**

This figure for was lower for men (3.8%) compared to women (8.3%), with higher rates of women consuming 5+ serves of vegetables per day. This is similar to the same data for Victoria (4.4% for men), **9.1% for women)**.



In 2023. **23.9** % of adults in Warrnambool were daily consumers of sugar sweetened beverages



Slightly higher than the average for Victoria

Daily consumption of sugary sweetened beverages was slightly higher for males (25.8%) than women (21.7%) in Warrnambool.



In 2023. **6.2** % of adults ran out of food and couldn't afford to buy more



The figures were similar for the proportion of men (6.2%), compared to women (6.3%). The figures for Victoria were higher for women (8.2%) compared to men (7.5%).

### **Alcohol consumption**

### **Victorian Population Health** Survey data 2023



Warrnambool consumed >10 drinks/week

In 2023, **1.7%** of people, reported that their daily alcohol consumption was greater than >4 drinks/day

### **Comparison to Victoria %**



This figure is slightly higher than the average for Victoria



This figure is lower than the average for Victoria

#### **Gender based trends**

The figures were higher for men (21.1%) compared to Women (13.0%). This is similar to the same data for Victoria, (men 18.6%), (women 8.0%)

Not available

### **Alcohol-related hospital admissions**

Location	Measure Alcohol-related ambulance attendances (per 100,000)
Warrnambool	641.2
Victorian average	393.5

(Source Crime Statistics Agency Victoria, 2022-2023)







### Smoking rates •



Victorian Population Health Survey data 2023	Source	Warrnambool LGA	Victoria
Estimated % of adults who currently smoke tobacco	Victorian Population Health Survey	14.8	13.9
Estimated % of adults who currently vape	Victorian Population Health Survey	4.8	7.2
Estimated % of dual users among adults who smoke and/or vape	Victorian Population Health Survey	17.9	18.5

### **Active living**

#### **Victorian Population Health Comparison to Victoria %** What it means Survey data 2023 **62.8%** of adults are not meeting the physical activity guidelines for adults of between **150-300 minutes per** week of moderate to vigorous activity 35.1% each week The figures were slightly lower for men In 2023, only **37.2** of adults in Warrnambool **36.4%** compared to women **38.2%**. did more than **150 minutes per week** of Slightly higher than the The Victorian average was higher moderate to vigorous physical activity Victorian average for men compared to women (men 37.7.0%, women 32.9%)

### Mental health and wellbeing

Victorian Population Health Survey data 2023	Comparison to Victoria %	Gender based trends
In 2023, only <b>19.8%</b> of adults with low or medium life satisfaction	21.9 % Slightly lower than the Victorian average	The figures were higher for men 22.1% compared to women 17.9%.  The Victorian average was similar for men and women (men 21.6%, women 21.8%)
In 2023, <b>21.7%</b> of adults experienced loneliness (by 3-Item UCLA Loneliness scale)	23.3% Slightly lower than the Victorian average	The figures were similar for men 22.5% compared to women 21.2%.  The Victorian average was slightly lower for men compared to women (men 22.2%, women 24.7%)
In 2023, <b>15.6%</b> of adults reported high or very high psychological distress (K10 22+)	19.1% Slightly lower than the Victorian average	The figures were lower for men 12.6% compared to women 18.6%.  The Victorian average was also lower for men compared to women (men 16.0%, women 21.5%)





## **Family violence**

**Ambulance** patients



**Emergency** Department patients



**Number of clients receiving homelessness services** because of family violence

General service where FV is a reason for presenting - 214

Specialist family violence service - 218





### How we compare

Area	Rate per 100,000 (2023 data)
Warrnambool	2047
Victorian average	1378

Source: Crime Statistics Agency Victoria







## **Gaming machine spend** - Warrnambool

\$

Electronic Gaming Machine expenditure per year	\$24.2 million
Total spent on Electronic Gaming Machines per day Warrnambool LGA (2024-25)	\$66,372

Source: Victorian Gambling and Casino Control Commission 2023.

### Gambling losses in Victoria 🕮



Gambling type	Victorian player loss (\$million) 2023-24
Electronic Gaming Machines	3030.03
Melbourne Casino-Poker machines and table games	950.87
Lotteries (Victoria only)	845.63
Wagering and betting licensee	790.13
Wagering-other entities	1724.03
Keno-Licensee	45.92
Keno-Lottoland	6.33
Keno-other entities	0.15
Total	7,393.09

Source: vgccc.vic.gov.au/





### How was the plan developed

### February 2025

A review of the population data was undertaken to assess the priority health foci. Key population cohorts where identified to ensure an equity approach was taken in developing the community engagement plan.

### **June & July 2025**

Engagement program commenced. A program of deliberate community engagement activities was undertaken with the community, partner organisations and priority popultation groups.

### August 2025

Analysis of the engagement and and interpretation of the narrative feedback from the community and focus groups Draft report submitted to Council for approval.

### **April 2025**

An "across Council" Project Control Group (PCG) was established. This ensured a collaborative approach to identify opportunities to improve health and wellbeing through Council's services and to review the outcome of Project leads' decisions.

### **May 2025**

Review of previous plan and relevant Council strategies undertaken to identify gaps in the Council's strategy and inform the future direction of the new Healthy Warrnambool Plan.

### September 2025

The draft report was approved for release for public comment by Council. The feedback was assessed and incorporated in the plan.

October 2025 The Healthy Warrnambool Plan to be adopted by Council.







### **Approach and principles of the Plan**

Five principles below underpin the goals and key action areas in this Plan and will guide implementation of the annual action plan.

- The Plan will address the broader determinants of health, recognising that health is influenced by more than genetics, lifestyles and provision of health care, and that social determinants are critical.
- Key action areas are based on the above socio-ecological model of health, identifying actions at a range of levels including the individual level, social and community and physical environment (see figure - for more detail). This framework will be used to guide evaluation and report on the implementation of the plan.

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- Encourage partnerships with the community, key health partners and expert service providers to ensure people contribute to what influences their health and wellbeing and to empower individuals and communities to take control of their own lives
- Decisions about allocation of resources will be based on an equity model helping to ensure every individual, family and community group may benefit from living, learning and working in Warrnambool
- The activities in the annual action plan will be within Council's capacity to deliver based on its responsibilities, budgets and timelines.





# **Priority pillars & goals**

Priority pillar	Victorian health outcome	Warrnambool City Council Plan	Warrnambool 2040 - Community Plan	Healthy Warrnambool Plan – strategic goal
CART 1. Improving liveability	Victoria is liveable	Our liveable city promotes access to housing places and activity for all	Warrnambool will be a city where all people thrive	1.a To promote access to factors that influence health and wellbeing such as housing, transport, health and community services.
2. Prevention of family violence	Victorians live free from abuse and violence	Our City puts public health and safety as a priority	Warrnambool is a safe and connected community	<ul> <li>2.a To implement locally based programs designed to prevent family violence and improve gender equity</li> <li>2.b To partner with health organisations and the community to advocate for early and effective prevention and support to reduce long-term harm from family violence</li> <li>2.c To partner with health organisations to improve awareness and reduce stigma regarding accessing sexual and reproductive health services</li> </ul>
3. Improving social and emotional wellbeing	Victorians are healthy and well	Our inclusive and diverse City is welcoming to all	Warrnambool prioritises health and wellbeing	<ul> <li>3.a To provide an environment which promotes mental wellbeing</li> <li>3.b To enable community based programs that encourage social connectedness and inclusion</li> <li>3.c To raise awareness and to encourage programs that promote mental health literacy and self-efficacy</li> </ul>
4. Harm reduction drugs, alcohol and gambling	Victorians are healthy and well	Our City puts public health and safety as a priority	Warrnambool prioritises health and wellbeing	<ul> <li>4.a To implement policies that minimise harm from the consumption of alcohol, drugs and gambling</li> <li>4.b To advocate for treatment and rehabilitation services in the local community</li> </ul>
5. Increasing active living	Victorians are healthy and well	Our active City provides recreational oppurtunities for people of all ages and ability	Warrnambool prioritises health and wellbeing	<ul> <li>5.a To provide accessable spaces that support a range of physical activity opportunities</li> <li>5.b To support programs and activities that reduce barriers and enable people to be active every day</li> </ul>
6. Increasing healthy eating and drinking, improving local food systems	Victorians are healthy and well	Our City puts public health and safety as a priority	Warrnambool prioritises health and wellbeing	<ul> <li>6.a To support programs and activities that reduce barriers, encourage and enable people to eat healthy</li> <li>6.b To work in partnership with community partners to address the drivers of food insecurity and support food secure people in resilient communities</li> </ul>
7. Improving resilience to the impacts of climate change	Victoria is liveable	Our City will take measures to limit the impact of climate change	Adaptable Warrnambool - we adapt to the impacts of climate change	<ul> <li>7.a To make positive changes to the design and management of physical places and spaces managed by council that increase resilience to the impacts of climate change</li> <li>7.b To investigate the risks, seek funding and work with partners to build resilience to climate change</li> <li>7.c To encourage the community to adopt environmentally sustainable practices and adapt to climate change</li> </ul>









### Why is it important

Health is influenced by the environments in which people are born, live, learn, work, play and age.

Liveable places are defined as safe, socially cohesive, inclusive and environmentally sustainable with affordable housing linked through public transport, walking and cycling infrastructure, to employment, education, shops and services, public open space and social, cultural and recreational facilities.

Improving liveability requires collaborative approaches and partnership across Council, with community partners and across different levels of government. It includes improvements that can be made to existing neighbourhoods and new urban developments in the future, as well as key issues for council advocacy and partnerships.



**Priority population** 

- Young People







### 1. Improving liveability action areas



#### 1.1 Infrastructure and open space management

Implementing changes to infrastructure and open space management that promote access to factors that influence health and wellbeing such as housing, transport, health and community services.



Supporting partner organisations to advocate for improved access to health care services such as the Lookout residential rehabilitation centre- a dedicated Alcohol and Other Drug Residential Rehabilitation facility for South-west

Advocacy to increase housing diversity to ensure appropriate and affordable housing across all life stages. Public Transport-advocating for improvements to the public transport network for Warrnambool and surrounds

#### 1.3 Regional collaboration



Networking/collaboration with other community partners to take action on a number of issues including;

- improving access to childcare
- encouraging a compassionate approach to homelessness and supporting connection of those experiencing homelessness to appropriate support and services
- supporting the growth of local industries, festivals and events that bring employment and prosperity to the region

### Pillar 1. Plans and partners

Priority oillar	Relevant Council strategies & key partner plans	Organisations to partner with (local and regional level)
Improving liveability	<ul> <li>Warrnambool City Council Plan 2025-2029</li> <li>Victoria's draft 30 year infrastructure strategy, Infrastructure Victoria, March 2025</li> <li>Victoria's Housing statement, the decade ahead 2024-2034</li> <li>Wellbeing in Victoria: A strategy to promote good mental health 2025-2035</li> </ul>	<ul> <li>Brophy Youth and Family Services</li> <li>Salvation Army</li> <li>Catholic Care</li> <li>Mind Australia</li> <li>Department of Families Fairness &amp; Housing</li> <li>Housing investors/developers/community housing agencies</li> <li>Wellways</li> <li>Gunditjmara Aboriginal Cooperative Ltd</li> <li>Womens Housing</li> <li>Meli</li> <li>Department of Transport and Planning (DTP)</li> <li>VLline</li> <li>Warrnambool Bus Lines</li> <li>South West All Abilities Advocacy group</li> <li>Eastern Maar Aboriginal Corporation</li> </ul>







- grams designed to prevent family
- and the community to advocate for support to reduce long-term harm from family violence
- To partner with health organisations stigma regarding accessing sexual

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### Why is it important

Gender-based violence is a human rights violation freedom from violence is a fundamental human right, and gender-based violence undermines a person's sense of self-worth and self-esteem. It affects not only physical health but also mental health and may lead to self-harm, isolation, depression and suicidal attempts.



**Priority population** groups

- Early years and children
- Young People
- Older people
- LGBTIQA+ community
- People with disability







### 2. Prevention of family violence action areas



#### 2.1 Infrastructure and open space management

Implementation of the outcomes of the Gender Impact Assessments and the fair access and use policy on new projects. Changes to buildings, sporting facilities and public spaces to improve gender equity and increase opportunities for all to

#### 2.2 Council as leaders and decision makers



Continue to implement the Fair Access and Use policy and action plan- to improve gender equitable access to and use of community sports infrastructure for women and girls, partnering with external organisations to support participation in community sport and active recreation.

### 2.3 Regional collaboration

Collaborate with external partner organisations to participate in the Respect 2040 program and local campaigns and events, such as the annual 16 days of Activism campaign and other programs aimed at community and societal level change. Support other skill building programs in the community such as the Respectful Relationship training and sexual health awareness across a range of community settings through advocating for funding and cross promoting campaign messages.

### 2.4 Council as workplace

Implement the WCC Gender Equity Action Plan, including;

- Creating an organisational culture that supports equity,
- Diversity and respectful behaviour,
- Improving equality in recruitment, promotion, leave and flexibility and renumeration policies and practices, and
- Undertaking Gender Impact Assessments on key projects and new and revised policies.

#### 2.5 Skill building and education programs

Deliver programs through Council's Maternal Child Health and parenting education programs designed to give people skills to solve conflicts, manage emotions, promote equal and respectful relationships and address sexual and reproductive health issues.

### Pillar 2. Plans and partners

Priority pillar	Relevant Council strategies & key partner plans	Organisations to partner with (local and regional level)
Prevention of gender- based violence	<ul> <li>National Plan to End Violence against Women and Children 2022-2032</li> <li>Our Equal State- Victoria's gender equality strategy and action plan 2023-2027</li> <li>Change the story- A shared framework for the primary prevention of violence against women in Australia (Our Watch),2021</li> <li>WCC Gender Equity Action Plan (GEAC)</li> <li>BSW Women's Health and Wellbeing- Sexual and reproductive health consultation surveysnapshot (2025)</li> </ul>	<ul> <li>Women's Health and Wellbeing Barwon South West</li> <li>South West Sport</li> <li>Department of Education (+ Local Primary and Secondary Schools)</li> <li>South West TAFE</li> <li>Barwon South West Public Health Unit (PHU)</li> <li>Wannon Water</li> <li>Kirrae Health Service Inc</li> <li>Gunditjmara</li> <li>Victoria Police</li> <li>Orange Door</li> <li>SAFV Centre Warrnambool (Sexual Assault &amp; Family Violence Centre)</li> <li>West Vic Public Health Network (PHN)</li> </ul>







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### Why is it important

Wellbeing is crucial because it encompasses our overall health and happiness, influencing our physical and mental state, relationships, and even our ability to succeed in life.



**Priority population** groups







### 3. Improving social and emotional wellbeing action areas



### 3.1 Design and management of built environment and public space

Promote existing community infrastructure open spaces, natural and cultural spaces that support mental wellbeing. Improving inclusion and access for priority population groups and older people (>65).

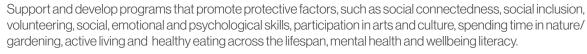
Apply and integrate healthy design principles into land-use planning, creating spaces that promote mental health and wellbeing such as green spaces, active spaces, pro-social spaces and safe places for priority population groups.



#### 3.2 Council as leaders and decision makers

Support, develop and encourage programs that act to prevent mental health conditions occurring by targeting key risk factors through policies and programs which prevent child abuse, child maltreatment, bullying racism, discrimination and encourage positive parenting.

### 3.3 Social connection and wellbeing programs



Implement community-based programs that target risk and protective factors to prevent mental health conditions occurring and promote high mental wellbeing. Seek to improve co-ordination between local programs, encourage programs in schools and workplaces.



#### 3.4 Skill building and education programs

Improve local knowledge of services options in the community.

Promote and support behaviours that promote mental wellbeing across the life-span, particularly pre-natal, early years, adolescence, mid-life and older years (65+), through skill building programs and evidence based programs

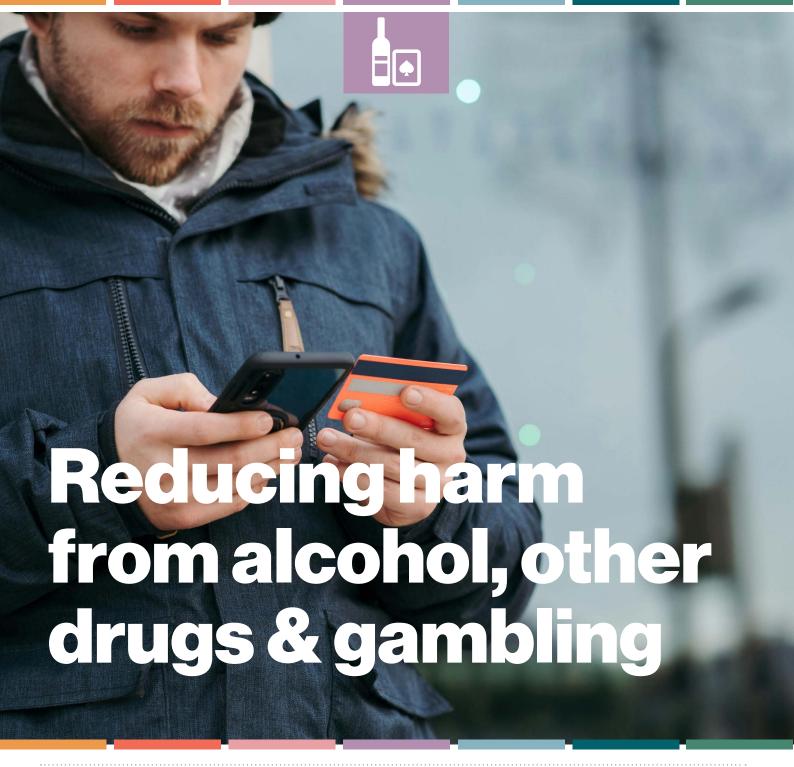
### Pillar 3. Plans and partners

That of hard and partitions			
Priority pillar	Relevant Council strategies & key partner plans	Organisations to partner with (local and regional level)	
Improving social and emotional wellbeing	<ul> <li>State reports/strategies</li> <li>Royal Commission into Victoria's Mental Health System-final report</li> <li>Wellbeing in Victoria: A strategy to promote good mental health 2025-2035</li> <li>Victorian Suicide prevention and response strategy 2024-2034</li> <li>VicHealth- The next 10 years 2023-2033 Reshaping systems together for a healthier, fairer Victoria</li> <li>Pride in our future; Victoria's LGBTIQ+ Strategy 2022-32</li> <li>Barwon South West Public Health Unit (PHU) Catchment Strategy</li> <li>West Vic PHN Needs assessment/strategy</li> </ul>	<ul> <li>WRAD Health</li> <li>Meli</li> <li>Wellways</li> <li>Lifeline</li> <li>Let's Talk</li> <li>Beyond the Bell</li> <li>Neil Porter Legacy</li> <li>Brophy Youth and Family Services</li> <li>BSW Public Health Unit</li> <li>Kirrae Health Inc</li> <li>Worn Gundidj Aboriginal Co-operative Ltd</li> <li>Gunditjmara Aboriginal Cooperative</li> <li>West Vic Primary Health Network (PHN)</li> <li>Department of Education (+ Local Primary and Secondary Schools)</li> <li>BigLife Warrnambool</li> <li>South West All Abilities Advocacy Group</li> <li>Warrnambool Multicultural Community</li> </ul>	





South West Healthcare



- To advocate for treatment and



#### Why is it important

Reducing harm from alcohol consumption is beneficial because it lessens the risk of developing various health problems like cancer, cardiovascular diseases, and liver cirrhosis and reduces the likelihood of injuries and accidents. It also improves mental health and overall quality of life. Gambling can lead to serious harms to health. These include financial stress, relationship breakdown, family violence, mental illness and suicide.



### **Priority population**

- Older people
  LGBTIQA+ community
  Aboriginal and Torres Strait Islanders
- People with disability



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### 4. Reducing harm from alcohol, other drugs & gambling action areas



#### 4.1 Design and management of built environment and public space

Use available planning, policy and regulatory controls to minimise harm from gambling and risky drinking behaviours and other (AOD) issues.

Implement improvements to public places to mitigate anti-social behaviours.



#### 4.2 Council as leaders and decision makers

Review and redesign internal policies and procedures to support key harm minimisation strategies relating to alcohol consumption, vaping/smoking and problem gambling in the community.





Collaborate at the local level with partner organisations working in the prevention space to analyse local issues such as problem gambling, alcohol and other drug (AOD) issues, access funding and develop evidence informed, place-based programs in response.

Support sport and recreation clubs, community led campaigns and initiatives to develop programs and strategies to address local issues such as problem gambling, vaping and smoking, risky drinking behaviours and other drug (AOD) issues.



### 4.4 Skill building and education programs

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Support partner organisations who are providing harm minimisation programs in the community, by promoting campaign messages and providing a platform for speakers/programs at appropriate council facilities.

### Pillar 4. Plans and partners

Priority pillar	Relevant Council strategies & key partner plans	Organisations to partner with (local and regional level)
Reducing harm from gambling, alcohol and other drugs (AOD)	<ul> <li>Local Drug Action Team (LDAT)- Community Action Plan (In development 2025)</li> <li>Warrnambool Gaming Policy (2014- to be reviewed)</li> </ul>	<ul> <li>Meli</li> <li>South West Healthcare</li> <li>Alcohol and Drug Foundation (ADF)</li> <li>Local Drug Action Team (LDAT)</li> <li>West Vic Primary Health Network (PHN)</li> <li>WRAD Health</li> <li>Victoria Police</li> <li>Department of Justice</li> <li>Barwon South West Public Health Unit</li> <li>Brophy Youth and Family Services</li> <li>Deakin University</li> <li>Kirrae Health Inc</li> <li>Worn Gundidj Aboriginal Co-operative Ltd</li> <li>Gunditjmara Aboriginal Cooperative</li> </ul>







### Why is it important

Regular physical activity can significantly reduce the risk of chronic diseases like heart disease, type 2 diabetes, and some cancers while helping regulate weight and mental health.



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### **Priority population** groups







### 5. Increasing active living action areas

#### 5.1 Design and management of built environment and public space

Improve access to, and promotion of, sport and recreation facilities, play-spaces and open space infrastructure for our growing community.



Implement the Principal Pedestrian Network and strategic plan to improve the safety and connectedness of the cycling network.

Increase and promote diverse opportunities for active recreation and social sport, reducing barriers such as access and inclusion for priority population groups.

Integrate healthy design principles into land-use planning-planning for infrastructure and spaces that support active living, active recreation and sport.

#### 5.2 Regional collaboration



Support sport and recreation clubs, community led campaigns and initiatives that encourage and facilitate opportunities to incorporate physical activity into daily life.

Develop, support and or promote initiatives that reduce barriers for participation in physical activity for people more likely to experience disadvantage.



### 5.3 Skill building and education programs

Promote and support movement across the lifespan, particularly pre-natal, early years, adolescence, mid-life and older years (65+), through skill building programs and implementing evidence based programs.

### Pillar 5. Plans and partners

Priority pillar	Relevant Council strategies & key partner plans	Organisations to partner with (local and regional level)
Increasing active living	<ul> <li>Active Warrnambool Strategy</li> <li>Sustainable Transport Strategy</li> <li>Principal Pedestrian Network</li> <li>Warrnambool Playground Strategy</li> <li>Principal Bicycle Network</li> <li>Lake Pertobe Master Plan</li> <li>Women and Girls Participation Strategy (South West Region)</li> <li>Blueprint for an active Australia- Heart Foundation</li> <li>VicHealth- The next 10 years 2023-2033 Reshaping systems together for a healthier, fairer Victoria</li> </ul>	<ul> <li>South West Sport</li> <li>Sport and Recreation Clubs/Associations</li> <li>Barwon South West Public Health Unit</li> <li>Allied Health Services- Exercise physiologists, physiotherapists, General Practitioners</li> <li>Private gyms, personal trainers</li> <li>Department of Education</li> <li>Kirrae Health Services</li> </ul>







- 6.a To support programs and activities that reduce barriers, encourage and enable people to eat healthy
- 6.b To work in partnership with community partners to address the drivers of food insecurity and support food secure people in resilient communities

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### Why is it important

Healthy eating is crucial for maintaining overall well-being and preventing chronic diseases. It provides the body with essential nutrients for optimal functioning, boosts energy levels, and supports a healthy weight.



### **Priority population** groups

- People experiencing socioeconomic disadvantage
- People experiencing unemployment
- People experiencing homelessness
- People with disability and chronic health conditions
- Children and Young people
- Older people
- Aboriginal and Torres Strait Islanders
- Culturally diverse communities







### 6. Increasing healthy eating and improving local food systems action areas



### 6.1 Design and management of built environment and public space

Utilise policy tools to reduce exposure to advertising of unhealthy foods, particularly in council facilities and public spaces.

Implement recommendations from the review of Breastfeeding friendly spaces in council owned facilities to provide appropriate facilities.

### 6.2 Regional Collaboration

Improve community education and awareness of healthy eating and drinking, promote the availability of health eating and drinking options

Collaborate regionally to understand the local food system and plan future interventions, share information, skills, resources, source funding to strengthen local food systems and address systemic barriers particularly for those most impacted by food insecurity

#### 6.3 Council as leaders and decision makers

Support community led healthy eating and drinking initiatives, backyard food growing, buy local (fresh produce), and programs aimed at food waste reduction and composting education and awareness.

Work in partnership with local community partners to build capacity, address the drivers of food insecurity and support food secure people in resilient communities.



#### 6.4 Skill building and education programs

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Promote and support healthy eating and drinking across the life-span, particularly pre-natal, early years, adolescence, mid-life and older years (65+), through skill building programs and evidence based programs.

### Pillar 6. Plans and partners

Priority pillar	Relevant Council strategies & key partner plans	Organisations to partner with (local and regional level)
Increasing healthy eating and improving local food systems	<ul> <li>VicHealth- The next 10 years 2023-2033         Reshaping systems together for a healthier, fairer Victoria</li> <li>South West Health Care- Food Insecurity in Warrnambool 2022</li> </ul>	<ul> <li>South West Healthcare</li> <li>Western District Food Share</li> <li>Barwon South West Public Health Unit</li> <li>Warrnambool Community Garden (WCG)</li> <li>Warrnambool Neighbourhood Community Centre</li> <li>Salvation Army- Warrnambool</li> <li>Anglicare Victoria</li> <li>Neighbouring councils &amp; community health services</li> <li>Kirrae Health Inc</li> <li>Worn Gundidj Aboriginal Co-operative Ltd</li> <li>Gunditjmara Aboriginal Cooperative</li> </ul>







- To make positive changes to the design and management of physical places and spaces managed by council that increase resilience to the impacts of climate change
- To investigate the risks, seek funding and work with partners to build resilience to climate change
- To encourage the community to adopt environmentally sustainable practices and adapt to climate change

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### Why is it important

Our health and wellbeing depends on a healthy environment. Victoria's Climate Science Report 2024 summarises the observed and projected changes for Victoria's climate. For South West Victoria these include changes in the frequency and intensity of heatwaves and drought, increase risk of a longer fire season, more frequent days of significant fire danger and changes to rainfall patterns, flood patterns and sea level rise. Subsequent risks from these changes include coastal erosion, flooding from sea level rise, storm surges and larger riverine floods.



### **Priority population** groups

- Children and Young people
- Aboriginal and Torres Strait Islanders
- Older people (particularly those socially isolated)
- Women (emergency situations and disaster impacts)
- People with disability and chronic health conditions
- People experiencing socioeconomic disadvantage
- Culturally diverse communities
- People outdoors during extreme heat (e.g. gardeners, athletes, labourers)











### 7. Improving resilience to the impacts of climate change action areas

#### 7.1 Infrastructure, open space and natural resource management

Implement recommendations from the WCC heat vulnerability study - Urban Forest Program, includes strategic revegetation projects to improve canopy cover in designated areas of the municipality.



Integrate urban heat adaptation strategies into maintenance and improvements to public spaces and infrastructure such as open space, river corridors, foreshore reserves, playgrounds, community and sporting venues.

Continue to investigate and manage the risks, seek funding and work in partnership to build resilience to climate risks, such as coastal erosion, flooding from sea level rise, storm surges and large riverine floods.

Improve drought preparedness across the city, implementing water saving and adaptation strategies.

### 7.2 Regional collaboration

Improve community preparedness for fast moving events such as high heat days, landscape fires, storms, flash flooding and power outages via community education and awareness, emergency management-planning and preparation.



Strengthen local food systems to prepare for increasing extreme weather events and other disruptions to food supply systems.



### 7.3 Support and encourage community based action

Encourage and support local action to adapt to climate change and improve environmental sustainability, work with partner organisations to amplify community campaigns.



#### 7.4 Skill building and education programs

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Promote and support community education on actions to improve environmental sustainability and adapt to climate change, across a range of settings including early years, adolescence, mid-life and older years (65+).

### Pillar 7. Plans and partners

Priority pillar	Relevant Council strategies & key partner plans	Organisations to partner with (local and regional level)
Improving resilience to the impacts of climate change	<ul> <li>Adapting Together: Local Government Leadership in a Changing Climate- Australian Local Government Association, June 2025</li> <li>Green Warrnambool Strategy 2018</li> <li>Warrnambool Foreshore Framework Plan</li> <li>WCC Extreme Heat Vulnerability Project- Urban forest Strategy</li> <li>WCC Heatwave Plan (Updated 2015)</li> <li>Warrnambool Municipal Emergency Management Plan 2023-26</li> <li>WCC Warrnambool Coastal Resilience Plan (2025)</li> <li>Warrnambool Open Space Strategy 2026 (In development)</li> </ul>	<ul> <li>Department of Energy, Environment and Climate Action (DEECA)</li> <li>Barwon South West Climate Alliance</li> <li>Glenelg Hopkins Catchment Management Authority</li> <li>Wannon Water</li> <li>Country Fire Authority</li> <li>State Emergency Service</li> <li>Red Cross</li> <li>Warrnambool Landcare and Coastcare Network</li> <li>Deakin University Centre For Farmer Health</li> <li>Barwon South West Public Health Network</li> <li>South West Healthcare</li> <li>Kirrae Health Inc</li> <li>Worn Gundidj Aboriginal Co-operative Ltd</li> <li>Gunditjmara Aboriginal Cooperative</li> </ul>





#### Relevant Council strategies & key Organisations to partner with (local and regional **Priority pillar** partner plans level) Brophy Youth and Family Services Salvation Army Warrnambool City Council Plan Catholic Care 2025-2029 Mind Australia Department of Families Fairness & Housing Victoria's draft 30 year infrastructure strategy, Infrastructure Victoria, Housing investors/developers/community housing agencies March 2025 Victoria's Housing statement, the Gunditimara Aboriginal Cooperative Ltd decade ahead 2024-2034 Womens Housing Wellbeing in Victoria: A strategy to Meli liveability Department of Transport and Planning (DTP) promote good mental health 2025-**VLline** Warrnambool Bus Lines South West All Abilities Advocacy group Eastern Maar Aboriginal Corporation Women's Health and Wellbeing Barwon South West National Plan to End Violence against Women and Children 2022-2032 South West Sport Our Equal State-Victoria's gender Department of Education (+ Local Primary and Secondary equality strategy and action plan Schools) South West TAFE 2023-2027 Barwon South West Public Health Unit (PHU) Change the story- A shared Wannon Water framework for the primary prevention of violence against women in Kirrae Health Service Inc Australia (Our Watch),2021 Gunditimara gender-based WCC Gender Equity Action Plan Victoria Police violence (GEAC) Orange Door BSW Women's Health and Wellbeing-SAFV Centre Warrnambool (Sexual Assault & Family Sexual and reproductive health Violence Centre) consultation survey-snapshot (2025) West Vic Public Health Network (PHN) WRAD Health State reports/strategies Meli Royal Commission into Victoria's Wellways Mental Health System-final report Lifeline Wellbeing in Victoria: A strategy to Let's Talk promote good mental health 2025-Beyond the Bell 2035 Neil Porter Legacy Brophy Youth and Family Services Victorian Suicide prevention and response strategy 2024-2034 BSW Public Health Unit VicHealth-The next 10 years 2023-Kirrae Health Inc Worn Gundidj Aboriginal Co-operative Ltd 2033 Reshaping systems together for a healthier, fairer Victoria Gunditjmara Aboriginal Cooperative Improving social and emotional wellbeing Pride in our future; Victoria's LGBTIQ+ West Vic Primary Health Network (PHN) Strategy 2022-32 Department of Education (+ Local Primary and Barwon South West Public Health Secondary Schools) BigLife Warrnambool Unit (PHU) Catchment Strategy West Vic PHN Needs assessment/ South West All Abilities Advocacy Group strategy Warrnambool Multicultural Community South West Healthcare Meli South West Healthcare Alcohol and Drug Foundation (ADF) Local Drug Action Team (LDAT) West Vic Primary Health Network (PHN) Local Drug Action Team (LDAT)-WRAD Health Community Action Plan (In Victoria Police development 2025) Department of Justice Warrnambool Gaming Policy (2014-**Reducing harm from** Barwon South West Public Health Unit to be reviewed) gambling, alcohol and Brophy Youth and Family Services other drugs (AOD) Deakin University Kirrae Health Inc Worn Gundidj Aboriginal Co-operative Ltd Gunditimara Aboriginal Cooperative





#### Relevant Council Strategies & key Organisations to partner with (local and regional **Priority Pillar** partner plans level) Active Warrnambool Strategy Sustainable Transport Strategy Principal Pedestrian Network South West Sport Warrnambool Playground Strategy Sport and Recreation Clubs/Associations Principal Bicvcle Network Barwon South West Public Health Unit Lake Pertobe Master Plan Allied Health Services-Exercise physiologists, Women and Girls Participation physiotherapists, General Practitioners Strategy (South West Region) Private gyms, personal trainers Blueprint for an active Australia-Department of Education **Heart Foundation** active living Kirrae Health Services VicHealth-The next 10 years 2023-2033 Reshaping systems together for a healthier, fairer Victoria South West Healthcare Western District Food Share Barwon South West Public Health Unit VicHealth-The next 10 years 2023-Warrnambool Community Garden (WCG) 2033 Reshaping systems together Warrnambool Neighbourhood Community Centre for a healthier, fairer Victoria Salvation Army-Warrnambool South West Health Care-Food Anglicare Victoria **Increasing healthy** Insecurity in Warrnambool 2022 Neighbouring councils & community health services eating and improving Kirrae Health Inc local food systems Worn Gundidj Aboriginal Co-operative Ltd Gunditjmara Aboriginal Cooperative Adapting Together: Local Department of Energy, Environment and Climate Action Government Leadership in a (DEECA) Changing Climate-Australian Local Barwon South West Climate Alliance Government Association, June 2025 Glenelg Hopkins Catchment Management Authority Green Warrnambool Strategy 2018 Wannon Water Warrnambool Foreshore Framework Country Fire Authority State Emergency Service WCC Extreme Heat Vulnerability Red Cross Project-Urban forest Strategy Warrnambool Landcare and Coastcare Network Improving resilience WCC Heatwave Plan (Updated 2015) Deakin University Centre For Farmer Health to the impacts of Warrnambool Municipal Emergency Barwon South West Public Health Network Management Plan 2023-26 climate change South West Healthcare WCC Warrnambool Coastal Kirrae Health Inc Resilience Plan (2025) Worn Gundidj Aboriginal Co-operative Ltd Warrnambool Open Space Strategy Gunditimara Aboriginal Cooperative 2026 (In development)

### Warrnambool City Council would like to thank all the people and the following organisations for their contribution to the development of the Healthy Warrnambool Plan 2025-2029

- Alcohol and Drug Foundation (ADF)
- Beyond the Bell
- Brophy Youth and Family Services
- BSW Public Health Unit
- Department of Education
- Department of Justice
- Kirrae Health Service Inc
- Meli
- SAFV Centre Warrnambool
- South West All Abilities Advocacy Group
- South West Health Care
- South West Sport

- South West TAFE
- Victoria Police
- Wannon Water
- Women's Health and Wellbeing Barwon South
- Warrnambool Multicultural Association
- Worn Gundidj Aboriginal Co-operative Ltd
- WRAD Health
- West Vic Public Health Network



