SEPHU Building a healthy ageing focus in Municipal Public Health and Wellbeing Plans.

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e:

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Monash Health acknowledges the Traditional Custodians of the land, the peoples of the Kulin Nation, and we pay our respects to them, their culture and their Elders past, present and emerging.





- LPHU overview and functions
- SEPHU health needs assessment
- Collaboration between LPHUs and local government
- Governance for SEPHU's Population Health
 Catchment Plan
- Current state: a local council's role in falls prevention
- Future state: where do we see the opportunity?
- Projects underway





Evolution of LPHUs

Victorian Public Health System

Jan 2020 Centrally managed response **Jul 2020** 6 Regional LPHUs launched Nov 2020
3 Metropolitan
LPHUs launched

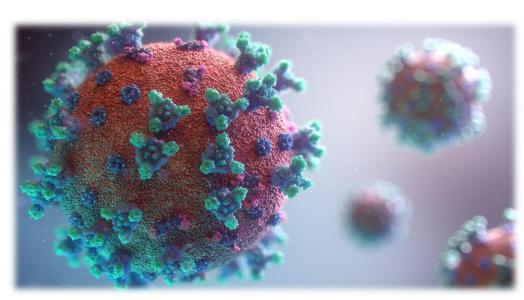
2021-2022
Screening
Vaccination
Engagement

July 2022 LPHU roles expanded July 2022 2024
Integration,
prioritisation and
catchment planning

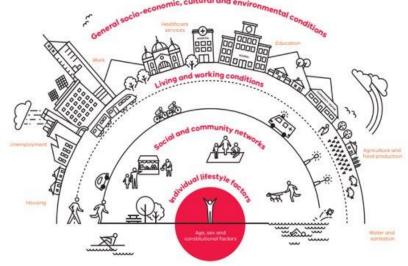
Locally managed response to COVID-19

COVID-19

Other communicable diseases and broader public health functions including population health promotion (prevention of chronic disease)







Loddon Mallee Loddon Mallee covers the most amount of area across the state out of all LPHUs. Population: 330,490 Area: 57,426km²

Grampians

- The region consists of relatively remote farming communities.
- Population: 246,000
- Area: 47,457km²

Barwon

- Barwon PHU was the first of nine LPHUs to be stood up in June 2020.
- Population: 459,390
- Area: 31,835km²

WPHU

- This region has the greatest number of functions to consider following integration which include Ports of entry, Melbourne Airport, Vaccination centres and testing.
- Population: 1,344,100
- Area: 1,419km²

Goulburn Valley

- Goulburn Valley initiated Victoria's first mobile vaccine hub, named 'Jabba the Bus'.
- The Goulburn Valley catchment spans across 22,710km² serving over 195,000 people across its communities

Ovens Murray

- · Formally known as Albury Wodonga PHU.
- Resides on the border with services spanning across 17 sites across North-East Victoria and Southern New South Wales.
- Population: 108,690
 Area: 17,582km²

Gippsland

- Encompasses 14 national parks and the Loy Yang power station supplying approximately 30% of Vic power supply.
- Population 295,500
- Area: 41,512 km

SEPHU

- · Encompasses the Southeast Suburbs and the Peninsula.
- Population: 1,811,620
- Area: 2,972 km²

NEPHU

- One of the most culturally and linguistically diverse regions in Australia.
- Population: 1,856,440
- Area: 4,443 km²



Strategic approach to Public Health

Figure 1: Strategic framework supporting public health action at state, regional and local levels

Victorian government departments; peaks and specialist agencies Strategic planning (e.g. VicHealth, Municipal Association of Victoria); and oversight State professional bodies Responsibility for bringing Local governments; Local Public Health Units; community; partners together at social and aged care; early the regional level to childhood and schools; Regional embed prevention and ACCOs; PHNs; workplaces; health promotion at specialist (e.g. women's health organisations) every opportunity Hospitals; community health Delivery of prevention and primary care services; and health promotion ACCOs; local government; targeted services activity within a Local (e.g. women's health, sexual local community and reproductive health); ('local stakeholders') family, social and other local service provider agencies

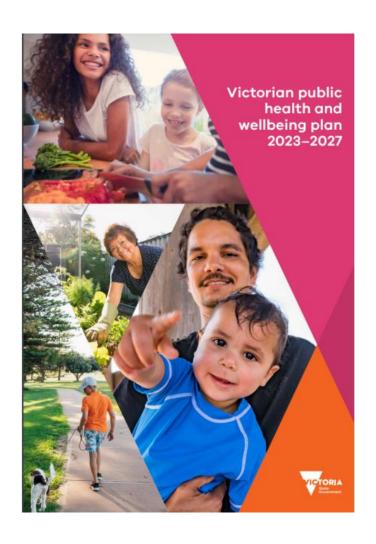


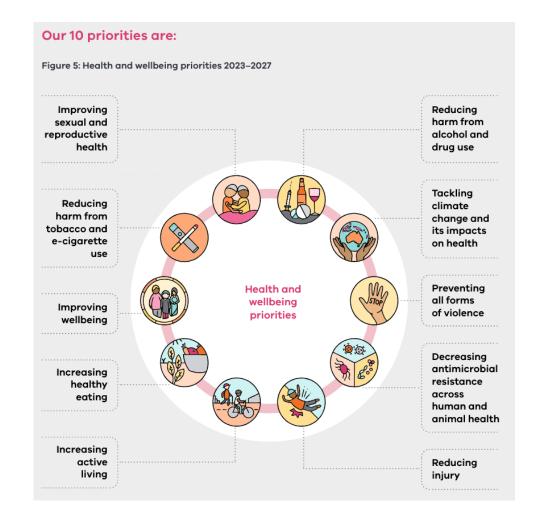
- Keeping local communities heathy, safe and well
- Use local knowledge, community-based relationships and direct engagement
- Work with partnership with catchment to deliver public health initiatives (systems approach)
- Respond to issues and incidents locally
- Administer disease prevention and population health programs





SEPHU's priority areas







SEPHU Health Needs Assessment and Activity Mapping – September 2022 to June 2023

- Demographic and health needs profiles
- Indicators for LGA profiles
- Data sources and data sets
- 4 Benchmarking and scoring
- Population
 health activity
 mapping
- 6 Key stakeholder engagement and synthesis

Profiling each of our 11 LGAs

- To illustrate demographics and health needs
- Using consistent metrics and indicators

Selection of indicators and outcome measures:

- Based on National and State strategic plans and frameworks
- Including the Victorian Public Health and Wellbeing Plan and
- Other Victorian strategies and frameworks.

Indicators grouped into 8 categories:

- 1. Cultural and socio economic
- Priority populations
- Physical wellbeing
- Mental wellbeing
- 5. Child and adolescent wellbeing
- 6. Modifiable risk factors,
- 7. Screening and vaccination
- 8. Access to health services

Publicly available data sources

- ABS
- AIHW
- Victorian
 Department of Health
- AIR

Publications and data sets

- Census data
- National health surveys
- Victorian population health surveys
- Victorian
 Population Health
 Outcomes
 Framework
- Victorian regional health profiles

Benchmarked against Victorian average

- Identified indicators as lagging (RED) or leading or on par (WHITE)
- Some were included for context, but not scored. (WHITE)

ing

Lagging

Leading or on par

Not scored

Desktop review

- LGA council plans
- Health Promotion Action Plans
- Distribution by priority action area and by LGA

Authorisation and endorsement

- Internal and external stakeholders
- Online forums
- In-person forums
- Online surveys

Planned – June 2024 to June 2029 Population health dashboard for internal and external use

- To update health needs assessment and evaluation reports
- To develop data platforms to collect and share data with key stakeholders
- Annual reports
- Updated dashboards focused on priority groups and areas
- Activity monitoring



Shortlisting priority areas

Victoria

Public health and wellbeing plan

Climate change*

Reducing injury

Preventing violence

Healthy eating*

Drug resistant infections

Active living*

Mental wellbeing'

Sexual and reproductive health

Tobacco-related harm*

Harmful alcohol and drug use

Specific strategies

Healthy Kids, Healthy Futures
Sexual health and Viral hepatitis
Cancer Screening Framework
Ageing well
Value based pathway for CVD

*Focus areas

Health Service

Priority populations
Cardiovascular disease
Reproductive & maternal
health
Falls prevention
Early care in community
Mental health / AOD

Children's health

Recommended Priority Areas

Decreasing Tobacco and Vaping Use

Improving

Active Living

Reducing Falls in Adults 65+

Improving
Cervical Cancer
Screening and
HPV vaccination

SEPHU

Infection Prevention
Communicable disease
prevention and care
(Heb B, Hep C, BBV, STI)
Priority communities
Aged care

SEPHU Catchment Data

Asthma, Heart disease, Type 2 diabetes

Child and adolescent health

Childhood immunisation, Teen vaping

Cancer Screening rates

Bowel cancer, Breast cancer, Cervical cancer

Elderly

Dementia, Falls in adults 65+

Modifiable risk factors

Obesity, Physical activity, High blood pressure

Alcohol, Drug usage, Family violence

Communicable diseases

STIs, Hep B, TB



SEPHU's approach to collaborating with councils - MPHWP

- Provide support in the collection and analysis of health data and the provision of expertise to interpret health data facts
- Provide expertise in designing and implementation of public health consultation strategies
- Contribute to shaping Council's MPHWP strategic directions (through the provision of providing strategic insights and recommendations through the planning process.
- Integration of public health initiatives through working in partnership with councils and external stakeholders to align initiatives with the MPHWP
- Contributing to the interim and final evaluation reports, SEPHU can offer expertise in measuring the impacts of public health interventions
- SEPHU can advise on resource allocation, ensuring investments are directed towards high-impact public health interventions.



Priority Area: Reducing falls

Rationale: Falls are a major cause of injury for older people and a leading cause of injury-related hospitalisations

Indicators				
Local Government Area	Hospitalisation rate due to falls (65+)	Adult females who do not meet physical activity guidelines	Adult males who do not meet physical activity guidelines	% of the population who are 65 years or older
Bayside (Vic.)	4,265	53.9%	41.8%	24.4%
Cardinia	3,861	57.2%	50.4%	11.7%
Casey	3,771	60.3%	48.7%	10.1%
Frankston	4,415	56.6%	53.5%	15.2%
Glen Eira	3,755	54.7%	53.7%	14.7%
Greater Dandenong	3,358	61.4%	53.6%	14.1%
Kingston (Vic.)	3,900	56.4%	48.3%	16.8%
Monash	3,551	59.4%	50.5%	16.5%
Mornington Peninsula	4,335	62.8%	48.3%	24.1%
Port Phillip	3,914	40.7%	33.0%	11.7%
Stonnington	3,390	51.9%	46.4%	14.7%
Victoria	3,659	56.1%	52.0%	15.2%

Heat map key compares LGA data to Victorian averages: Red = lagging; White = equivalent or leading

Population health activities (council plans 2022)





Cardinia Shire City of Frankston Mornington Peninsula Shire

Facilitate implementation of Year 2 Positive Ageing Strategy 2020-2025 Maintain high quality public open spaces to minimise hazards and risk of injury. Partner to deliver initiatives that build mental wellbeing and resilience

Falls are preventable:

- Falls are not inevitable, and many older people can be prevented from falling
- Some risk factors for falls are relatively easy to change and, where falls occur, injury severity can be reduced

Outcome measures: Short to medium term

Awareness including:

- Number of individuals in target populations reached
- Number of partner organisations and key stakeholders engaged
- Number of aged care policies changed
- Reduction in hospitalisation rate due to falls at health services

Current Activities: (from council plans 2022)

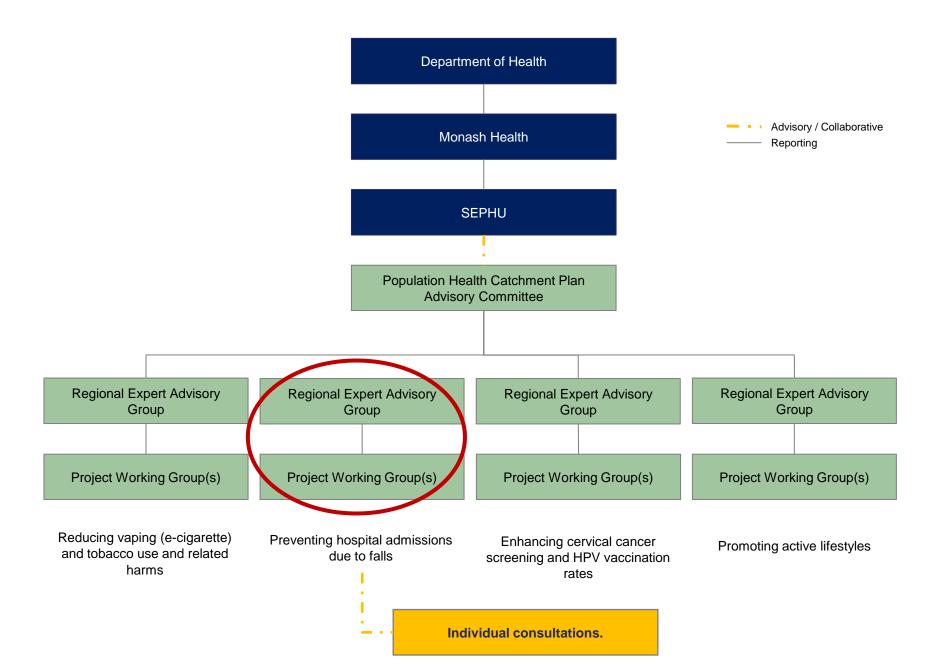
- Only 3 activities relate to reducing injury
- Less than 1% of all activities
- 8 others are active living programs targeting older adults
- No council programs that aim to prevent injury from falls

Settings and partnerships: Opportunities

- Target aged care and disability support organisations
- Collaborate with National Centre for Healthy Aging (NCHA), Victorian Falls Prevention Alliance and other aged care peak bodies
- Build on current programs and partnerships
- Adapt for other LGAs



Governance for the Catchment Plan – council involvement





Strength and balance:

- Community-based exercise programs for older adults through:
 - Leisure centres.
 - o Community centres.
 - Neighbourhood houses.
- Seniors exercise parks.

Social connection:

- Social support groups:
 - Seniors' clubs.
- Victorian Seniors festival activities.

Environmental hazards:

- Council home care workers identifying environmental risk factors at home.
- Council home care workers reporting a client has fallen.
- Maintaining roads, footpaths and safe access to buildings.



Wilson's Park Reserve in Brighton

Victorian Seniors Festival









Future state: where do we see the opportunity?

Councils have the mechanisms to:

- Raise awareness and educate older people:
 - Through programs, services and events.
 - Ageing Well newsletters.
- Community engagement of older people through existing consumer networks.
- Support with building capacity amongst sectors involved with high-risk populations.
- Create built environments that are age friendly and safe.
 - Review against Australian Standards for Access and Inclusion.
- Support health system navigation for community:
 - Community connector and social prescription services.
 - CHSP funded programs and services.

Positive Ageing Newsletter



Ageing well on the Mornington Peninsula









Project 1: Community education & awareness.

Objective:

To create a more informed and aware community regarding falls risk and prevention, with a focus on inclusivity and accessibility, ensuring that no priority population or group is left behind.

Actions:

- Review, identify, and map current programs, campaigns, and gaps.
- Develop and disseminate programs, campaigns, and resources where gaps are known.

Outcomes:

- Increased awareness of fall risks among older adults, caregivers, and healthcare providers
- Higher engagement in regular health checks for early detection of fall-related health issues.



Project 2: Sector support and capacity building.

Objective:

To improve workforce capabilities in falls prevention, with an emphasis on professional development, knowledge sharing, and promotion of tools, resources, and methodologies to improve the skills and knowledge of professionals involved.

Actions:

- Identify existing knowledge gaps in specific sectors involved in falls prevention.
- Identify existing professional development and capacity building opportunities and amplify across sectors.

Outcomes:

- Sectors have a better understanding of fall prevention and each other's roles.
- More coordinated approach to fall prevention efforts.



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