

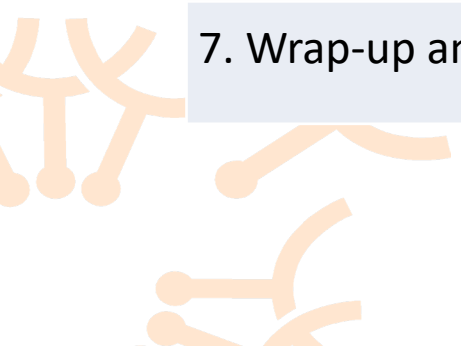
Building Healthy Ageing into Municipal Public Health and Wellbeing Plans

Webinar: Thursday 18 July 2024



Webinar program

1. Welcome and overview	12.00-12.05pm
2. Setting the scene – COTA Victoria, MAV, Victorian Government	12.05-12.20pm
3. Presentation of new Resource Guide	12.20- 2.35pm
4. Evidence to inform local action for healthy ageing - NARI	12.35-12.50pm
5. Regional focus on public health and ageing - SEPHU	12.50-1.10pm
6. Putting planning into practice - panel discussion	1.10-1.50pm
7. Wrap-up and close	1.50-2.00pm



Setting the scene

- **Ben Rogers, Acting CEO, Council on the Ageing Victoria**
- **Ellie Packham, Policy Lead – Ageing and Aged Services, Municipal Association of Victoria**
- **Grace Cooper, Implementation Lead for Ageing Well Action Plan, Department of Families, Fairness and Housing**



Resource Guide - overview

Building healthy ageing into Municipal Public Health and Wellbeing Plans

A resource guide



1. **Aims to encourage and support councils to include healthy ageing focus in their next MPHWP**
2. Targeted to health and social planners, other council staff, external partners and community leaders
3. **Designed to stimulate thinking on key issues and provide practical suggestions without being prescriptive**
4. Complements other planning tools, including general MPHWP guidance and technical public health advice
5. **Emphasises evidence-based selection of priorities and solutions, and engagement with older residents**
6. Developed with input from leading councils, older people and public health experts.



Produced by the Council on the Ageing (COTA) Victoria and the Municipal Association of Victoria
with the support of the Victorian Government - JULY 2024



What have older people told us?

COTA Victoria recruited six Peer Advisors for the project who:

- highlighted wide variation in older people's awareness and attitudes about council roles in health and well-being
- reviewed current plans and identified ways they could be more accessible and meaningful to older people
- identified particular groups of older people that may warrant particular attention
- considered priority areas for healthy ageing and key issues that councils might address
- advised on practical matters in engaging with older residents in the planning process.



Foundations

- **Key frameworks** - WHO Healthy Ageing and Age-Friendly Cities - build on the social determinants of health and local ecosystems for health.
- **Healthy equity** and intersectionality are important both within older populations and between older and younger people.
- Diverse **data sources** exist on demographics, health status and risks, and older people's attitudes and preferences.
- **The evidence base** on healthy ageing interventions is patchy and evolving but some learnings can be generalised.



Suggested focus areas

- Increasing Active Living (Physical Activity)
- Increasing Healthy Eating (Nutrition and Food Security)
- Improving Wellbeing (Depression and Isolation)
- Preventing All Forms of Violence (Elder Abuse)
- Reducing Injury (Falls Prevention)

AREA 1 Increasing active living (physical activity)

Objectives for older people:

Participation in physical activity is central to maintaining mental and physical health, social engagement and independence as we age. Those over 65 are the least active group and activity levels drop off further as older people deal with challenges of health, disability, social isolation, perceived social norms, and lack of appropriate opportunities.

MPHWP can address this by:

- ensuring adequate provision of age-appropriate and safe physical environments for older people to be physically active
- integrating active living principles into land-use planning including age-focused design of urban places and support for active transport that is within capacities of older people
- facilitating ongoing or new participation of older people in sport and organised active recreation
- incorporating physical activity opportunities and promotion into social and community events, care services, classes, and other programs targeted to older people

Subgroups to consider

Older people with chronic health conditions and disabilities, including those having dementia, who face access barriers to physical activity but also stand to achieve health benefits

Widowed people and others at risk of social isolation, for whom physical activity can also be key to connectedness and mental wellbeing

Migrants and older people from ethnic communities for whom certain forms of physical activity are not culturally appropriate

Possible action (examples)	Council role	Partners
Undertake a "walkability" audit and improvement plan involving older people advising on barriers and concerns in specific neighbourhoods	Manage and facilitate process and plan	Older residents, urban planners, maintenance departments
Support specific older persons' fitness facilities and participation opportunities in council auspiced programs like Neighbourhood Houses and privately run recreation facilities	Sponsor/fund programs and groups	Community facility managers, local recreation providers
Implement a Walking Sports initiative to make traditional and new sports more accessible to older people	Fund or support in kind and promote	Local sports clubs and fitness providers

Resources

- VicHealth Be Active Local Government program report www.vichealth.vic.gov.au/programs-and-projects/be-active
- Victoria Walks resources for councils www.victoriawalks.org.au/resources-councils-inspire-walking
- National Ageing Research Institute advice on inclusive aged friendly outdoor environments for physical activity www.nari.net.au/enjoy
- City of Stonnington Walking Action Plan 2022-2030 <https://connectstonnington.vic.gov.au/wp>

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Community engagement and partnerships

- **Older people are the best experts in their own health but face barriers to having views heard and respected**
- Engaging older people in MPHWP has many spin-off benefits and requires investment in tailored processes
- Communications need to take account of digital inclusion, disability-related needs, and cultural sensitivities
- External partners may include state and local agencies focused on ageing as well as public health bodies involved in relevant health issues



Presentations

- **Professor Pazit Levinger, Principal Research, National Ageing Research Institute**
- **Barb Ryan and Aleks Warzel, South East Public Health Unit, Health Promotion and Partnerships Team**



Panel Discussion

- **Judith Troeth, COTA Victoria Peer Advisor**
- **Wendy Davis, COTA Victoria Peer Advisor**
- **Kylie Riley, Senior Health Planner, City of Greater Geelong**
- **Eddy Wyman, Acting Coordinator, Healthy Communities, Hepburn Shire Council**



Wrap-up and close

- Resource guide available at <https://cotavic.org.au/policy/publication/>
- Feedback appreciated together with advice on other support needs
- Further discussion at MAV health planners and positive ageing forums

