

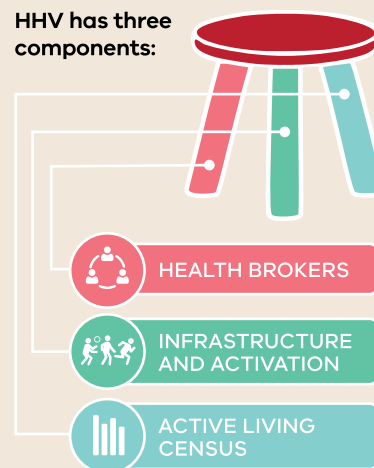


Healthy Heart of Victoria (HHV) is a State Government-funded initiative aimed at improving health outcomes across the Loddon Campaspe region – the ‘heart’ of Victoria. It was partly funded in the 2018-2019 Budget.

The initiative was developed in response to the higher than Victorian average rates of obesity, chronic disease and high-risk health behaviours currently seen within the region.

HHV initiatives are designed to be focused on those parts of the community that are least active and least supported.

HHV has three components:



ACTIVE LIVING CENSUS

The Active Living Census was completed by almost 25,000 residents from Loddon Campaspe and the results are in.

- The Loddon Campaspe is the only region that has reliable, relevant and localised health and recreation data due to the Active Living Census
- We have a better understanding of people's wellbeing and activity levels and preferences, and because of this we will be able to target investment in infrastructure and programs.



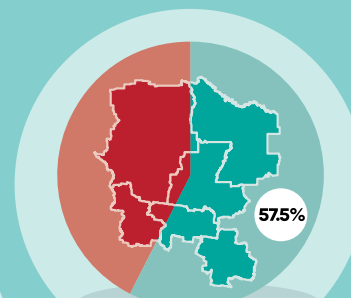
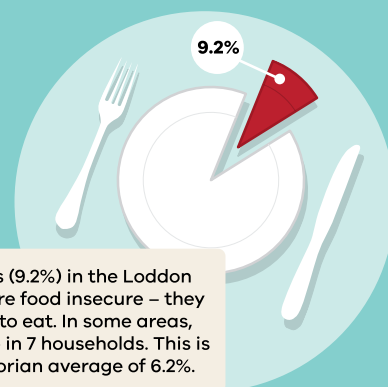
Future investment in the Healthy Heart of Victoria initiative will enable the following:

- Benchmarking of our regional health data
- Development and enhancement of public spaces, open spaces and recreation facilities which meet the needs of our communities
- Targeted advocacy for improved health facilities and other service needs
- Understanding of the specific needs and preferences of cohorts, based on gender, location, age etc. that require further investigation and support.

Key statistics from across Loddon Campaspe region are:



Walking is the most popular type of physical activity, followed by swimming, fitness, active play and cycling.



Food insecurity and household self-rated prosperity appear to be key predictors for a cluster of health behaviours and outcomes. Food insecure and low income households reporting lower levels of health and wellbeing overall, higher rates of overweight and obesity, higher rates of health-risk behaviours (i.e. smoking, alcohol, sugary drinks) and lower rates of health-protecting behaviours (i.e. physical activity, fruit and vegetable consumption).



HEALTH BROKERS

A workforce of Health Brokers throughout the Loddon Campaspe region have been embedded across local government to:

- drive systems change,
- build health and wellbeing into decision making
- help increase the knowledge and commitment of local communities towards better health outcomes.



The Health Brokers have been essential in the establishment of strategic partnerships which have resulted in additional effort and leverage of funding. Their work has aligned with existing plans and priorities across the region.



The work of the Health Brokers has just begun, and continued investment will enable:

- More places to become safe, inclusive, accessible and more active through thoughtful additions and changes to policy
- Collaboration and alignment of regional efforts and plans
- Local communities to build knowledge and commitment to Health
- Improvement in using health data to inform decisions
- More targeted place-based initiatives which improve health outcomes



INFRASTRUCTURE ACTIVATION

Updates to existing spaces and facilities are helping our communities to be more active more often. So far the Healthy Heart of Victoria initiative has supported:

- Outdoor Gym Equipment in various locations throughout Loddon Campaspe
- Installation of Drinking fountains to help people stay hydrated whilst exercising outdoors
- Path improvements to ensure walking paths are connected and safe
- Installation of seating for people who need to rest whilst exercising
- Signage and wayfinding to encourage cycling and walking track usage
- Delivery of exercise programs and park runs which help outdoor spaces be activated by groups
- Healthy Eating and education programs
- Children's play equipment
- Kitchen garden projects



Future investment in infrastructure and activation programs will reflect the opportunities identified from the 2019 Active Living Census and will support better health outcomes for communities.



The Loddon Campaspe Regional Partnership is seeking the remaining \$7M over 4 years to deliver on the aspirational outcome to achieve **“Reduced incidence of preventable disease through a systems approach”**.