



City of  
Whittlesea



# Victorian Active Ageing Partnership

23 August 2018

# City of Whittlesea Presenters

**Adele Mifsud, Acting Team Leader Health Planning**

**Judith Geraghty, Team Leader Positive Ageing**

**Benjamin Waterhouse, Manager Leisure and Community Facilities**

MPHWP legislative requirement– in line with the Public Health and Wellbeing Act (2008)

Timelines: MPHWP outlines actions for the next 4 years and must be developed within 12 months of the election of Council

Victorian Public Health and Wellbeing Plan

- **Upstream**
- **A life course approach**
- **A focus on equity**
- **Place based**
- **Social inclusion**
- **Evidence informed**
- **Partnerships**
- **Evaluation and reflection**

## Environments for Health



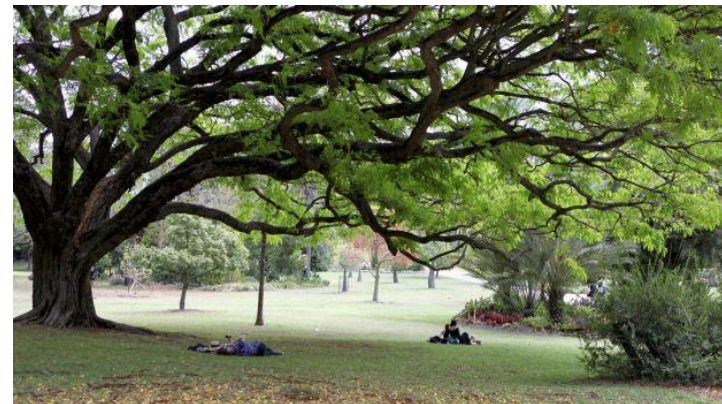
## Social Determinants of Health

### Victorian Public Health & Wellbeing Framework

1. Victorians are healthy and well
2. Victorians are safe and secure
3. Victorians have the capabilities to participate
4. Victorians are connected to culture and community
5. Victoria is liveable.

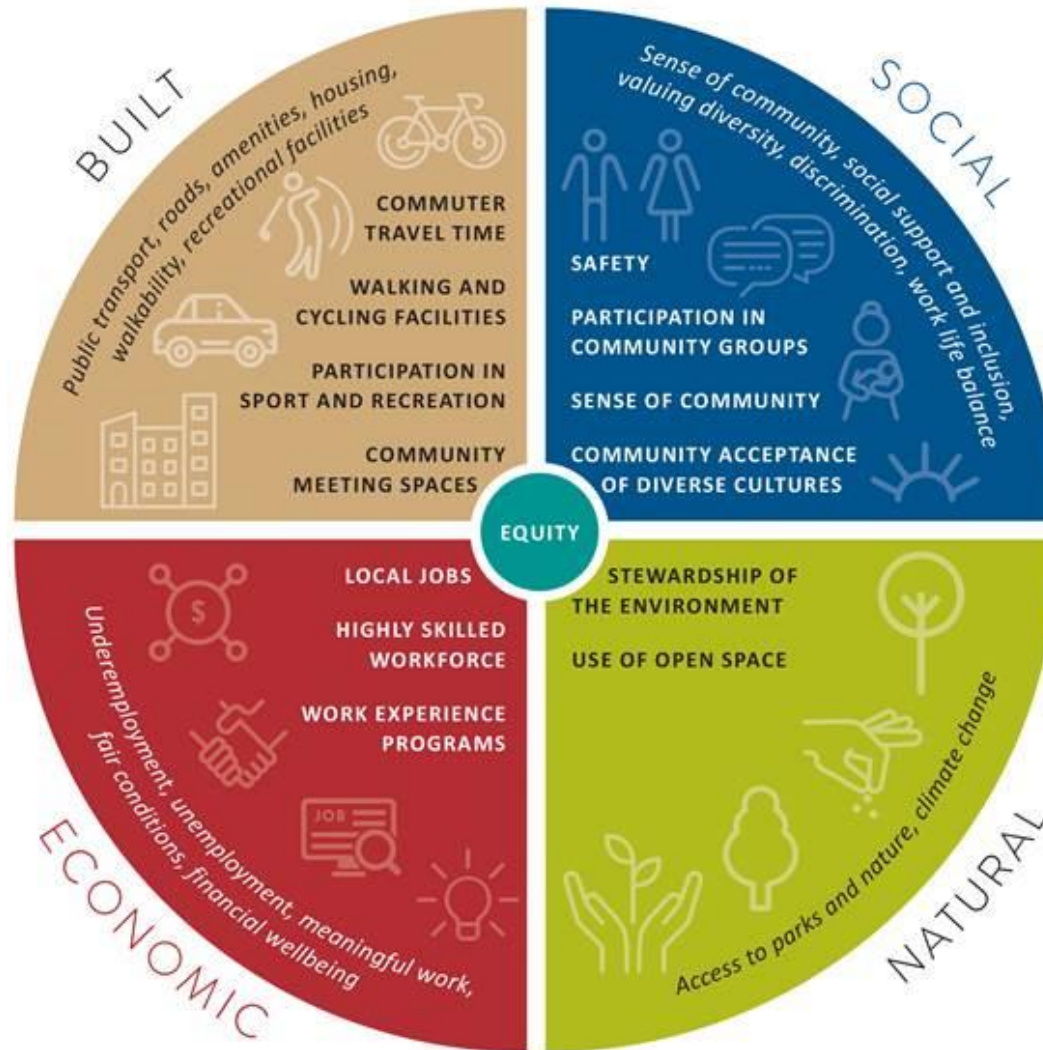
# Health Data Snapshot

- Low perceptions of community safety
- Below average support for gender equality
- Below average rates of community and civic engagement
- Declining perceptions of good health (women)
- Low sports participation amongst women and girls
- Below average physical activity and open space use
- Increasing adult obesity





# HWPP Prevention Planning Approach



# Key Focus Areas in the plan

- *Create safe and welcoming community environments*
- *Support safe sustainable travel*
- *Increase employment and financial wellbeing*
- *Facilitate access to green open space across the life course*
- ***Facilitate equitable (including ageing population) access to recreation opportunities***
- *Implement initiatives that address community safety, emergency management and violence against women and their children*
- *Implement responsive prevention approaches*
- *Improve reach of early intervention and screening programs*
- *Enhance access to healthy and affordable food and promote water as drink of choice*
- *Strengthen equity approach to planning*



# Why is Active Whittlesea needed?

- Health and Wellbeing Partnership Plan 2017 recommends the development of a new Recreation Strategy with a focus on underrepresented groups
- Only 23% of residents currently meet WHO's physical activity guidelines - Second lowest municipality in Victoria
- Percentage of people with heart disease, type 2 diabetes, high blood pressure and osteoporosis are higher than the Victorian averages
- Physical activity creates improved health, economic growth and community cohesion



# What trends and barriers exist?

## Trends

- Declining participation in structured sport
- Growing demand for unstructured opportunities, gym access, and modified versions of sport
- Rise in use of technology for facility access, virtual monitoring and coaching

## Barriers

- Transport, infrastructure and perceptions of safety
- Long travel times and cost of participation
- Discrimination, stereotypes, language and lack of physical literacy



# How will we get more people active?



*Goal: 75 per cent of residents participating in one or more hours of physical activity per week by September 2028*

<b>Key Direction 1</b>	<b>Communications and Promotion –</b> Increasing the physical literacy and community awareness of inclusive participation opportunities
<b>Key Direction 2</b>	<b>Responsive Programs and Partnerships</b> - Programs that respond to local needs and partnerships that share skills, knowledge and resources to generate positive community outcomes
<b>Key Direction 3</b>	<b>Open Space / Infrastructure –</b> Ensuring local communities have access to places and spaces that are inclusive, accessible and meet their needs

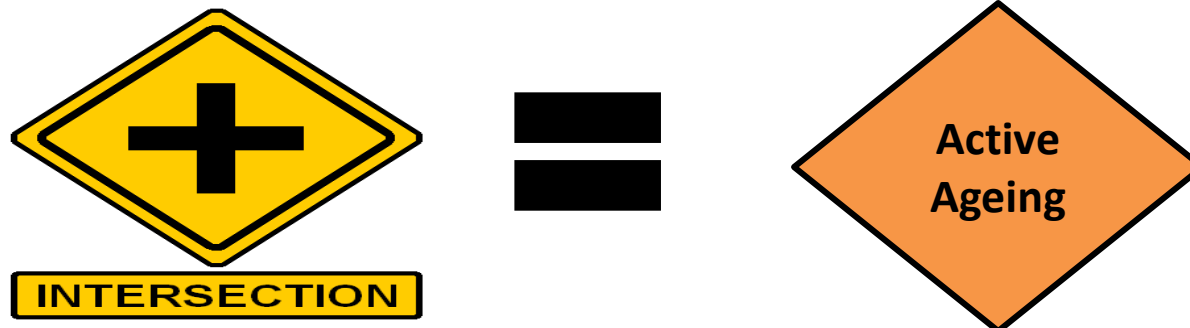
## Whittlesea 55+ demographics

- one of the fastest growing municipalities in Australia.
- home to a higher than average number of people under 25 but population of residents over 50 more than double by 2041.
- 50+ population in the municipality will increase from 55,846 in 2016 to 64,000 in 2021 and 113,738 in 2041.

## Active Ageing info – what we know

- health issues for the 65+ - dementia, high blood pressure, social isolation.
- behavioural risk factors most prevalent for 50+ population are the inter-related factors of physical inactivity, overweight and obesity and low vegetable intake.
- 50+ not doing at least 30 min moderate activity most days
- Walking, gardening most popular; then gym/group fitness, cycling, swimming, golf

## Strategy intersection



# Active Ageing in Whittlesea

## 2016 PA Strategy

### 2. Active – socially, mentally, physically

**Increase opportunities for people to remain active and engaged and maintain functional health, wellbeing and independence for as long as possible.**

**Key issues and considerations identified through consultation and research**

- Reducing health and functional capacity
- Increasing dependency on support and services
- Inactive and sedentary life styles
- Barriers to leading active lives include transport, costs and ageism
- A need for a greater variety of activities, clubs, interest groups and social opportunities
- Affordability of activities, programs, leisure and recreation centres

**Strategic focus**

- 2.1 Ensure a range of groups and activities cater to the diverse 50+ population particularly those most vulnerable to inactivity and isolation
- 2.2 Build and advocate for accessible and affordable social and recreational opportunities, activities and programs that support health and wellbeing
- 2.3 Strengthen residents/community capacity to initiate and develop their own activities, groups and social networks

- **Provider**
- **Facilitator**
- **Advocate**

# Active Ageing in Whittlesea

## As Provider

Activity	Partners
Golf	Golf course, volunteers, WU3A, RSL, SSA
Health & wellbeing events e.g. Young at Heart Games, info sessions	Seniors Clubs, community, leisure centres, internal departments, SSA's, COTA
Exercise classes - 4	YMCA, internal departments
Trips and weekly social program	Various
VSF: indoor bowls, golf cup, croquet	Volunteers, golf course, other clubs, retirement villages, internal departments
Seniors Exercise Park	NARI, Gandel Philanthropy, internal departments,



# Active Ageing in Whittlesea



# Active Ageing in Whittlesea

## As Facilitator

Activity	Partners
Walking	Walking groups
Walking Football	Melbourne City FC, Whittlesea U3A, Seniors Clubs
Tai Chi	Seniors Club, Grant, WU3A, RMIT Confucius Institute
Women's only Swimtime	Seniors Club, Leisure Centre (YMCA), Youth Services



# Active Ageing in Whittlesea



## Women's Only Swim Time at TRAC



This new program is for women and is being trialed for twelve weeks commencing 5 September 2016. The pool space will be curtained and available to women only. No bookings required.

- Day:** Mondays (ongoing)  
**Date:** 5 September to 20 December 2016  
(swim time will not be available on 10 & 17 October, 21 & 28 November 2016)  
**Time:** 1pm - 3pm  
**Location:** TRAC Thomastown Recreation Aquatic Centre  
52—54 Main Street, Thomastown  
**Cost:** \$4.60 for swimmers  
\$2 non-swimmers/spectators

For more information contact TRAC on 9463 0700.

This program is a pilot initiative between the Positive Ageing Team and TRAC.

# Active Ageing in Whittlesea

## As Advocate

About	With whom	To Whom
PA contribution to strategies, plans, activities	Community	Internal Council e.g. H&W team, Leisure team, open space team
SoWIN	H&W team, EMPHN, Western Bulldogs, RMIT and others in working group	Community
Active Girls	H&W team	Community
Croquet	Community group, internal departments	
Leisure Centres	leisure contracts	YMCA,
Park development	Community, internal departments	Open space team

# Active Ageing in Whittlesea

## Important factors:

- Funding, timing, persistence
- Information, partners, collaboration
- Flexibility

## Areas for improvement:

- More to do in the advocacy and facilitation realms
- More research and good data
- Club based modified sports and volunteer options
- Open space developments
- Continue to strengthen collaborations

# Questions?

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Partnership

**Research and Practice Forum  
Thursday 23 August 2018**

**#VAAP**



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