

# healthAbility - Nillumbik (North East)

## Community Health - Health Promotion Strategic Plan 2025-2029



### Our Vision

All people across the Nillumbik Region (Wurundjeri Woi-wurrung Country) thrive because of strengthened systems and environments.

### Our Community - Nillumbik



Nillumbik Shire	Our Community	Our food system	Climate vulnerability	Gender and inequality	Smoking, Vaping, Alcohol and Other Drugs
Located in Melbourne's north-east covering 432km <sup>2</sup> with a population of approximately 65,000 people	Higher median age than Greater Melbourne	Diet quality inline with Victorian averages	High exposure to climate impacts due to peri-urban location	Women more likely to: <ul style="list-style-type: none"><li>Live in low-income households</li><li>Be single parents</li></ul>	Smoking rates are below state average and vaping data limited but usage likely rising
90% Green Wedge land – rich in parks and natural reserves with a mix of rural and urban communities	Slightly higher proportion of children (0-17 years)	Food insecurity at 3% (below state average of 8%)	By 2025, 41% of properties at medium or higher bushfire risk	Women do the most unpaid care and domestic work, with unpaid care hours exceeding Melbourne average	Alcohol and drug-related hospitalisations are high - rated 8 <sup>th</sup> in Victoria for alcohol-related and 4 <sup>th</sup> in Victoria for drug-related hospitalisations
	Slightly higher proportion of children (0-17 years)			75% of domestic abuse victim-survivors are women	
				Gender-diverse people face much higher rates of discrimination and abuse	

### Our Settings

- Early Years
- Schools
- Sporting Clubs
- Sports and Recreation Facilities

### healthAbility - Prevention and Health Promotion

healthAbility works to improve population health across the region by aligning priorities and sharing expertise to support coordinated action and systemic change for impact at scale.

Community Health - Health Promotion achieves impact at scale for priority and universal populations. healthAbility maximise efforts towards chronic disease prevention through increasing healthy eating and active living, and reducing tobacco and e-cigarette related harm.

Annual place-based action plans are developed to achieve the strategic plan.

### Acknowledgement of Country

We acknowledge the Wurundjeri Woi-wurrung people on whose unceded lands our community takes place.

We pay our respects to Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples.

We honour them as the First Peoples of this nation and are committed to working in genuine partnership, grounded in self-determination and a deep respect for Indigenous ways of knowing, being, and doing.



# Our Partnerships

Our work is grounded in strong partnerships across the North-Eastern Metropolitan region to leverage collective impact at scale. We work closely with Your Community Health and Holstep to achieve impact at scale.

We actively coordinate efforts with other community health services, local government, Local Public Health Units, women’s health services and other prevention partners to ensure our interventions are effective, complementary and mutually reinforcing. This includes alignment with Municipal Public Health and Wellbeing Plans, NEPHU Population Health Catchment Plan, and the goals of community organisations.

These partnerships are foundational to our ability to support change, achieve sustained impact and contribute to long-term outcomes for the Nillumbik population.

# Our Practice Principles



## Prevention outcomes at scale

We focus on sustainable, regional and population-level outcomes by scaling up and scaling out what works.

We work and share resources collaboratively to ensure impact and outcomes at scale. Partnerships are foundational to our ability to support change, achieve sustained impact and contribute to long-term outcomes.



## Systems practice

We recognise health and wellbeing outcomes are shaped by complex, interconnected systems.

We apply systems practice using a range of frameworks, methods and tools to understand root causes, identify leverage points and navigate power dynamics to create sustainable change.



## Innovation, continuous improvement and adaptability

We promote action, learning and reflection to foster new ideas and adapt approaches.

We value creativity and boldness in our work, trialling and evolving initiatives based on community feedback, evidence and changing contexts.



## Intersectional health equity

We apply intersectional and health equity lenses to all our work.

We aim for fairness by reducing systemic and structural barriers to good health.



## Evidence-informed practice

We draw from and contribute to evidence including research, practice wisdom, community voice and local context.

Our work is ethical, rigorous, strengths-based and responsive to community needs.



## Collaboration and partnership

We work in partnership with communities and organisations across sectors.

We use co-design, community engagement and collective impact approaches to implement mutually reinforcing actions that respond to local priorities and shared goals.

# Our Priority Areas and Outcomes

We will track annual impact towards these outcomes, with the medium-term outcomes measurable after 4-years.

MEDIUM TERM OUTCOME

LONG TERM OUTCOME



## Increase healthy eating

Increased number of settings that provide access to nourishing, inclusive and sustainable food and drink options.

Increased consumption of fruit, vegetables and water across Nillumbik.



## Increase active living

Increased number of settings with the capacity to support safe, inclusive, and equitable opportunities for movement and physical activity.

Increased number of minutes of movement and physical activity across Nillumbik.



## Reduce harm from tobacco and e-cigarette use

Increased number of settings that are smoke-free and vape-free.

Decreased smoking and vaping rates across Nillumbik.

