

Victorian public health and wellbeing plan 2015–2019

September 2015

An ambitious vision for the state

The second *Victorian public health and wellbeing plan* establishes an ambitious vision for the state: a Victoria free of the avoidable burden of disease and injury, so that all Victorians can enjoy the highest attainable standards of health, wellbeing and participation at every age. Consistent with this vision, and with the objective of the *Public Health and Wellbeing Act 2008*, the overarching aim of this plan is to reduce inequalities in health and wellbeing.

Scope and design of the plan

The plan builds on the first *Victorian public health and wellbeing plan 2011-2015*, and takes account of feedback from consultations held with over 200 stakeholders, new policy and evidence, and international developments as well as opportunities to align with wider government policies. It includes a stronger focus on inequalities in health and wellbeing, the determinants that contribute to inequalities and an explicit focus on improving health and wellbeing across the life course. This plan recognises the need for greater flexibility in responding to local priorities and context and establishes clear methods for demonstrating accountability.

Vision

A Victoria free of the avoidable burden of disease and injury so that all Victorians can enjoy the highest attainable standards of health, wellbeing and participation at every age.

Understanding health and wellbeing

Leading causes of poor health	Risk factors	Protective factors	Determinants of health and wellbeing	Broader trends and challenges
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Part A

Strategic directions

Improvements at every stage of life					
Starting well	Resilient adolescence and youth	Healthy adulthood	Active and healthy ageing		
Promoting health and wellbeing					
Healthier eating and active living	Tobacco-free living	Reducing harmful alcohol and drug use	Improving mental health	Preventing violence and injury	Improving sexual and reproductive health
Platforms for change					
Healthy and sustainable environments	Place-based approaches		People-centred approaches		

Part B

Accountability

Governance	Action plan	Monitoring and reporting
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Part C



Understanding health and wellbeing

Part A of the plan details the leading causes of poor health and wellbeing, the risk and protective factors to health, the determinants of health and the broader, global trends and challenges affecting public health such as population growth and environmental sustainability.

The companion document to the plan, the *Health and wellbeing status of Victoria*, provides a detailed analysis of the health and wellbeing of Victorians. It includes data on the current prevalence and incidence of the various conditions and risk factors that cause the greatest burden of disease and disability, and the distribution of these risks and conditions over time at each life stage.

While Victorians generally enjoy high levels of health and wellbeing, it is clear that this is not equally shared by all Victorians. Socioeconomic disadvantage is the greatest cause of health inequality in Victoria and there is a clear social gradient for most preventable conditions and risk factors. For the population overall, chronic diseases are the most significant health challenge, not only due to the scale of the problem and associated health care costs, but also because of the personal, social and economic impacts of these diseases.

Strategic directions

Part B of the plan provides the strategic directions for improving health and wellbeing across the life course.

The priorities for promoting health and wellbeing are based on the most significant causes of poor health and wellbeing that are most responsive to preventive action, and that cause the greatest inequalities in health outcomes across the population. These are:

- healthier eating and active living
- tobacco-free living
- reducing harmful alcohol and drug use
- improving mental health
- preventing violence and injury
- improving sexual and reproductive health.

The plan emphasises improving health and wellbeing via a range of public health approaches. These are:

- **supporting healthy and sustainable environments** – which is critical to the health and wellbeing of the current and future generations. Particular attention is given to climate change adaptation and air, food and water quality.
- **place-based approaches** – which emphasise the significance of location to health and focus on a range of settings in which people spend their time.
- **people-centred approaches** – which focus on building strong partnerships between health services and other networks, and emphasise prevention, empowerment, education and health literacy.

Accountability and next steps

Part C of the plan acknowledges that a whole-of-government, whole-of-community and whole-of system response will be essential to achieving and maintaining improvements in public health and wellbeing. The plan contains commitments to establishing shared targets, measuring outcomes, and ensuring regular reporting. These will be achieved through the development of an Action plan and an Outcomes framework to guide regular reporting on the health and wellbeing outcomes of Victorians.

Where do you go for more information?

To download a copy of the new public health and wellbeing plan go to www.health.vic.gov.au/prevention

