

Victorian Public Health and Wellbeing Plan 2023 – 2027

Online Forum

28 May 2025

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Forum objectives

- To strengthen statewide coordination under the VPHW Plan
- To provide the prevention and health promotion sectors with Department of Health updates



VPHWP Outcomes Framework update

Kate Gibson, Principal Policy Officer



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Purpose of the framework



Measure key **determinants** and health and wellbeing **outcomes**



Track and **report on progress** against the *Victorian public health and wellbeing plan*



Determine if we are **improving outcomes** in line with our vision



Assess inequalities of specific population groups



Sets **targets** to drive collective action

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Link: <https://www.health.vic.gov.au/publications/victorian-public-health-and-wellbeing-outcomes-framework-and-data-dictionary>

Assessing inequality

Monitoring and evaluating health equity occurs through the breakdown of data available to assess variance in outcomes between different subgroups of the population.

Measures of inequality are considered across the framework by:

- exploring the potential for disaggregation of data, and
- by linking to targeted outcomes frameworks such as *Pride in our Future*.



Reporting against measures and targets

- Reporting on progress towards the targets is guided by the **Outcomes Framework**.
- A **Progress report** is prepared every 3rd year of the 4-year planning cycle and includes a scorecard of how we are tracking against the targets (*this informs the development of the next PHWP*).
- A **Dashboard** provides a single point of access to a wide range of metrics in the framework and illustrates changes over time and inequalities by different demographic breakdowns.

Table 1: Scorecard for targets

Target	Progress	Baseline	Current	Target projection
25% decrease in premature deaths due to chronic disease by 2025	✓	161 per 100,000 2010	132 per 100,000 2018	121 per 100,000 2025
20% increase in sufficient physical activity prevalence of adolescents by 2025	✗	26.0% 2014	23.4% 2018	31.2% 2025
10% increase in sufficient physical activity prevalence of adults by 2025*	—	47.3% 2015	51.7% 2019	52.0% 2025
30% decrease in smoking by adolescents by 2025	—	4.2% 2014	4.0% 2018	2.9% 2025
30% decrease in smoking by adults by 2025	✓	12.0% 2011–12	10.1% 2022	8.4% 2025
5% decrease in prevalence of overweight and obesity in adults by 2025	✗	62.1% 2011–12	68.3% 2017–18	59.0% 2025
5% decrease in prevalence of overweight and obesity in children by 2025**	—	23.0% 2011–12	21.6% 2017–18	21.9% 2025
95% coverage of school-entry immunisation by 2025	✓	91.0% 2011	95.0% 2020	95.0% 2025
20% increase in resilience of adolescents by 2025	✗	70.1% 2014	67.3% 2018	84.1% 2025
25% of the state's electricity from Victorian-built renewable generation by 2020; 40% by 2025	✓	12.8% 2013–14	35.1% 2021–22	40.0% 2025
Halt the rise in type 2 diabetes prevalence by 2025	✗	5.0% 2011–12	7.5% 2020	5.0% 2025
20% decrease in number of deaths due to road traffic crashes by 2020	✗	252 2015	211 2020	201 2020
10% decrease in excess alcohol consumption by adults by 2025	—	59.2% 2014	59.4% 2019	53.3% 2025
10% decrease in excess alcohol consumption by adolescents by 2025***	—	20.6% 2014	18.1% 2018	18.5% 2025
Virtual elimination of HIV transmission by 2025	✓	2.8 per 100,000 2014	0.6 per 100,000 2021	0 per 100,000 2025

VPHW outcomes dashboard

Victorian public health and wellbeing outcomes

This report of measures in the Victorian public health and wellbeing outcomes framework (VPHWOF) provides a transparent approach to monitoring and reporting progress in our collective efforts to achieve better health and wellbeing.



About VPHWOF



Interpretation guidance



Domain 1: Victorians are healthy and well



Domain 2: Victorians are safe and secure



Domain 3: Victorians have the capabilities to participate



Domain 4: Victorians are connected to culture and community



Domain 5: Victoria is liveable



Link to dashboard: <https://www.health.vic.gov.au/victorian-public-health-and-wellbeing-outcomes-dashboard>

- 78/118 measures of the outcomes framework
- Supports ongoing and timely access to health and wellbeing intelligence across the sector
- Remaining measures to be added and existing data to be updated as available
- Data available by different stratifying variables e.g. sex and gender

Q&A

For more: <https://www.health.vic.gov.au/publications/victorian-public-health-and-wellbeing-outcomes-framework-and-data-dictionary>



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Promoting wellbeing and preventing mental distress, suicidality and alcohol and drug related harms

Kellie Horton, Director



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Mental health and wellbeing reform in Victoria



<https://www.health.vic.gov.au/mental-health-wellbeing-reform/our-next-phase>

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Priority: Focusing on promotion and prevention (and equity)

Preventing suicide and the onset of suicidal distress:

- Suicide Prevention and Response Strategy 2024-2034
- LGBTIQ+ Aftercare service, Peer call-back service, Distress Brief Support trial, plus other programs

Promoting mental health and wellbeing:

- Eating Disorders Strategy 2024-2031
- Social prescribing trial and Social Inclusion Action Groups (SIAGs)
- Wellbeing Strategy and First Action Plan- forthcoming

Wellbeing Strategy overview

An outline of Wellbeing in Victoria: A strategy to promote good mental health

Vision: All people and communities have what they need to thrive, both now and for future generations



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Priority: Focusing on promotion and prevention (and equity)

Diversity and inclusion:

- Diverse Communities Mental Health and Wellbeing Framework-forthcoming
- Diverse Communities Grants Program and other service/program delivery

Promoting First Peoples Social and Emotional Wellbeing:

- Growing the Aboriginal workforce
- VACCHO partnership for social and emotional wellbeing expansion

Other prevention-related reform initiatives and resources

- **Mental Health and Wellbeing Outcomes and Performance Framework- released December 2024**
- **Alcohol and Other Drugs Strategy- 2025 release**
- **Gambling harm prevention and response- now part of MHWD**

We are building on existing strengths across sectors and communities to drive change for improved MH&W



Q&A

For more: <https://www.health.vic.gov.au/mental-health-wellbeing-reform/our-next-phase>



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Aboriginal health and the Victorian Public Health and Wellbeing Plan

Craig Taylor, Deputy Chief Aboriginal
Health Advisor



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Q&A



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Emergency Management supporting Victorian Public Health Outcomes

De Gilby, Manager

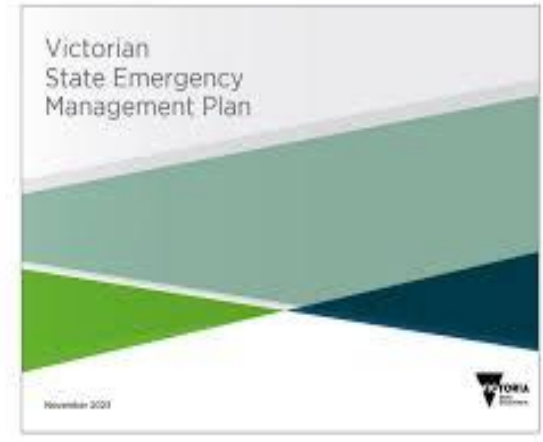


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Department of Health and Emergency Management - role

- The Department of Health's role under the State Emergency Management Plan (SEMP) is to minimise the impact of emergencies on individuals, communities, and the health system.
- The department plans and prepares for the health response in emergencies, including consequence planning, community preparedness and capability planning for the health system.
- Prevention, preparedness and planning activities can help the department, the health system and communities to adapt and prepare, leading to better health outcomes.



Department of Health and Emergency Management - role

State Emergency
Management Plan
Health Emergencies Sub-Plan

State Emergency
Management Plan
Viral (Respiratory) Pandemic Sub-Plan



State Emergency
Management Plan
Radiation Sub-Plan



Responsible for health sub-plans under the SEMP

SEMP Health Emergencies Sub-Plan (HESP)

Provides strategic
direction and state-
level arrangements
for health
emergencies

SEMP Viral (Respiratory) Pandemic Sub- Plan

Provides
coordinated, state-
wide approach to
manage risks
and consequences
of a viral respiratory
pandemic

Activated in parallel
to HESP

SEMP Radiation Sub-Plan

Outlines the
integrated and
coordinated whole-
of-government
approach required to
respond effectively
to radiation
emergencies in
Victoria

Mitigation and Emergency Management

The department participates in a range of prevention and mitigation activities for emergencies to eliminate or reduce incident and severity and to increase resilience, including:

- **Bushfires:** community education/awareness to prevent and respond to bushfire smoke
- **Extreme heat:** education and community resilience for heatwaves; response planning for extreme heat
- **Epidemic thunderstorm asthma (ETSA):** education and community resilience, monitoring and broadcasting warnings for epidemic thunderstorm asthma events.
- **Viral pandemics:** vaccination, community education, health sector pandemic planning, surge capacity planning, surveillance and modelling data



Mitigation Example – Heat Program

- SEMP– Extreme Heat Sub-Plan sets out Victoria's arrangements with the Emergency Management Commissioner as the Control Agency for heat.
- The departments heat program aims to reduce the health consequences of heat events on the community and health services through a range of preparedness activities
- Annual heat campaign and collateral to promote evidence-based heat health messaging
- National Heatwave Warning System and Heat Health Warnings <https://www.health.vic.gov.au/subscribe>



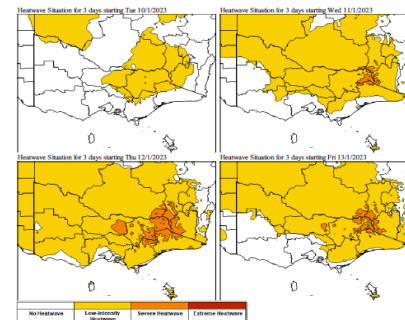
IDV21013

Heatwave Warning For Victoria

Issued at 03:57pm AEST on Thursday 12 January 2023

Valid for Thursday 12 January 2023 to Sunday 15 January 2023

Severe Heatwave Warning for: Northern Country, North East, East Gippsland and West and South Gippsland Districts

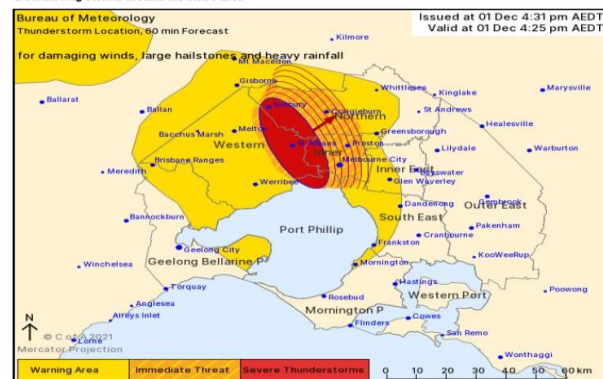


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Mitigation Example – ETSA

- Epidemic thunderstorm asthma (ETSA) - uncommon combination of high grass pollen levels and a certain type of thunderstorm.
- In Victoria, the period **1 October to 31 December** is considered the grass pollen season, when the conditions for epidemic thunderstorm asthma may be present.
- The risk forecast is available on [VicEmergency website](#) and app, the [Health.Vic](#) website and the [Melbourne Pollen website](#) and app.
- Organisations and community members can receive email alerts on high epidemic thunderstorm asthma risk forecast days by subscribing through the [Health.vic website](#).

Severe Thunderstorm Warning - Melbourne Area
for DAMAGING WINDS, LARGE HAILSTONES and HEAVY RAINFALL
For people in Inner and parts of Northern and Western Local Warning Areas.
Issued at 4:31 pm Wednesday, 1 December 2021.
Slow moving storms around the Metro area



District	Day 0 (today)	Day 1 (tomorrow)	Day 2 (day after tomorrow)
North Central	MODERATE	MODERATE	LOW
South West	LOW	LOW	LOW
Central	MODERATE	MODERATE	LOW
West & South Gippsland	LOW	MODERATE	LOW
East Gippsland	LOW	LOW	LOW
Wimmera	LOW	LOW	LOW
Northern Country	MODERATE	MODERATE	LOW
North East	MODERATE	MODERATE	LOW
Mallee	MODERATE	LOW	LOW

Current Emergency Management Initiatives



Health System
Emergency
Management
Strategy



HESP and
Pandemic Sub
Plan Review



Relief and
Recovery
Framework

Q&A

For more: [VicEmergency website](#)



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Short break

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Systems approaches to the design and implementation of public health interventions

Associate Professor Dr. Therese Riley
Victoria University

Q&A

For more: <https://www.pathwaysinplace.com.au/>



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Update on implementation for Healthy eating, Smoking and vaping

Linda Glanville, Principal Policy Officer



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Health services: Healthy choices policy directive

Celebrating 100% compliance with the Healthy services policy directive!

100% (80) health services met the Healthy choices: policy directive targets by early 2025

100% (58) health services with in-house managed retail met the requirements



Healthy
Eating
Advisory
Service

Now available: *Maintaining the Policy directive online training modules:* to assist key staff in health services to maintain the policy directive



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Long daycare

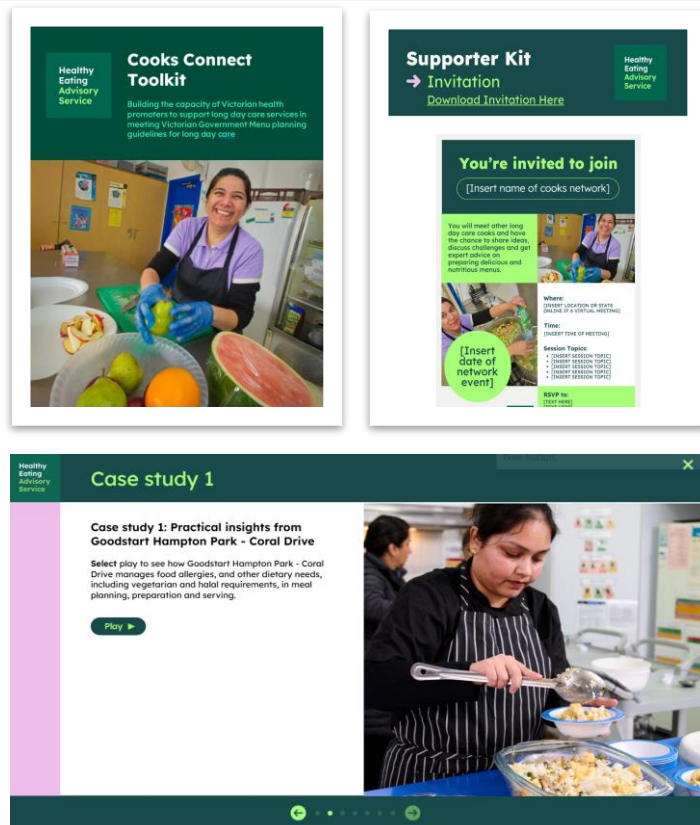
Cooks Connect

Empowering health promoters to establish local cooks networks supporting menu planning.

Implementation support available via the Healthy Eating Advisory Service (HEAS)

Coming soon...

The National Allergy Council and HEAS have developed a suite of 11 online training modules for *Managing allergies and other dietary requirements*



Healthy and more sustainable food

Healthy choices guidelines for environmentally sustainable food and drinks

Practice note providing guidance on applying environmental sustainability tips when implementing the Healthy Choices guidelines.

Catering for Good – toolkit

A resource for health promoters providing all the tools needed to engage and support caterers to be listed on the Catering for Good Directory.



Healthy
Eating
Advisory
Service



NATIONAL
NUTRITION
FOUNDATION



Statewide programs

Vic Kids Eat Well

The new **Breakfast Club** bites complement the Schools Breakfast Club initiative by supporting schools to review menus and ensure students are offered healthier food and drink options.

Enabling reach more schools particularly those with no structured food environment.

Stakeholder toolkit now available.



Tobacco and vaping initiatives and capacity building



- ***Seeing Through the Haze*** upper primary and secondary school vaping education resources
- Commissioning of resources to support culturally and linguistically diverse communities
- Developed **Aboriginal Quitline** resources for use by community and workforce
- Developing a **Health Systems Strategy** to embed cessation support into health settings and ensure workforce capacity building
- Access a range of new and updated resources via **quit.org.au**



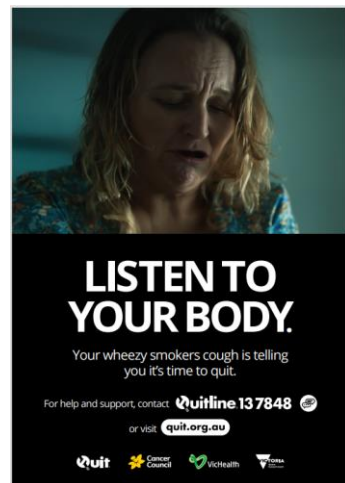
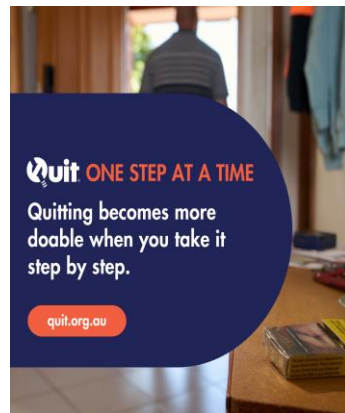
Social marketing campaigns – Quit and partners



- *Sounds Like and One Step*
- *Quit with Pride for LGBTIQ+ communities*
- *Keep at Quitting for Aboriginal and Torres Strait Islander Communities*

Other partners:

- The Koori Way *Flip The Vape* campaign
- UnCloud (VicHealth)



Tobacco and vaping data and resources

Cancer Council Victoria is supporting:

- Increased access to Victorian smoking and vaping **data and research** by local government areas and across priority populations
 - Coming in 2026: results of the Australian secondary school students alcohol and drug **ASSAD 2025 survey**
- Scoping of **smokefree map** of Victoria 3.0
- Increase creation of **smoke and vape-free environments** through the commissioning of new smoke and vape-free signage and supporting local and regional approaches

Priority Area 2 Reducing harm from tobacco and vape use

Tobacco use remains the leading preventable cause of premature deaths in Australia and is the leading preventable cause of cancer. Tobacco use is also the second leading risk factor contributing to the burden of disease in Australia. While smoking prevalence has declined in Victoria over the past five decades, data shows that 11% of Victorian adults aged 18+ smoked tobacco daily in 2022¹, behind the national daily smoking target for adults of 5% or less by 2030.¹²

The use of vapes is rising, with almost double the number of Victorian adults reporting vaping in 2022 compared to 2018–19.¹¹ Concerningly, research shows a gateway effect with teenagers aged 12–17 who had ever vaped being five times more likely to start smoking in the future than those who had never vaped.¹³

	In Alpine	In Victoria
Estimated % of adults who currently smoke tobacco ¹⁴	15%	15%
Estimated % of adults who currently vape ¹⁵	4% ¹⁶	6%
Estimated % of dual users among adults who smoke and/or vape ¹⁵	11% ¹⁶	16%

¹ Current is defined as people that report use on a daily, weekly, monthly or less than monthly basis

¹⁶ This estimate had a Relative Standard Error (RSE) of between 25% and 50%. This indicates a high level of sampling error and so should be interpreted with caution.

Councils can:

- Increase awareness of the health harms of smoking and vaping through education settings, sports clubs, community and Council facilities
- Promote **Quitline** and other cessation support services
- Develop a smoke and vape-free areas policy for the municipality and as a workplace
- Introduce and implement smoke and vape-free policies in Council-owned facilities lease agreements, Council-managed facilities and Council-run events/festivals
- Monitor legislation and implement new smoke and vape-free areas, including improving associated signage, to reduce exposure to second-hand smoke and vape aerosols

Contact details for more information...

Organisation	Contact details
National Nutrition Foundation - Healthy Eating Advisory Service	heas@nnf.org.au www.heas.health.vic.gov.au/
Cancer Council Victoria - Vic Kids Eat Well and the Achievement Program	admin@achievementprogram.org.au www.vickidseatwell.health.vic.gov.au/about/stakeholder-toolkitBFClub
Cancer Council Victoria - Quit Victoria	quitviccommunities@cancervic.org.au www.quit.org.au/
VicHealth – vaping, Uncloud	commercial-economic-systems/vaping

Q&A



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Thank you for joining this forum

Questions?

prevention@health.vic.gov.au