

# Western Public Health Unit (WPHU)

## Supporting Local Public Health and Wellbeing Action

**SAULAT KHAN, SENIOR EVALUATION OFFICER**

**8 MAY, 2025**



# Acknowledgement of Country

## **“Delgaia” by Annette Joy.**

Annette Joy is a Gourmajanyuk and Wergaia woman who has completed several artworks for Western Health.

Delgaia means to be good and means to be well in Wemba Wemba. The colours represent Mother Earth.



# Who we are

- Young and rapidly growing
- Diverse multicultural community
- Pockets of disadvantage
- High prevalence of avoidable chronic conditions

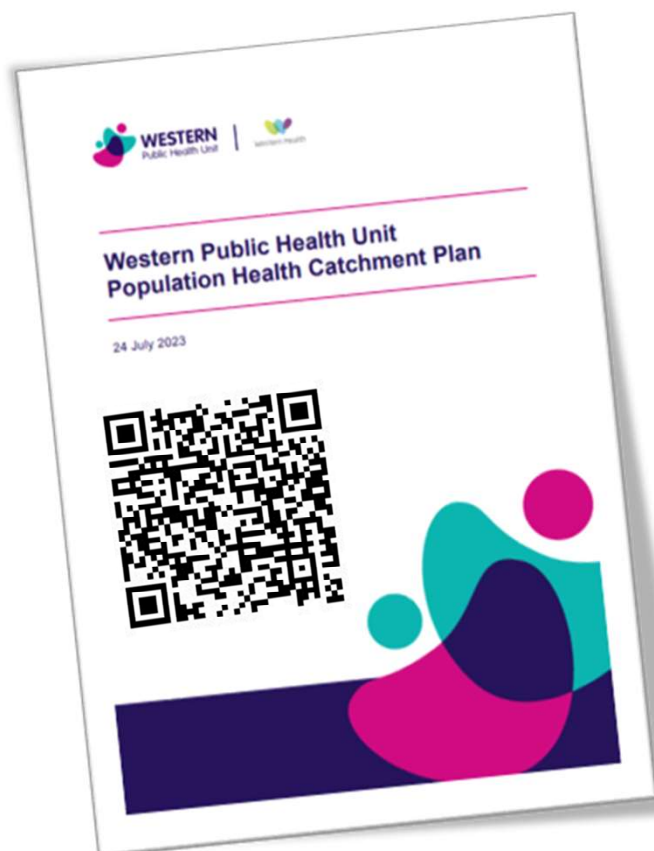
## Our strategic vision

The people of our catchment **stay well and thrive**, and together we build a **connected community**





# Priorities for the WPHU catchment



## Our Priorities



**Healthier eating and food systems**



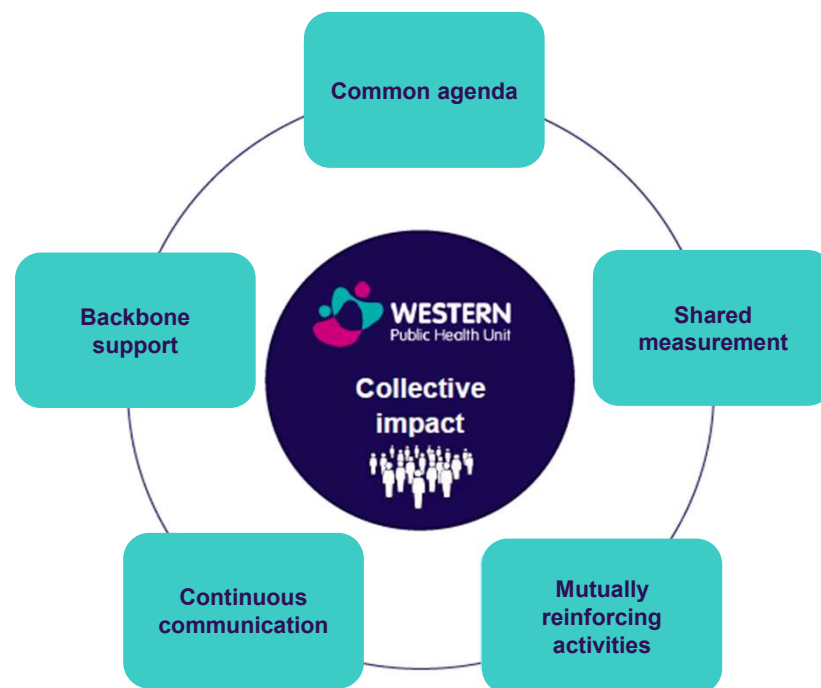
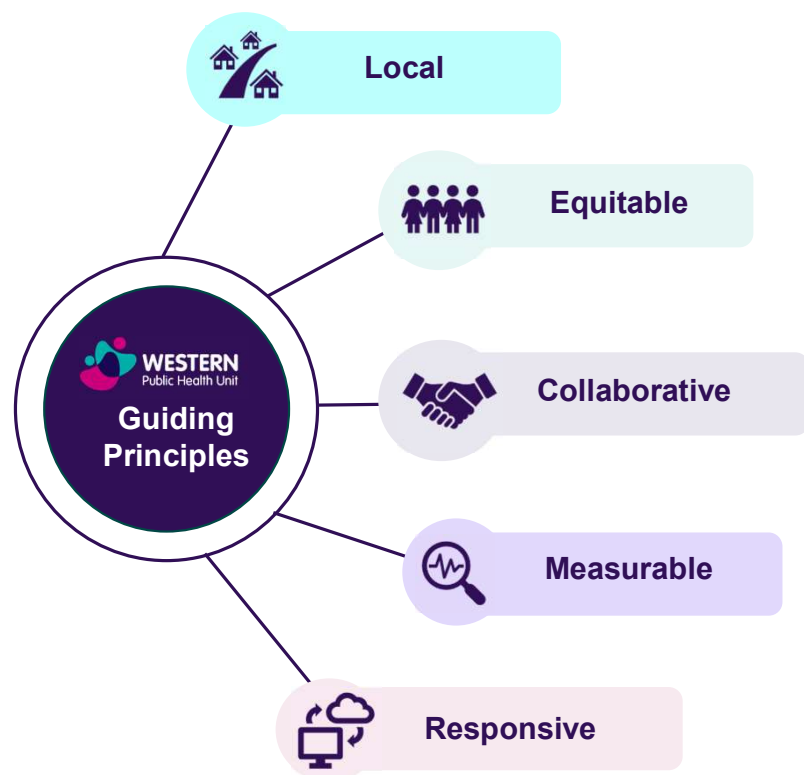
**Reducing vaping and tobacco related harm**



**Tackling climate change and its impact on health**

**Systems and equity**

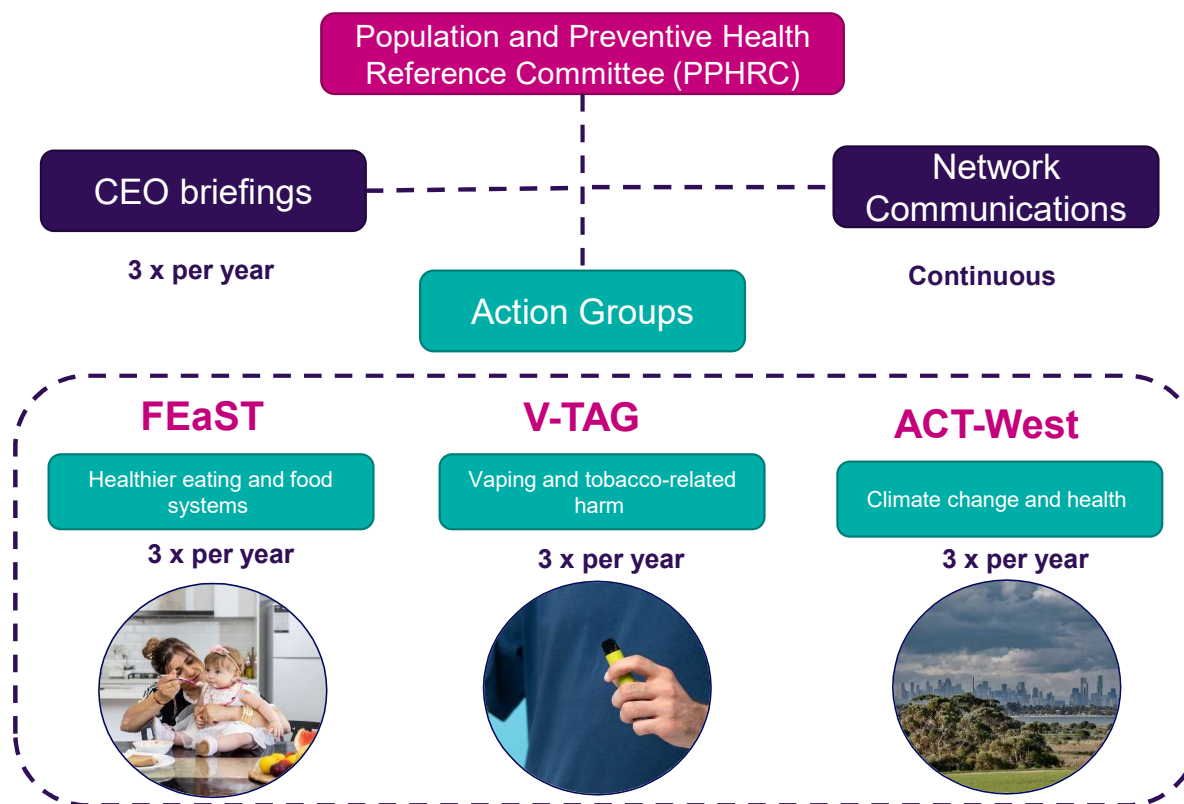
# Our guiding principles and collective impact



# Our networked approach to prevention



## WPHU Population and Preventive Health Network



**3 Jul  
2025**



**WPHU Health  
Promotion and  
Prevention  
Forum**

**93%**



partners see a  
strong **need** and  
**commitment** for  
collaboration

**91%**



contributors  
rate the Action  
Groups as  
**valuable**

**Scan the  
QR code  
to join**



A unique opportunity

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**2025 – 2029**

*Local Action for Public Health  
and Wellbeing*



## Action Guide for Public Health and Wellbeing Planning **[DRAFT]**

COLLECTIVE ACTION TO SUPPORT IMPROVED HEALTH AND WELLBEING OF COMMUNITIES IN THE WPHU CATCHMENT

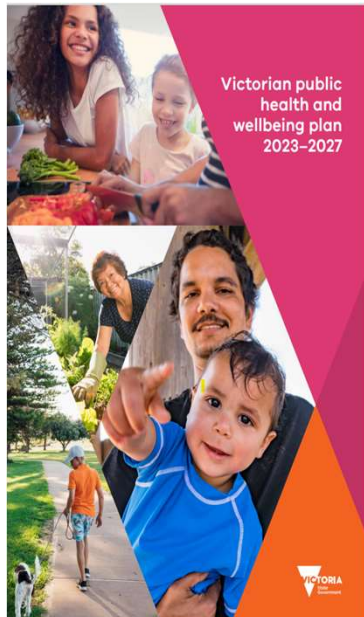
April 2025



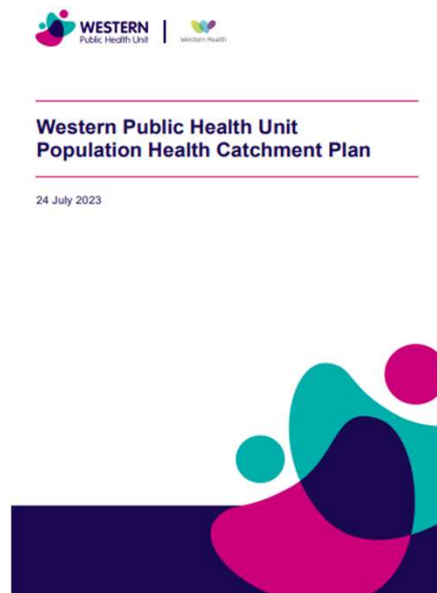
# Aligning priorities and actions for 2025 - 2029



## State



## WPHU



## Local government and other partners





# Action Guides – Shaped by your teams



# Collective Action: Public Health and Wellbeing Action Guides



Latest local data



Evidence-based actions



WPHU support



Evaluate for impact at scale

## **Your support will:**

Achieve large scale change  
across the catchment and  
reduce avoidable chronic  
disease

# WPHU Focus Areas: Healthier Eating and Food System



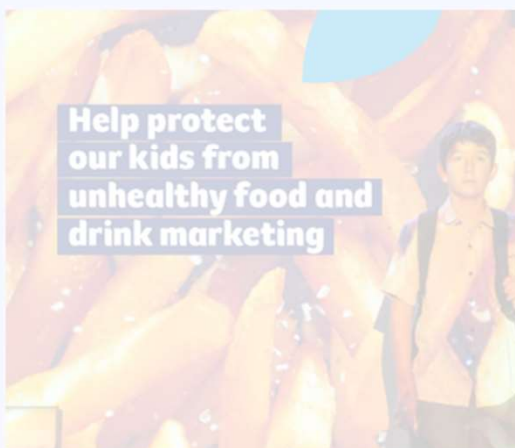
Focus Area 1:  
Good nutrition  
in first 2000  
days of life



Focus Area 2:  
Healthy more  
equitable and  
sustainable food  
systems



Focus Area 3:  
Commercial  
determinants  
of unhealthy  
diets



**Help protect  
our kids from  
unhealthy food and  
drink marketing**

Focus Area 4:  
Healthy food  
environments  
in public  
settings



# Five levers to shift the food system – our model



Strengthen local food access



Link to local food growers



Leverage food procurement



Build diverse community leadership



Connect community organisations

## Food First in the West



**WESTERN**  
Public Health Unit





# WPHU Focus Areas: Reducing vaping and tobacco related harm



**Focus Area 1: Smoke and Vape-Free environments**



**Focus Area 2: Empowering communities**

# Systems approach for council-owned sport and recreation settings



## MULTI-PRONGED ACTION



### Lease and licenses

Adding a 'no smoking or vaping' clause in *sports club lease and license agreements*



### Update signage

Audit and updating signage to 'no smoking or vaping'



### Education opportunities

Capacity building and education



### Cessation support

Linking to existing cessation services

What is your opportunity to contribute?

# WPHU Focus Areas: Climate change and its impacts on health



**Focus Area 1:** Strengthening sector capacity and community resilience



**Focus Area 2:** Intersection between Food Systems and Climate Change

# Brand new opportunities from the Department of Health



1



New Dec 2024 [link](#)

Implement healthy and sustainable food systems initiatives

2

Implementing Healthy Choices guidelines for environmentally sustainable food and drinks

Practice Note  
OFFICIAL



New Dec 2024 [link](#)

Aligning health goals with sustainability by promoting healthier, climate-conscious food environments

Healthy Eating Advisory Service

3



## Catering for Good

The Catering for Good Directory has been developed to help Victorian workplaces access healthier and more sustainable catering. The Directory also highlights caterers who offer social benefits to the community.

How to apply to be listed on the Directory →

Find healthier and more sustainable catering →

New Nov 2024 [link](#)

Uplifting caterers that are good for the people, environment and the community





# Supporting local business, environment and communities



**Grow the number** of caterers on the Good Food Directory to enable healthier, more sustainable procurement options.

Uplifting caterers that are good for the people, environment and the community



Only 4 caterers from WPHU on the Directory!



Thousands of food caterers in WPHU region

# Useful links and contacts



## **WPHU Catchment Plan**

[Population Health Catchment Plan – WPHU](#)

## **WPHU Prevention Network Sign-up Form**

[Western Public Health Unit Prevention Network](#)

## **WPHU Population Health Forum 2025**

[WPHU Population Health Forum](#)

## **WPHU Local Public Health and Wellbeing Action Guides 2025-2029**

Link TBC

## **For more information about any of the opportunities presented**

### **Priority Area**

### **Key contact**

Healthy eating and food systems

[Tess.Gardiner@wh.org.au](mailto:Tess.Gardiner@wh.org.au)

Vaping and tobacco

[Adam.Ehm@wh.org.au](mailto:Adam.Ehm@wh.org.au)

Climate change and health

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## CONTACT US

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### Opening Hours

Monday to Friday 8am – 5:00pm

### WPHU contacts

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Promotion and Planning

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Questions

