



Health and Wellbeing Stakeholder Workshop

Frankston City Council

Mornington Peninsula Shire Council

Prepared by

Conversation Co.

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1. Introduction

Conversation Co was engaged by Frankston City Council and Mornington Peninsula Shire (Councils) to design and facilitate a Health and Wellbeing Stakeholder Forum. This feedback gathered through the Forum will assist the Councils to develop their respective Council and Municipal Public Health and Wellbeing Plans and identify partnership opportunities.

Purpose of the engagement was to:

- Identification of the key issues (current and emerging) impacting public health and community wellbeing within the catchment
- Identification of opportunities for:
 - collaborative and coordinated action; and
 - council-led primary prevention action

Methodology:

A four hour in-person workshop was held on Thursday 13th February 2025 at Mornington Community House (10:00 am - 2:00 pm). A copy of the agenda is provided in Appendix 1.

Participation:

33 representatives from 19 organisations 'signed in' at the workshop. A copy of the participating organisations is provided in Appendix 2. There were additional participants from the two Councils present, with a total of 39 people present.

Purpose of the report:

This report provides an overview of the information collected at the Forum, against the relevant activity.

Image 1. Health and Wellbeing Stakeholder Forum



2. Systems Thinking

In the first activity participants worked in pairs, identifying a key issue and delving further into potential causes.

As demonstrated in the word cloud below, across the wide variety of health issues or barriers discussed, there were key common themes identified as “causes”. This activity allows Council to assess what preventative actions may impact across multiple health issues or barriers.

Among the health issues and barriers explored by participants, the most common themes identified as causes were gender inequality and power imbalances, cost of living and financial barriers and food insecurity. This demonstrates a strong crossover of causes among health issues and barriers, and the possibility of impacting a range of issues with a focus on these root causes. See Appendix 3 for a breakdown of category inclusions and number of mentions.

Image 2. Word cloud



3. Priority setting

For activity 2, participants were asked to reflect upon the first activity, the statistics and community engagement findings presented by Council, and vote for the priorities from the Victorian Public Health and Wellbeing Plan that are most important to the catchment. Participants were able to ‘stack’ votes but had to vote for at least two different priorities.

The results demonstrated in Table 1 show a higher focus on preventing all forms of violence, improving (mental) wellbeing, increasing active living and increasing healthy eating. Priorities with a significantly lower focus among participants were improving sexual and reproductive health, reducing injury and decreasing antimicrobial resistance across human and animal health.

One participant raised the preference for housing to be included in the list of priorities.

Table 1. Voting on Victorian Public Health and Wellbeing Plan priorities

Victorian Public Health and Wellbeing Plan	
Priority	Votes
Preventing all forms of violence People who experience violence are affected in all areas of their health and wellbeing, including poorer physical, sexual and reproductive health outcomes, reduced mental wellbeing and sometimes loss of life	35
Improving wellbeing A 2022 survey found Australians’ subjective wellbeing showed a pattern of decline. The average wellbeing score for people 18–25 years was the lowest in 21 years. VPHWP aims to promote and support wellbeing, and reduce the prevalence of mental distress, suicidality, alcohol and drug harms, while supporting people’s journey through challenges	35
Increasing active living Active living supports everyone, at all stages of life, to live healthy, engaged and purposeful lives. Only half of Victorian adults meet the physical activity guidelines for sufficient physical activity (53.0 per cent of women, and 48.7 per cent of men).	24
Increasing healthy eating Poor diet, overweight and obesity are leading contributors to chronic disease and premature death in Victoria, accounting for 5.4 per cent and 8.4 per cent of preventable burden of disease respectively.	22
Reducing harm from alcohol and drug use Consumption of alcohol and other drugs are a significant preventable cause of disease and death in Victoria. It is linked to a wide range of health and wellbeing impacts, including physical health through increased risk of chronic disease, exposure to infectious diseases, and mental health and wellbeing impacts.	19

Victorian Public Health and Wellbeing Plan	
Priority	Votes
Tackling climate change and its impacts on health Climate change affects health in many ways – both directly and indirectly. Direct impacts include morbidity and mortality associated with extreme events such as heatwaves, floods, drought and bushfires. Indirect impacts are associated with ecological and land-use change (including spread of infectious diseases), along with worsening air, food and water quality.	18
Reducing harm from tobacco and e-cigarette use Tobacco use is still the leading contributor to the burden of disease and premature deaths in Victoria, despite considerable progress in reducing smoking rates. Tobacco use is responsible for 9.3 per cent of disease burden and 13.3 per cent of deaths in Australia. There are concerns this will increase with the uptake of e-cigarette use.	11
Improving sexual and reproductive health Sexual and reproductive health is important for every Victorian. This includes focusing on reducing the impact of blood-borne viruses and sexually transmissible infections. Sexual health is not only important to people in their reproductive years but also across life stages. This includes puberty, through menopause and the senior years.	8
Reducing injury Injury is a major cause of morbidity and mortality. It is both predictable and preventable. The impact of injury and associated injury harms can be profound for individuals, families and communities, and may result in loss of income and productivity, reduced social participation, physical and psychological impairment. It can also affect daily living and quality of life.	3
Decreasing antimicrobial resistance across human & animal health Antimicrobial resistance (AMR) is a growing threat in Victoria, across our nation and globally. AMR affects the health of all humans and animals. While antimicrobial medicines such as antibiotics, antivirals and antifungals have saved millions of human and animal lives, wide overprescribing and misuse have contributed to AMR.	1

4. Preventative Action

Participants were invited to explore the top six priority areas identified through the previous activity. This activity allowed participants to select their areas of interest through three World Cafe style sessions. During these sessions, participants thought about preventative action ideas and identified whether they currently exist or are new actions, the location of focus, alignment with existing work, strategies or plans, and opportunities for partnership.

Priority areas received a varied number of comments, the number of comments are seen below in descending order.

- Increasing active living (35 comments)
- Preventing all forms of violence (17 comments)
- Improve mental wellbeing (17 comments)
- Tackling climate change and its impacts on health (17 comments)
- Increasing healthy eating (14 comments)
- Reducing harm from alcohol and drug use (12 comments)

Tables 2 through 7 explore the detailed feedback provided by participants in order of participant contribution. Similar preventative action ideas under each priority area have been grouped together and themed under the appropriate heading.

It is important to note that priority areas ‘increasing healthy eating’ and ‘tackling climate change and its impacts on health’ were discussed in two of the three sessions due to a lower interest of participants.

Image 3. Health and Wellbeing Stakeholder Forum



Table 2. Increasing active living

Prevention action idea	Is this existing or new	Key location	Does this align with existing work / strategies / plans	Who could be involved
Inclusive Programmes & Facilities - Accessible environments, outdoor gyms for people that can afford gym membership, particularly older people, people with a disability. - Swimming lessons - cost of lessons is a barrier. High risk of drowning in Bayside areas. - Sporting clubs, youth groups - all ages, inclusive, all abilities, free. - Playgrounds - all ages. Accessible and increase.	Existing	- Both councils, - Belgravia foundation, - Peninsula Leisure		- Council, equipment manufacturer - Developers
Youth & Family Engagement - Co-design physical activity programmes and provide opportunities for young people to be a part of open space designs. - Encourage young people to be physically active. For example, teach young people to build their own BMX tracks and have ownership (co-design). - Major event with a focus on physical activity. Families and young people co-design. - Youth leadership programmes and youth advisory committee. Expand on this.	Existing/New	Both councils		- Council contractors - Young people - Council partnership with service provider
Public Awareness & Safety - Consider challenges / changes with electric scooters. Safety, road/footpath usage. - Consider perceptions of safety as a barrier for people being physically active. - Bring back the walking school bus! Model in Sweden called 'safe walking tracks' which supports young people to get safely from public transport to school.	New			- Local laws

Community Engagement & Volunteerism - Promote opportunities for community to be involved in sports clubs as volunteers / committee members. - Activities at neighbourhood houses that are accessible and affordable (e.g. £5 pickleball). Outreach programmes for community. Open on weekends. - More outreach via youth services.	Existing	Other council		- Neighbourhood housing - Sporting associations
Facilities & Amenities - Increasing infrastructure - shade, seating, bike lanes, facilities, paths, lighting, roads, free physical activity equipment. - Ensure there are appropriate amenities to support people going for a walk (e.g. drinking fountains, toilets). - Facilities e.g. Yawa, Parc. Inclusive spaces, community gardens.	Existing/ New	Both councils	Yes	- Council partners and community - Community Houses - Peninsula Health - Council
Walkability & Bikeability Improvements - Address challenges with walking and cycling paths and how connected they are across the Peninsula and safety concerns. - Incidental activity e.g. active travel. Systems approach in a particular postcode. Mix of interventions - signage, bike lanes, community centres, activate spaces with good footpaths.	Existing/ New	MP Shire		- Council
School & Sports Programmes - Dromana PS run a school come and try programme after school so kids can try a variety of sports. - School sport - free, bike library, bike education.	Existing	Both councils		- Schools (PE), - Sports clubs, - Youth services

Social Media & Promotion – Better promotions of passive and active recreation opportunities, showcase these and promote on social media.	New	Both councils		– Social media campaign between FCC and MPS
Support & Mentoring Programmes – Lacking access to bikes or children having a bike but parent can't afford. Community bike swap project, community gym equipment swap, social enterprises on fixing and redistributing bikes.				– Men's sheds – Toy library – Op shops – Sports clubs
Workplace Flexibility & Health – Flexible work arrangements to enable fitting in exercise in their day, lower traffic.	New			– Workplaces
Health Education – Educating on health and wellbeing benefits, culturally safe, adapt to community needs.				

Table 3. Preventing all forms of violence

Preventative action idea	Is this new or existing	Key location	Does this align with existing work / strategies / plans	Who could be involved
Violence Prevention & Education - Education on different types of violence. - Respectful relationships programmes in schools- build in gender transformative practice. - Education in government schools on respectful relationships. - Resilience, self-worth, boundaries, and self-esteem education. - How to deal with emotions in healthy ways – training, positive messaging, promoting available services. - Parent education on long-term impact of harmful attitudes, violent games, and encouraging positive programming. - Critical friends' network – embed a whole school approach through parent networks. - Baby makes 3 – integrate elements of reproductive coercion in their programs. - MCH screening for family violence (including men)	Existing / New	Both Councils	- Yes (resources, funding, auditing, Gender Equity Act) - WHISE Strategy: PRET – Promoting Respect and Equity Together	- Schools - DET - Local community - Service providers - Youth services - WHISE - Councils - MCH - Schools - Sports clubs - School Focussed Youth Services - WHISE
Workplace & Policy Advocacy - Advocating for changes in legislation. - Workplace and school policies supporting gender equality. - Modelling behaviour between Councillors (no bullying, sexism). - Inclusive forms and ensuring all parents (not just mothers) receive service reminders. - Gender equality action plans- including intersectionality and lived experiences of primary prevention. - Sexual violence in the workplace – understanding drivers - Capacity building programs for Council staff, built on previous programs delivered. - Strengthening workforce education, hosting learning forums (include other services such support services, salvation army etc)	New	Both Councils	- Partial (depends on policy changes) - Latrobe Council – programs to parents and caregivers re: affirmation consent to prevent Sexual Violence. - Monash Health self-guided modules.	- Local government, OH&S - Service providers - Legal advocates. - P&C teams

Community Awareness & Engagement - Promoting physical, psychological, and emotional safety. - Asking if people have experienced family violence (screening effectively), forums, workshops on bystander intervention. - Podcast on having hard conversations (pitched at different levels). - Respecting Seniors Network (preventing elder abuse). - Proud to Play programme (existing inclusivity programme, could be expanded). - Increase intergenerational programming to prevent elder abuse. - Engaging men and boys in primary prevention – need series rather than one-off initiatives. - Gender equity / stereotypes / inclusive language that could be used in other settings such as MCH, kindergartens, childcare.	Existing / New	Both Councils	Yes (some initiatives align with existing work)	- Bayside FV Integrated Services, - WHISE, - Community groups - Proud to Play - Sports clubs - Senior organisations. - Council services
Housing & Support Services - Housing and emergency accommodation (including Orange Door). - Supporting people locally when they cannot access Orange Door services. - Integrated pathways for FV services.	Existing	Both Councils, Orange Door	Yes	- FV services - Orange Door - DFFH - Council.
Training & Digital Resources - E-learning module on preventing family violence/gender equity. - Forums on and men's behaviour change programmes.	New	Both Councils	Gender Equity Strategy	- Windana - Peninsula Health - WHISE - Councils
Systems thinking - Mapping all forms of violence, help to highlight where primary prevention sits, and with all the services that sit across other systems. - Opportunity to integrate primary prevention through other services such as housing/ homelessness				

Table 4. Improve mental wellbeing

Preventative action idea	Is this new or existing	Key location	Does this align with existing work / strategies / plans	Who could be involved
Access to Nature & Built Environment – Ensure everyone has access to nature, open spaces, and green space. – Balance the built environment with the natural environment and incorporate green design principles.	New	Both Councils	Council approvals, environmental regulations on land use and canopy cover.	– Council
Mental Health Awareness & Education – Communication and education on mental health, reducing stigma, awareness of signs and symptoms, early intervention, mass campaigns with consolidated messaging. – Sustaining efforts around campaigns like R U OK? Day – addressing stigma and reluctance to access services. – Mental Health Menu in schools – connecting young people with support services. – Living Ripples Project – surveying young people in schools about mental health.	New/Existing	Both Councils	Some initiatives align with existing strategies	– Council, Youth Services – Schools, – Community health providers – National and state mental health organisations.
Support for Young People – Addressing anxiety in young people (post-COVID social anxiety, disengagement from education). – Youth Mental Health Strategy (e.g., KidsMatter) – elevating youth mental health as a priority. – Achievement Program in primary and secondary schools – preventative approach, particularly for early years. – Youth services working with clusters on disengaged youth. – Speak & Share community group – online and NGO-driven youth engagement. – Emotional regulation – positive mindset education in schools and other settings. – Welcoming and inclusive environments, promoting young people to be their authentic selves through an inclusion campaign.	New/Existing	Both Councils	Some align with existing work (e.g., Youth Mental Health Strategy)	– Youth Services, – Schools – Headspace – Autism Australia – ADHD Australia – Community organisations – Sporting clubs.

Parental & Family Support - Parents' forums with high-profile speakers to support kids. - Sessions and forums for parents of school-age children – positive parenting support. - Advocacy around support services needed in the community – data collection, funding requirements.	Existing / New	Both Councils	Previous parent support programmes exist, but more data and advocacy are needed.	- Council - Youth Services - Community groups - Schools.
Neurodiversity & Inclusion - Promoting neurodivergence awareness in schools, early years settings, and workplaces to reduce stigma and increase accommodations.	New	Both Councils	Aligns with inclusion strategies	- Peninsula Health, - Councils, - Community - Early years services - Schools - Workplaces, - Headspace - Autism Australia - ADHD Australia.
Community Wellbeing & Ageing - Positive ageing – providing access to information, reducing loneliness (especially among men), offering low-cost inclusive activities, and increasing accessibility. - Free activities and health information for older people. - Transport support and social programs (e.g., Chatty Café).	Existing	Both Councils	Some work already exists (MPS programme), but expansion may be needed.	- Community health providers - Transport programmes - Aged care services.
Advocacy & Policy Change - Advocating for changes in funding and resources. - Advocacy for better support services in the community, backed by data. - Sustaining and expanding existing mental health campaigns and initiatives.	New	Both Councils	Would complement and support existing planning processes.	- Councils, - MPs (State and federal members - Community

*Comment following the session that mental wellbeing work belongs across all health priority areas. Mental wellbeing should be seen as a precondition to health in all areas, achieved through applying an intersectional lens to all health priority areas.

Table 5. Tackling climate change and its impacts on health

Preventative action idea	Is this new or existing	Key location	Does this align with existing work / strategies / plans	Who could be involved
Climate Change Awareness & Community Engagement - Climate change community forums, including discussions on climate grief. - Educating the community on solar grants and energy efficiency. - Seeking funding and advocating for solar panels. - Communicating the health benefits of climate action, including extreme weather preparedness. - Increasing community connection to land, soil, nature, and Country. - Ensure disaster preparedness is assessed with gender lens - Deliver relief and recovery training	Existing	Both Councils	Some existing initiatives, opportunity for expansion.	- Peninsula Voice - Councils - Community groups. - SES - Emergency response organisations
Waste & Recycling Initiatives - Increasing attention to waste management, including soft plastics recycling and piloting local social enterprises. - Expanding food waste management – supporting home and commercial food waste digesters. - Recycling education, mindset shifts, and marketing campaigns. - Expanding butt litter projects to include vapes – exploring e-waste disposal options (e.g., Cardinia project).	Existing / New	Both Councils	Aligns with sustainability and waste reduction goals.	- Councils - Businesses, - Community - Environmental organisations.
Sustainability & Green Infrastructure - Expanding the Sustainability Street neighbourhood model. - Increasing tree canopies and streetscaping, with transparency on outcomes and successes. - Expanding the SunSmart campaign – increasing shade and reactivating successful models.	Existing / New	Both Councils (specific sites for projects)	Some existing programs, opportunity for broader adoption.	- Councils - Peninsula Health - Schools - Businesses - Community.

- Supporting businesses with sustainability incentives, e.g., Best Biter program (expand to Frankston). - Developing a procurement page for MP Shire and potentially other councils. - Large-scale sustainability education and skills projects in targeted geographical areas (e.g., Hastings). - Supporting active travel initiatives, particularly in and around schools.				
Growing & Sustainable Land Use - Considering 'Growing on Country' training for communities to learn sustainable land use and food production. - Encouraging local businesses to share costs for food waste solutions.	New	Both Councils	Emerging concept, aligns with sustainability goals	- Councils - Community - First Nations groups - Businesses.

Table 6. Increasing Healthy Eating

Preventative action idea	Is this new or existing	Key location	Does this align with existing work / strategies / plans	Who could be involved
Financial & Food Literacy - Financial literacy (budgeting, healthy food education, shopping centre cooking demos). - Addressing perceptions of healthy food being expensive or time-consuming. - Easy recipes included with food parcels at community support centres.	Existing / New	Various (Shopping centres, community houses, schools, kinders, MP Shire)		- Financial literacy providers - PR agencies - Social media campaigns - Shopping centres (Bayside, Centro) - Local TAFEs - Community houses - Schools and kinders.
Food Access & Relief - Monash Uni: Providing free food, vouchers, welfare funding. - Resourcing free healthy food and food relief (prepared healthy meals). - Access to subsidised food: referral process for low-income healthy meal delivery.	Existing / New	Both Councils	Yes	- Community houses - Meals on Wheels - Farm gates - Community Plate - Peninsula Health - State/Federal Government.
School & Youth Food Programs - Providing school lunches: eliminates food waste, ensures healthy food, involves kids in cooking. - Urban agriculture in schools, community gardens, and social enterprises.	New	Both Councils	Partial	- HEAs - Department of Education - Schools - Children - Community Plate

				- Farm My School - Social enterprises.
Community Food Growing & Sharing - Good community garden setups, encouraging wider community access. - Community food swaps, promoting home-grown food and small-space gardening. - Farmers markets: free attendance and stallholder participation.	Existing/New	Both Councils	The Community Plate	- Community gardens - Community houses - Neighbours - Farm gates - Markets - Grants/subsidies.
Food Language & Marketing - Reframing healthy eating: reviewing language in Council policies (non-stigmatising, age-appropriate). - Harmful advertising: reducing 'junk food' and 'diet culture' marketing.	New	Both Councils	Yes	- Government - Education - Marketing agencies - Community Plate - Peninsula Health - Council - Schools
Food-Related Social Enterprises - Supporting food-related social enterprises (surplus produce, income generation, food relief). - Urban agriculture initiatives: community grocer and funding for community/school gardens.	New	Both Councils	Yes (grants)	- Community grocer - Farm My School - Transport and resourcing agencies - Community Plate - Peninsula Health.

Table 7. Reducing harm from alcohol and drug use

Preventative action idea	Is this new or existing	Key location	Does this align with existing work / strategies / plans	Who could be involved
Harm Reduction & Safer Access to Services - Sharps containers and needle exchange – better promotion of locations and moving access points to be more pedestrian-friendly. - Smoother referral pathways for support – reducing wait times and increasing face-to-face access to services. - Better promotion of support services – ensuring clear, consistent messaging about available help. - More funding for targeted support services. - Ensuring alcohol isn't the only focus – recognising the broader impact of other drugs in the community. - Enforcing responsible service of alcohol – preventing intoxicated people from being served.	Existing	Both Councils	Some initiatives already exist but need improvement.	- Community support services (mental health & wellbeing) - AOD (Alcohol & Other Drugs) services - State and federal government - Councils.
Advertising & Promotion - Reducing advertising of alcohol (e.g., not accepting sponsorship from alcohol companies). - Better incentives for non-alcoholic drink options in venues, including sport clubs. - Realistic drug education in schools.	New / Existing	Both Councils	Aligns with responsible drinking policies.	- Councils - Peninsula Health - Local venues - Schools - Youth services.
Education & Prevention - Understanding the underlying causes of drug and alcohol abuse – addressing what people are struggling with instead of focusing only on substance use. - Early education about alcohol and drugs in schools (starting from Year 6/7, possibly Grade 5).	New / Existing	Both Councils	Would align with health and education strategies.	- Youth services - Schools - Community health organisations - People with lived experience.

- Peer education with lived experience – using real stories to educate young people.				
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Image 4. Health and Wellbeing Stakeholder Forum



5. Subsequent feedback

Women's Health in the South East were unable to attend the Forum and provided feedback at a later stage. Their feedback has been integrated into the preventative action tables (section 4) in addition they suggested the following preventive actions for consideration relating to priorities that were not selected for world cafe activity.

Sexual and Reproductive Health:

- Training and info sessions in settings e.g. libraries, MCH, community centre:
 - Menopause (would replicate these for Councils)
 - Endometriosis and PECOS
 - Cervical Screening – target specific cohorts (e.g. Kingston CALD)
 - Implanon or any other SRH training – could work with Peninsula Health
- Council could consider sessions specifically for lower SES and Aboriginal and Torres Strait Islander people.
- Health and Wellbeing lunch time sessions for staff (e.g. SRH menopause, Implanon, screening etc).
- Increasing awareness of SRH harm in the community, promoting services in the area (see SRH hub for data and information)

WHISE also noted their upcoming consultation in March (reporting to partners of strategy) and July (scoping with partners for alignment).

Size inclusive practice / body image / sex, gender and mental wellbeing

- Build whole of community awareness of the impacts of the Man Box study from Jesuit Social Services, on how rigid gender stereotypes on young boys and men drive poor mental ill-health and suicide, high rates of poor mental health and distress among cis-hetero men, also impacts their female partners, family members (gender inequality drives family violence and stress is contributing factor to family violence)
- Include a size inclusive lens to all work to improve health and wellbeing, focus should be on movement and food, as opposed to active living and healthy eating frames, which assume privilege.
- Focus strategically on building awareness across the lifespan of peri-menopause & menopause and its relationship with physical and mental wellbeing, making sure women are informed and supported through services and support groups
- Focus strategically on building awareness across the lifespan of women's pain it's relationship with physical and mental wellbeing, making sure women are informed and supported through services and support groups. This work should be integrated deeply with gendered violence prevention, sexual and reproductive health and mental wellbeing.

Next Steps

Engagement on this project has already created significant interest and aspirations for the Council Municipal Public Health and Wellbeing Plans, it is crucial to keep stakeholders and potential partners engaged and provide regular feedback on the progress of the Plan at milestones. This may include:

- Providing updates with the Plan goes to Council.
- Alerting when the Plan is open for broader community engagement.
- Presenting the broader feedback collected for the Plan (for information purposes).
- Presenting the updated draft Plan for further feedback.
- Meeting with stakeholder to confirm partnership approaches

Image 5. Health and Wellbeing Stakeholder Forum



Appendix 1: Copy of Agenda

Conversation Co.

Health and Wellbeing Stakeholder Forum	
Time	10:00am - 2:00pm
Date	Thursday 13 February
Location	Studio at Mornington Community House

Time	Agenda Item
9:45am	Registration, tea and coffee
10:00am	Welcome and introductions
10:15am	Context setting
10:25am	Overview of data and community engagement findings
10:40am	Systems approach
10:55am	Conversations- key issues
11:15am	Dotmocracy- priority setting
11:40am	World Cafe- preventative action
12:40pm	Lunch break (lunch provided)
1:10pm	World Cafe- preventative action (cont.)
1:40pm	Reporting back/ viewing ideas
12:55pm	Next Steps, thank you and close

Registered organisations

Belgravia Leisure

Community Support Frankston

Family Life

Gamblers Help Southern – Better Health Network Launch

Housing

Mental Health and Wellbeing Local

Monash University

Nairn Marr Djambana

Peninsula Health – Community Health

Peninsula Leisure

South Eastern Public Health Unit (SEPHU) – Monash Health

Southern Peninsula Community Support

Victoria Police

Western Port Community Support

Windana

Appendix 3. Word cloud inclusions

8 Mentions

- **Gender inequality and power imbalances**
 - Gender inequality
 - Gender-based family violence
 - Gender inequality
 - Power imbalances
 - Family and gender-based violence
 - Gender roles
 - Power imbalances
 - Coercive control
- **Cost of living and financial barriers**
 - Cost of living
 - Financial restraints
 - Financial needs
 - Financial barriers
 - Financial imbalances
 - Low income
 - Fuel costs
 - Income

7 Mentions

- **Food insecurity and cost of groceries**
 - Food insecurity
 - Cost of groceries
 - Cost of living
 - Access to healthy food
 - Distance to outlets
 - Unhealthy supermarket options
 - Cost of living

6 Mentions

- **Mental health and illness**
 - Poor mental health
 - Mental health
 - Mental illness
 - Mental health issues
 - Mental health
 - Awareness and social support
- **Relationship breakdown and family violence**
 - Relationship breakdown

- Family violence
- Family violence
- Gender-based family violence
- Family modelling behaviour
- Protecting children
- **Transport and geographical location**
 - Transport
 - Geographical location
 - Transport
 - Transport barriers
 - Distance from public transport
 - Limited public transport
- **Disconnect from food system**
 - Disconnect with food system
 - Food production
 - Exports (food), livestock
 - Disconnection with food
 - Marketing of unhealthy food
 - Meal planning and time pressures
- **Healthy eating and access to nutritious food**
 - Healthy eating
 - Healthy eating
 - Access to healthy food
 - Low proportion of healthy food in supermarkets
 - Quality of food
 - Availability of seasonal products

5 Mentions

- **Lack of social connection**
 - Lack of social connection
 - Social connection
 - Lack of social support
 - Not knowing neighbours
 - Social connection
- **Isolation and loneliness**
 - Isolation
 - Social isolation
 - Loneliness
 - Living alone
 - Social isolation
- **Covid, extreme weather and global issues**
 - Covid and extreme weather and global issues
 - Impacts of Covid
 - Hot weather

- Climate change
- Extreme weather
- **Homelessness and lack of public housing**
 - Homelessness
 - Lack of public housing
 - Fear of homelessness
 - Safe houses
 - Prevention

4 Mentions

- **Technology and social media**
 - Technology and social media
 - Social media
 - Social media
 - Media portrayal
- **Bullying and trauma**
 - Trauma
 - Bullying
 - Past trauma
 - Trauma
- **Education and awareness**
 - Education
 - Education
 - Knowing what people need
 - Lack of knowledge and understanding
- **Delayed diagnosis and lack of services**
 - Lack of adequate services
 - Not enough services in area
 - Delayed diagnosis
 - Lack of access to services
- **Gambling and financial impacts**
 - Gambling
 - Financial impacts
 - Poorer health for gamblers
 - Life affected
- **Smoking, vaping and peer pressure**
 - Smoking and vaping
 - Smoking and vaping seen as cool
 - Weight loss rewards
 - Peer pressure
- **Organised sport and flexibility issues**
 - Organised sport not flexible
 - Flexibility
 - Organised sport

- Uniforms

3 Mentions

- **Chronic disease and illness**
 - Chronic disease
 - Chronic illness
 - Chronic illness
- **Funding and council working in silos**
 - Funding
 - Council working in silos
 - RAP in Council Plan
- **Conflicting values and beliefs**
 - Conflicting views
 - Values and beliefs
 - Different perspectives of active living
- **Age segregation and lack of disability access**
 - Age segregation
 - No disability access
 - Kinders interacting with aged care services
- **Social isolation and recreation access**
 - Social isolation
 - Connect to recreation services
 - Not playing outside anymore
- **Lack of confidence and emotional abuse**
 - Lack of confidence
 - Emotional abuse
 - Emotional regulation
- **Physical activity and body image concerns**
 - Physical activity
 - Body image concerns
 - Sedentary education and work

2 Mentions

- **Lack of inclusivity**
 - Lack of inclusivity
 - Attitudes towards CALD, Aboriginal, disabled communities
- **Difficulty being authentic self**
 - Difficult to be authentic self
 - Self-expression
- **Lowered social skills and anonymity**
 - Anonymity
 - Lowered social skills
- **Lack of culturally safe spaces**

- Lack of culturally safe places
 - Lack of culturally safe spaces
- **Not feeling valued and social media impacts**
 - People not feeling valued
 - Not feeling valued
- **Public transport and accessibility**
 - Public transport
 - Paths
- **Food allergies and restrictions**
 - Food allergies
 - Lunchbox restrictions
- **Historical context and systemic inequalities**
 - Historical context
 - Historical context
- **Lack of knowledge and understanding**
 - Lack of knowledge and understanding
 - Communication
- **Women in sport and participation barriers**
 - Women in sport
 - Women in sport