



Media Release

12th August 2019

For Immediate Release

Time for a Heart to Heart on Health

It's no surprise to many of us that live in a country community that we experience our fair share of disadvantage, we experience higher rates of many illness and diseases compared to our city cousins. We also face unique barriers to having our health care needs met.

However, community members living in the Buloke, Loddon and Gannawarra Shires will benefit from a collaborative approach by 12 local organisations to improve the health of local residents. The Buloke, Loddon, Gannawarra Health Network's current chair, Mrs. Tracey Wilson said 'the network, which was established over four years ago, has put considerable effort into working together, to share resources and to develop a plan to address the health priorities of people living in these shires.

The launch of this much anticipated Implementation Plan will support the work of agencies across the three shires to address heart and lung health, mental health, diabetes and oral health. The approach provides clear directions for agencies to better support community members who are currently living with these health conditions, but also aims to identify ill health and disease earlier.

Mrs. Wilson said 'the plan also aims to prevent ill health through approaches that we know have the greatest impact'. Actions to support people and communities to increase their physical activity levels and their fruit and vegetable intake, to take care of their mental and emotional wellbeing and to decrease alcohol and drug use are a few examples.

Much of the data is compelling for these regions, in Loddon for example, 23% of people are current smokers, compared to 13% in the whole of Victoria and heart attack rates are 2.5 times higher than the state average. In Gannawarra 24% of people drink sugary drinks every day compared to only 15% of people in Victoria. One in four people in Buloke undertake no physical activity at all and nearly half of all residents are obese.

The Buloke, Loddon, Gannawarra Health Network was established in 2015 and the Implementation Plan details the work of partner agencies over the next three years. The launch will take place this Monday the 12th of August at Northern District Community Health in Kerang.

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Partner agencies include: Gannawarra Shire Council, Buloke Shire, Loddon Shire, Northern District Community Health, Kerang District Health, Cohuna District Hospital, Boort District Health, East Wimmera Health Service, Mallee District Aboriginal Service, Dingee Bush Nursing Centre, Inglewood and Districts Health Service, Bendigo Loddon Primary Care Partnership, Southern Mallee Primary Care Partnership and the Murray Primary Health Network.

End Release

Media Enquiries:

Official Media Launch:

Monday the 12th of August at Northern District Community Health Service, 24 Fitzroy St Kerang, Vic.

MEDIA INTERVIEWS 10am-10.30am, prior to official proceedings commence. Please call to make arrangements.

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