



# Wimmera Primary Care Partnership

## OUR VISION FOR OUR COMMUNITY

**We plan to achieve our vision via a mixture of health promotion and capacity building strategies undertaken by our member agencies and driven by the Wimmera Primary Care Partnership.**

**Achieving a level of physical activity that sustains our health and wellbeing.** Physical activity is an important path to maintaining and promoting health including the prevention of type 2 diabetes and cardiovascular disease.

**An inclusive, accessible and diverse community.** Social connectedness is vital to an individual's mental health as well as the health and viability of the whole community.

**A healthy economy which supports and improves our quality of life and well-being.** A healthy local economy in partnership and socially connected individuals underpin the quality of life and wellbeing of a community.

**Understanding the importance of nutrition and striving to maintain a healthy weight range.** Nutrition and healthy weight range help individuals reduce the risk of disease.

**Achieving optimum oral health and dental care.** There is a need to address access to dental care, fluoridation of water supply, and oral health education, to address dental health problems that have been identified in the community.

**A safe, sustainable and attractive environment.** We need to ensure the amenity and viability of our communities to provide the corner stone for our futures.

**Safe water for all our residents to drink.** Water quality and availability remains an issue for many of the smaller communities of the Wimmera and is a vital part of healthy communities and economies.

**Minimising the effect of smoking, drugs and alcohol in our lives and in our communities.** To reduce both the social and health cost that affect the whole community.