

North Eastern Public Health Network – Population Health (NEPHN-PH)

Meeting 11

Chair: Dr Annaliese van Diemen, Director
December 4th, 2025

Acknowledgement of Country

NEPHU acknowledges the Traditional Custodians of the land on which we work, live and play. We pay our deepest respects to their Elders, past and present. We recognise and honour the enduring connection that Aboriginal and Torres Strait Islander peoples have to this land, water and Community.



Artwork: The Gathering
Artist: Rubii Red



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Chief Health Officer Alerts



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Recent CHO Alerts and Advisories

- 16 October: [Local transmission of mpox in metropolitan Melbourne](#)
- 22 October: [New measles case in Victoria](#)
- 19 November: [Health advice on immunisations for travel](#)

Mosquito Season

[Protect yourself from mosquito-borne disease | Better Health Channel](#)



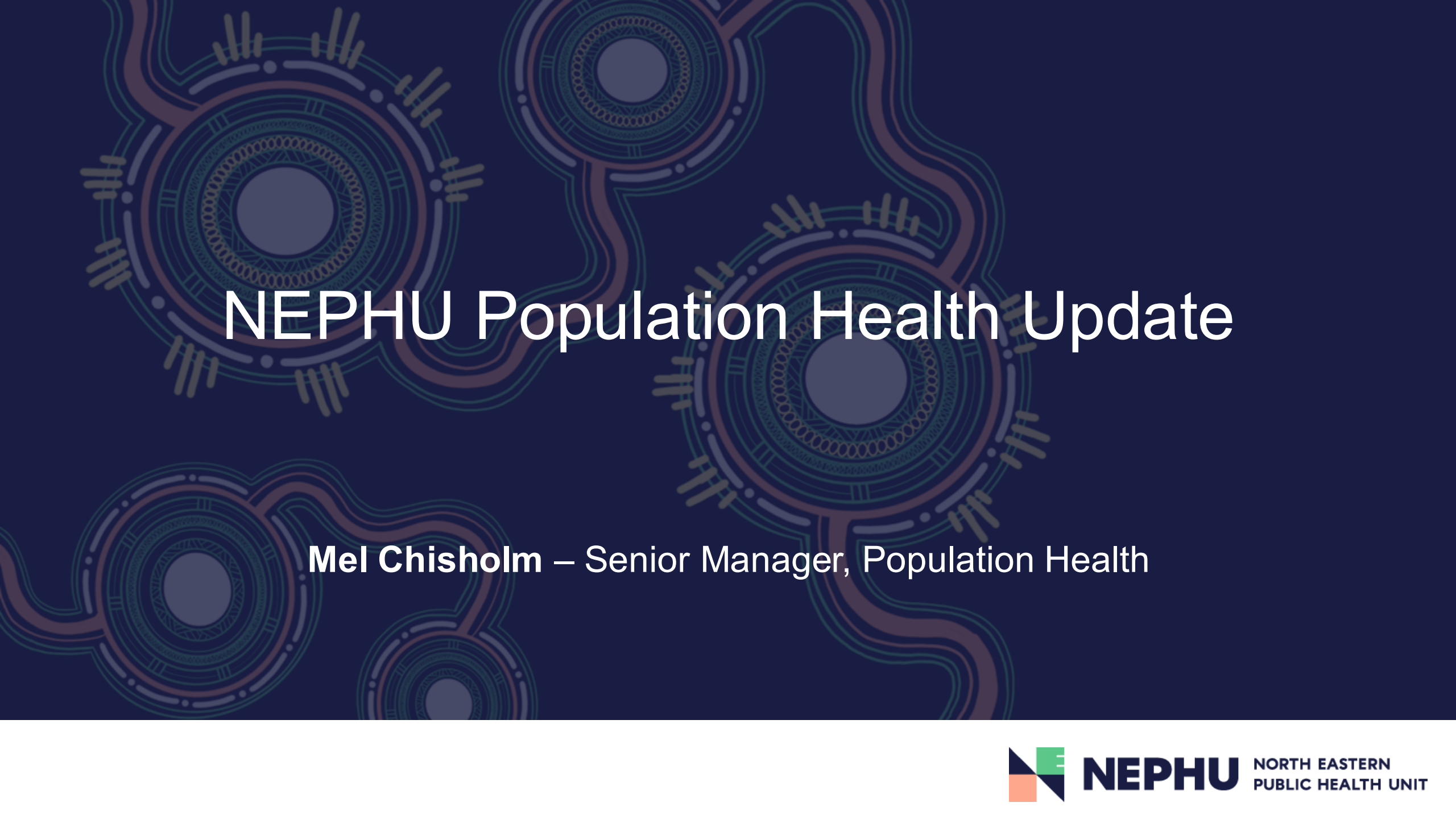
NEPHU Measles Immunisation Program

- Developed in partnership with EMPHN and NWMPHN
- Promoting uptake of free MMR vaccine to all adults born during or after 1966 who have not had two doses of MMR vaccine or are unsure of their vaccination status.
- Targeting GPs and practice managers
- Link to more information and resources:

[Boosting measles vaccine coverage - NEPHU](#)



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NEPHU Population Health Update

Mel Chisholm – Senior Manager, Population Health



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Population Health - Key updates

- Catchment Plan Part 2 (2025-2029) launched and implementation planning for 25/26 underway
- Supporting partners with grants/ letters of support

Recent Publications

- Evaluation of the Food Collective
- Local Food Environments
- INFANT in Darebin Project
- NEPHU Population Health Catchment Plan Part 2: 2025 – 2029

For more information, please see our website nephu.org.au



Launch of the Population Health Catchment Plan – Part 2 (2025-2029)

- NEPHU celebrated the Launch of the Catchment Plan Part 2 on **Tuesday 25th of November.**
- Many sector partners were in attendance, including the newly formed **Population Health Advisory Group.**
- Thank you to our keynote speakers Ben Norden (Hume City Council) and Anita Craike (DPV Health)



Population Health Advisory Group



Member Representation:

Austin Health	Oonah Health and Community Services Aboriginal Corporation
Department of Health	Sexual Health Victoria
Deakin University	Victorian Aboriginal Health Service
DPV Health	Whittlesea Community Connections
Eastern Melbourne PHN	Women's Health East
Hume City Council	Yarra Ranges Council
Nillumbik Shire Council	Your Community Health



Active Living in the North East

Segment hosted by Mel Chisholm



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NEPHU Active Living

Dave Czerniakowski

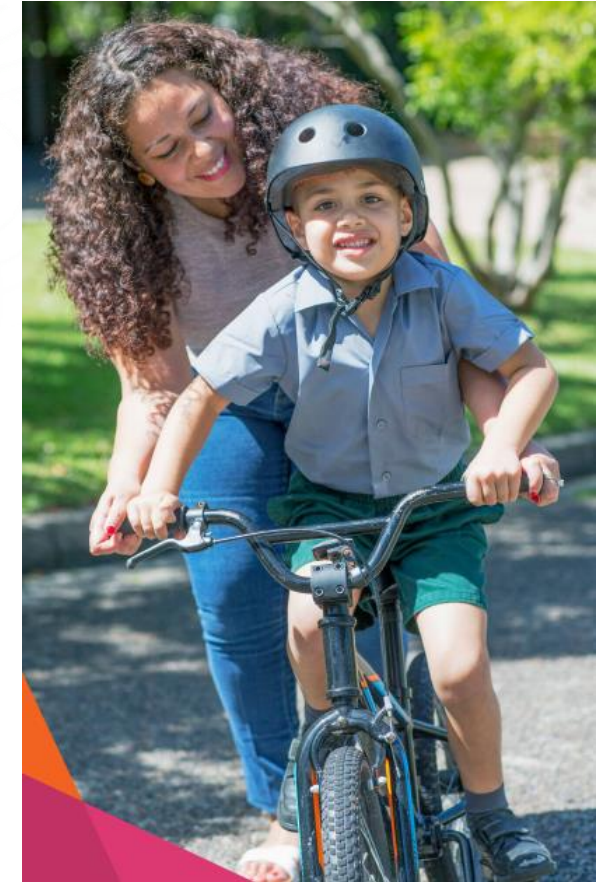
Health Promotion and Prevention Officer, NEPHU



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Context

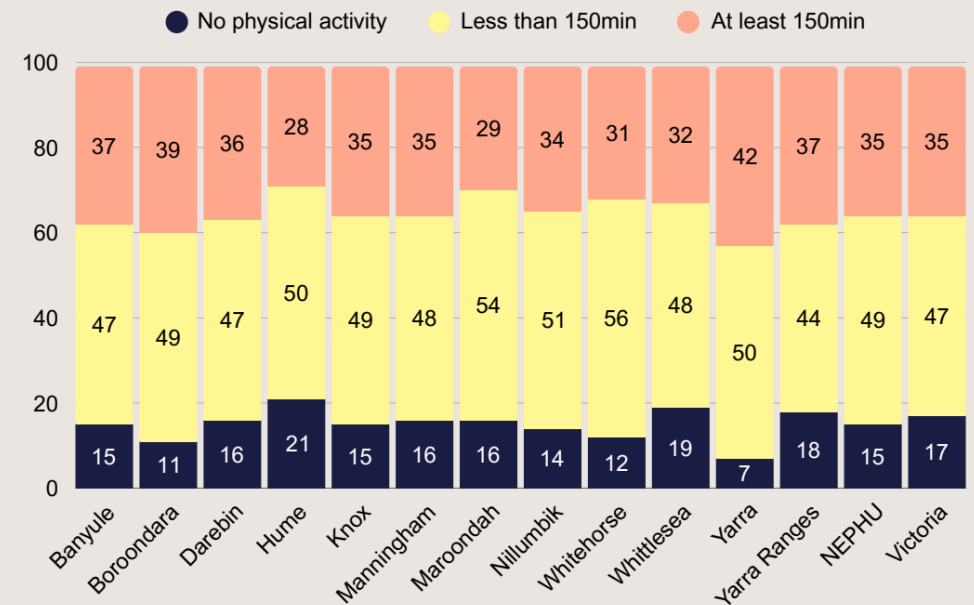
- Active living integrates physical activity, such as walking, cycling, active transport, recreation, sport and play into everyday activities.
- Physical activity is a major protective factor against chronic diseases. In 2022, about 50% of people in Victoria had at least one long-term health condition (ABS, National Health Survey: State and Territory Findings, 2022)
- Enhances quality of life, reduces pain, and supports mental wellbeing
- Provides benefits across multiple domains, including climate action and community connection.



Data Snapshot

- Only **34%** of the NEPHU adult population report meeting the minimum recommended physical activity levels
- **15%** reported undertaking no physical activity per week
- Only **2.4%** of the NEPHU population used active transport as their primary commute mode (ABS census 2021)
- Low walkability scores across NEPHU

Proportion of population and level of weekly physical activity, by LGA
Moderate to vigorous activity per week



Data Source: VPHS 2023

Overview of Priority Area

- Increasing active living is a new priority area for NEPHU
- First year will focus on foundational scoping work
- Identify how NEPHU can add value and create impact in the active living space
- Objectives align with the VPHWP 2023–2027

Objectives for Year 1 - 25/26

- Focus on increasing physical activity levels with a focus on priority populations across the catchment
- Explore opportunities to support active transport and healthier built environments
- Support a catchment-wide collective impact approach
- Promotion of evidence-based programs

NEPHU Actions

Year 1 Actions

- Amplify partner initiatives - identification and amplification of evidence-based programs and policies
- Undertake comprehensive stakeholder engagement to understand sector needs and landscape
- Exploring available data
- Scoping need for Active Living Community of Practice to coordinate approach across the region, progress to establishing if need is identified



Community of Practice

Scoping the need for a NEPHU wide Active Living Community of Practice

Aim: Strengthening coordination, alignment, shared measurement and reducing siloed efforts across the region

What it will do:

- Provide a regular platform to:
 - Share knowledge, insights, and evidence
 - Showcase current initiatives and learnings
 - Identify common challenges and collective opportunities
 - Align messaging and approaches across partners
 - Support consistent practice and capacity building
 - Enable stronger cross-sector collaboration

Have your say

- Your input will help shape the focus and activities of the Community of Practice for active living across the NEPHU catchment
- Please take a few minutes to complete our survey



Link: [Scoping a Community of Practice – Fill out form](#)

Guidelines

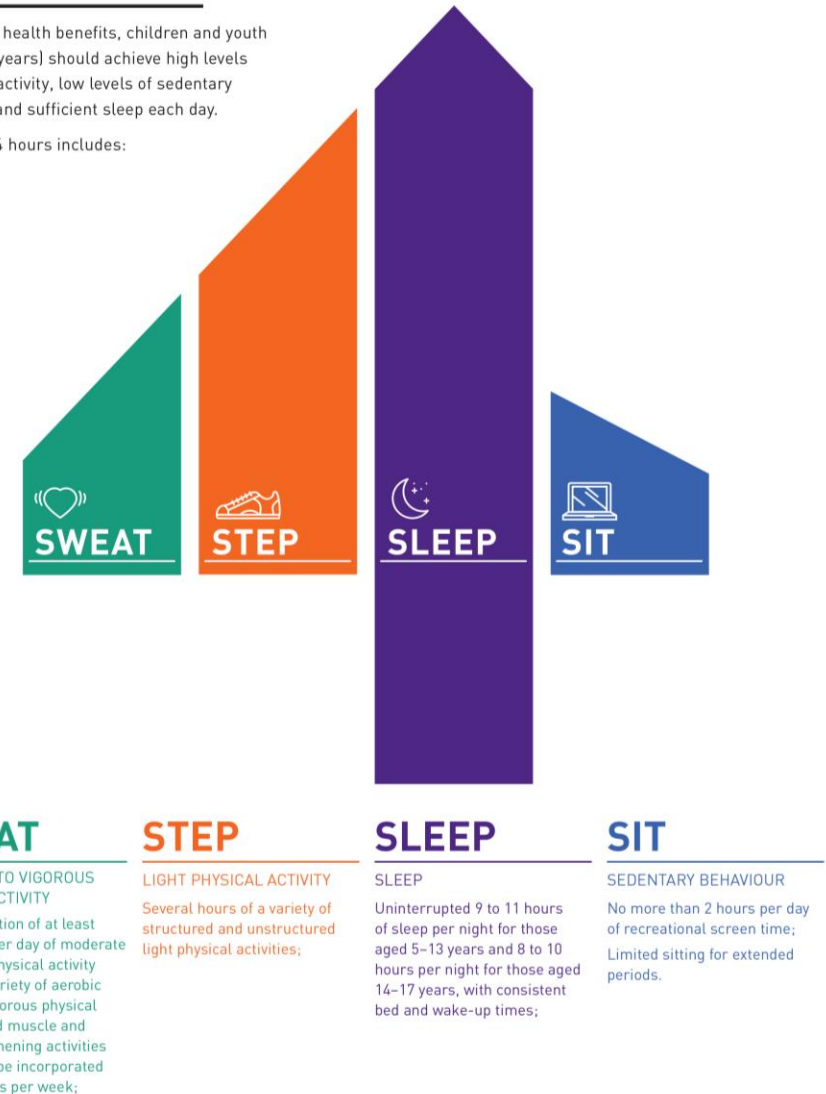
Goldilocks approach to 24-hour movement

- Not too little, not too much approach to children's activities across a 24-hour period
- Study found children need more moderate-to-vigorous physical activity, more sleep and less sedentary time to optimise bone health.
- Designed to support healthy growth and development in young children
- This approach aligns with our objectives for the increasing active living priority area

GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



Prevent diabetes, heart disease and stroke with the *Life!* program

Sarah Dubé

Strategy and Engagement Lead, Diabetes Victoria

How walkable is your local area - exploring the link between heart health and urban design

Chris Enright

General Manager VIC, The Heart Foundation

Panel Discussion

Dr Simone Verswijveren

Deakin University Postdoctoral Research Fellow, Institute for Physical Activity and Nutrition (IPAN),
Deakin University

Sarah Dubé

Strategy and Engagement Lead, Diabetes Victoria

Chris Enright

General Manager VIC, The Heart Foundation

Dave Czerniakowski

Health Promotion and Prevention Officer, NEPHU



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Upcoming Events



Link to register: [North Eastern Public Health Unit Mailing List Subscription Form](#)

Active Living CoP Survey



Link: [Scoping a Community of Practice – Fill out form](#)

Next Meeting

Next Meeting: March 5th, 2026

- *Reducing harm from tobacco and e-cigarette use*

Reach out to us for any questions or feedback related to NEPHN-PH:
populationhealth.nephu@austin.org.au



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