

Building wellbeing into regional decision-making: supporting and enabling Australia's rural leaders

We need resources that enable local leaders to identify & monitor how the wellbeing and resilience of their community is changing

We also need to support rural leaders to take action when wellbeing challenges are identified



Strategic Priorities



Financial Stewardship

Our investment performance enables us to achieve our purpose in perpetuity.

People in Dairy

We empower the people and businesses in dairy to make informed and impactful decisions about their businesses, our industry and the communities in which they live, work and invest.

Community Development

Our investments strengthen the wellbeing of Victorian dairy communities.

Research & Innovation

Our diverse portfolio of research and innovation investments delivers outputs that improve the productivity and sustainability of the Victorian dairy industry and the vibrancy of Victorian dairy communities.

Industry Support

We support the whole industry to work together to ignite transformative change.

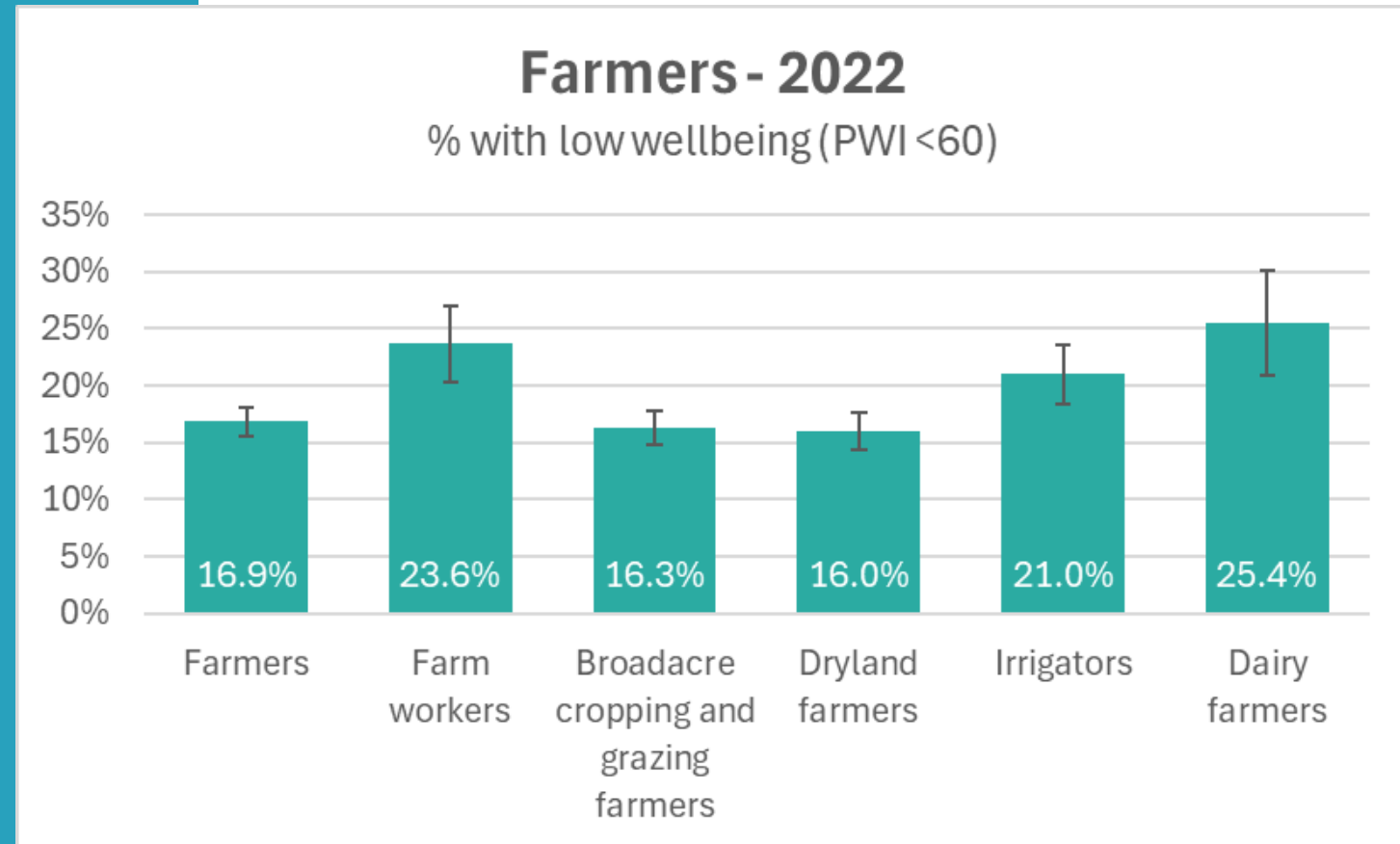
Wellbeing of farmers

Farmers are complex. Despite current public rhetoric, farmers have on average, higher well than non-farmers. This is despite higher risk of suicide and some types of distress.

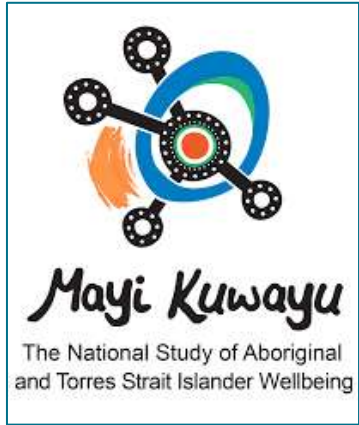
Wellbeing of farmers can change rapidly. One of the biggest influences is what is happening on the farm.

Farm-related factors associated with significant changes in farmer wellbeing: extended drought, exposure to cumulative natural hazards impacting the farm, low commodity prices, livestock welfare, geographic and occupational isolation

(based on multiple reports from RWS data)



What's happening in Australia?



DIRD
Progress in
Australian
Regions

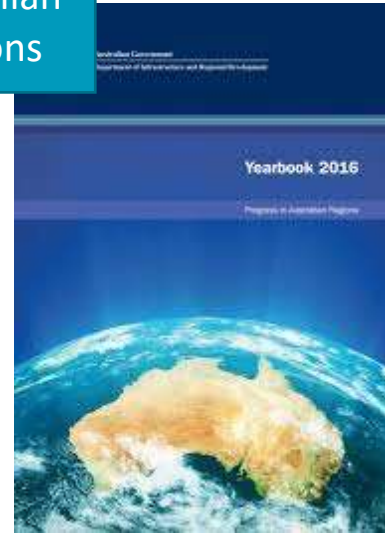


Figure 9.1.1: Indicator framework for Australia's welfare



Almost none of these provide detailed data for different regional, rural and remote communities. Our diverse rural communities deserve access to comprehensive, local data that examines the things that matter to their wellbeing.

Wellbeing in rural communities

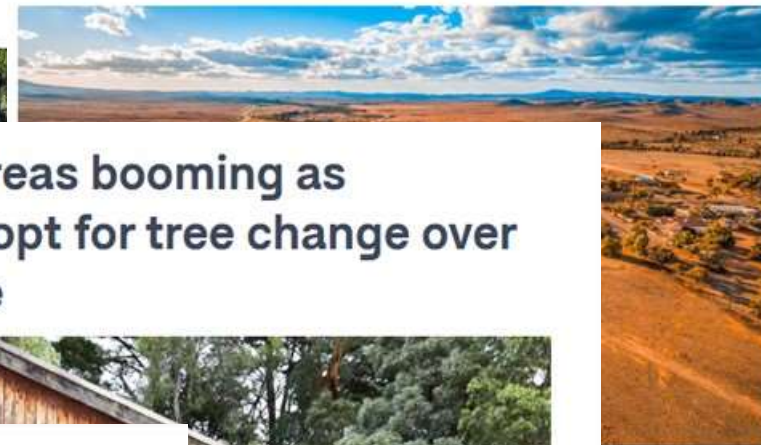
We hear many conflicting messages about the wellbeing, resilience and liveability of rural communities in Australia

Some of our common beliefs about rural wellbeing are true – and others less so

NEWS

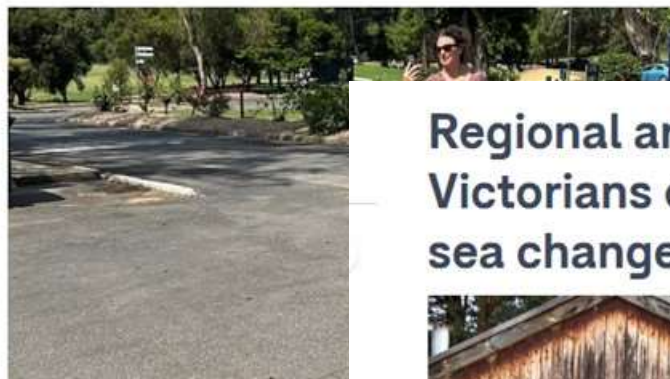
'The tyranny of distance': rural health inequities persist

Health disparities between those living in urban and rural areas have been laid bare in the National Rural Health Alliance's latest analysis.

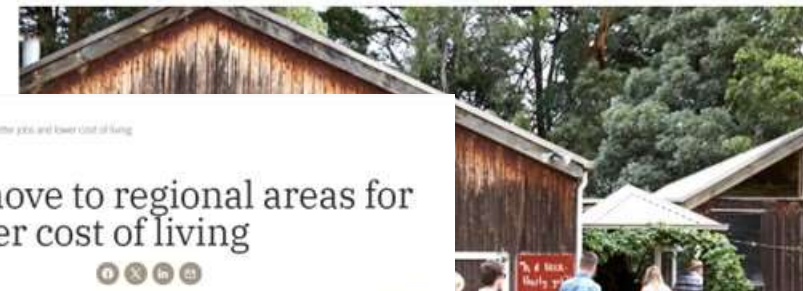


Lack of mobile phone coverage in regional Australia prompts call for minimum standards for telcos

ABC Riverina / By Lucas Forbes
Posted Wed 17 Jan 2024 at 12:34pm, updated Thu 18 Jan 2024 at 10:40am



Regional areas booming as Victorians opt for tree change over sea change



Home > Market Insights > More Australians move to regional areas for better jobs and lower cost of living

Market Insights

More Australians move to regional areas for better jobs and lower cost of living

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Therapy Ng
19 June 2023, 12:14 pm



Rural Victorian communities frustrated by slow repair to flood-damaged roads

ABC Rural / By Eden Hynninen, Alexander Darling, and Gillian Aeria
Posted Wed 19 Jul 2023 at 5:44am, updated Wed 19 Jul 2023 at 8:04am



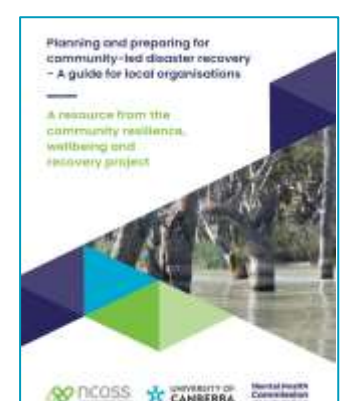
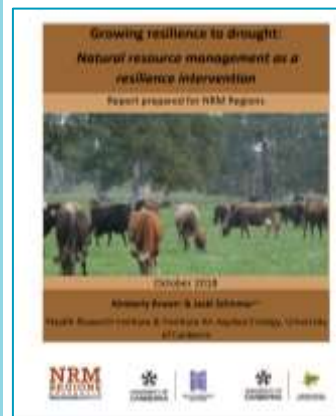
Regional Wellbeing Survey

- The need
 - Wellbeing, liveability and resilience vary significantly across rural communities
 - Regional Australia not well represented in most national surveys
- Meeting the need
 - Nationwide survey, focused on regional, rural and remote areas
 - Conducted annually since 2013
 - ≈15,000 participants each year
- Supported by >100 organisations across Australia
- Data used in many reports, inquiries, submissions

We are proud to support increasing the visibility of regional Australians through our data collection and analysis



Information, reports, findings available at www.regionalwellbeing.org.au



Rural wellbeing and resilience – beliefs vs evidence

Belief/myth	Is it true?	More information please
Rural people are happier than urban people	Sometimes	There is a lot of variation across different communities
Rural communities are friendlier & more social than urban ones	Sometimes	If you're the right type of person, you'll be OK (but you may not be considered a local for a couple generations). But many people
Rural more		
Rural connection/outdoor exercise options than urban people		and outdoor recreation opportunities than urban people
Rural people have poorer access to health services than urban people	Yes	With only a small number of exceptions, health service access is worse in rural Australia compared to urban areas
Rural people are more resilient to disaster than urban people	Often – but not always	When multiple disasters occur, resilience can – and does – fall, with issues such as volunteer burnout, funding lags, lack of services & trades frustrating recovery.

Rural communities are diverse. Local communities need to be able to identify what is important to their wellbeing and resilience – and to be able to monitor and act on those things.

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Wellbeing Resource Hub

An online site that describes 100+ indicators of wellbeing, and how to either (i) access existing local-level data for them or (ii) measure the indicator in your own data collection

Wellbeing Dashboard Toolkit

A toolkit for developing local wellbeing dashboards that show what matters for the wellbeing of your community, using indicators meaningful to your community.

Wellbeing Leadership Program

A suite of webinars and materials local leaders can use to build capacity to use wellbeing-centric approaches to local decision making and leadership, and identify and act to support wellbeing.

We look forward to talking more with Victorian communities to develop these resources.