CITY OF VINCENT

# Public Health Plan

## 2020 – 2025

A strategy for a healthy, happy and connected community for all

## Acknowledgement of Country

The City of Vincent acknowledges the Traditional Owners of the land, the Whadjuk people of the Noongar nation and pay our respects to Elders past, present and emerging.

We recognise the unique and incomparable contribution the Whadjuk people have made and continue to make to our culture and in our community. We will continue to seek the input of the Traditional Owners.

The land on which we live, meet and thrive as a community always was and always will be Noongar land.

# CONTENTS

# MAYOR'S MESSAGE

Over the next five years, the City of Vincent will be embarking on a major health kick.

We're covering everything from smoking to greening, with the aim of giving our community members the best opportunity to thrive and take up positive options.

Our Public Health Plan 2020 – 2025 is all about helping people feel happy, healthy, connected and supported.

It will help us promote and support a healthy and active lifestyle in Vincent, with goals such as increasing healthy food and drink options at our venues, events, festivals and community activities.

We will encourage responsible drinking, promote screening and immunisation campaigns, deliver programs to help reduce falls in seniors and give people more opportunities to be active.

We know that there is no safe level of exposure to second-hand tobacco smoke, so we have set a bold target of introducing smoke-free town centres in Vincent by 2025.

Smoke-free town centres will reduce people's exposure to second-hand smoke while discouraging the normalisation of smoking and reducing litter from cigarette butts.

It will help ensure the high-pedestrian main streets where we shop, dine and meet are a welcoming and pleasant place for community members and visitors.

Local government plays an important role in creating environments that support healthy living and quality of life.

It starts with our core business – maintaining parks and playgrounds, building safe footpaths, managing waste and running the library and Beatty Park Leisure Centre.

But it goes much further than that. We also encourage healthy lifestyles through initiatives like Pop Up Play, or by creating activated spaces like

Leederville Village Square that encourage people to connect.

This year, as we grappled with a global pandemic, many of us paused to reflect on how much we value our health and the health of our loved ones.

Building on this, we want to do all we can to ensure our community members enjoy happy, healthy lives.

Emma Cole
**Mayor**

# INTRODUCTION

The City of Vincent's Public Health Plan 2020 – 2025 (the Plan) provides a framework for the health and wellbeing of the local community. This Plan is the City's roadmap to continue to enable our community to enjoy healthy, happy and connected lives in a supportive environment.

Health and wellbeing is influenced by the built, natural, social and economic environments in which we live, work and play. The City has a role to ensure these environments are healthy, safe, clean, green and accessible.

Local governments are often considered to be 'closest to the people' not only because of the range of services we provide to the community, but because of the effect that these services have on community health and wellbeing. These services include:
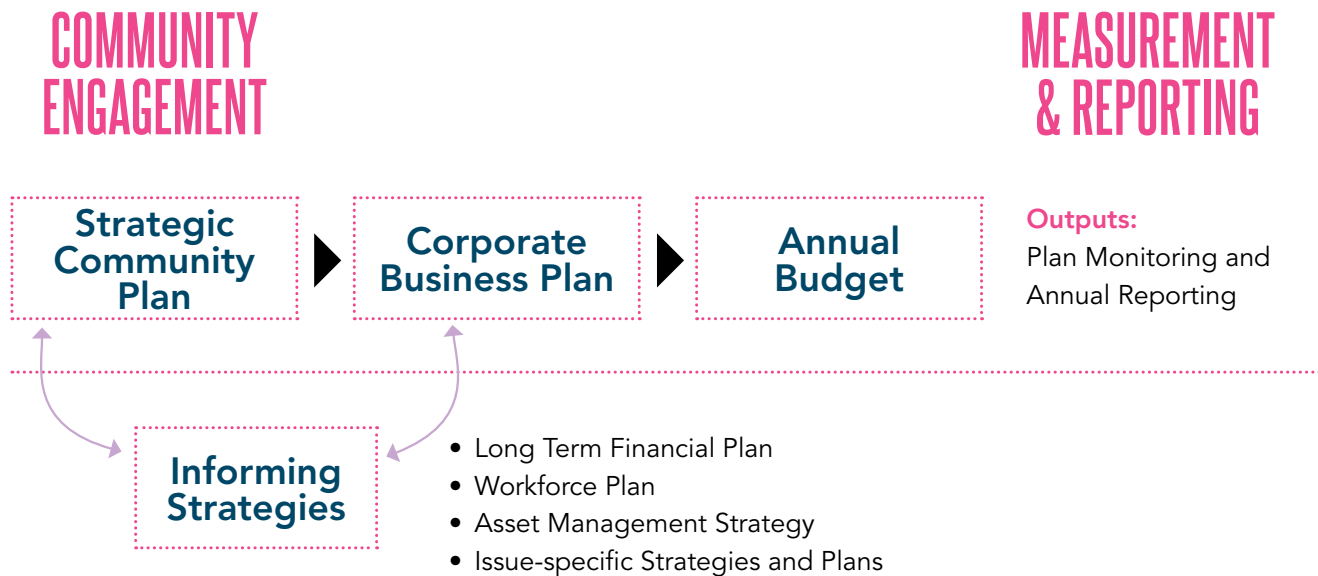
- infrastructure and property services, including parking, local roads, footpaths, drainage and waste and recycling;
- recreation facilities, such as parks, sports fields and stadiums, swimming pools, sport centres and halls;
- environmental health surveillance and education to prevent disease and control environmental health hazards, including tobacco control, water and food safety, noise and air pollution and mosquitoes;
- planning and building approvals involving assessment of development proposals and review of designs;
- community programs and events including support for community groups, workshops and cultural events; and
- cultural facilities and services, such as our library.

Public Health is defined as "*the health and wellbeing of the community and the combination of safeguards, policies and programmes designed to protect, maintain, promote and improve the health of individuals and their communities to prevent and reduce the incidence of illness and disability*" (Public Health Act 2016 (the Act)).

With local public health planning a requirement of the Act, the City has collaboratively developed the Public Health Plan 2020 – 2025. The Plan provides a framework to support the health and wellbeing of our community, enhancing the City's proactive service delivery approach and focuses efforts and resources on creating communities that support health. It identifies deliverables to support public health and encourages the community to practice healthy behaviours which prevent chronic disease.

The Plan forms part of the City's suite of informing strategies as shown below:

**Public Health Plan as an informing strategy.**

## COMMUNITY ENGAGEMENT

## MEASUREMENT & REPORTING

**Strategic Community Plan** ▶ **Corporate Business Plan** ▶ **Annual Budget**

**Outputs:**
Plan Monitoring and Annual Reporting

**Informing Strategies**

- Long Term Financial Plan
- Workforce Plan
- Asset Management Strategy
- Issue-specific Strategies and Plans

At the same time that the Plan has been created, the world has seen the emergence of the COVID-19 pandemic. This pandemic has demonstrated that public health issues have the potential to affect millions of people and has significantly disrupted and changed the way we live our daily lives in Australia. The City's proactive response led the community through the pandemic, with actions implemented to promote and recover the local economy, environment and social connection and wellbeing of our community. The Plan includes deliverables which, at a strategic and operational level, support our community's health and wellbeing throughout the recovery phase of the COVID-19 pandemic.

The Plan will ensure that the City will make the best possible use of our resources and continue to collaborate with the community and external organisations for the benefit of current and future generations.

# VISION

'A healthy, happy and connected community for all'.

This vision has been developed with clear links to the City's Strategic Community Plan 2018 – 2028 priorities and other informing strategies and plans.

**City of Vincent Strategic Community Plan 2018 – 2028 priorities**
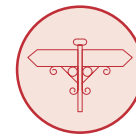


ENHANCED ENVIRONMENT    ACCESSIBLE CITY    CONNECTED COMMUNITY    THRIVING PLACES    SENSITIVE DESIGN    INNOVATIVE & ACCOUNTABLE
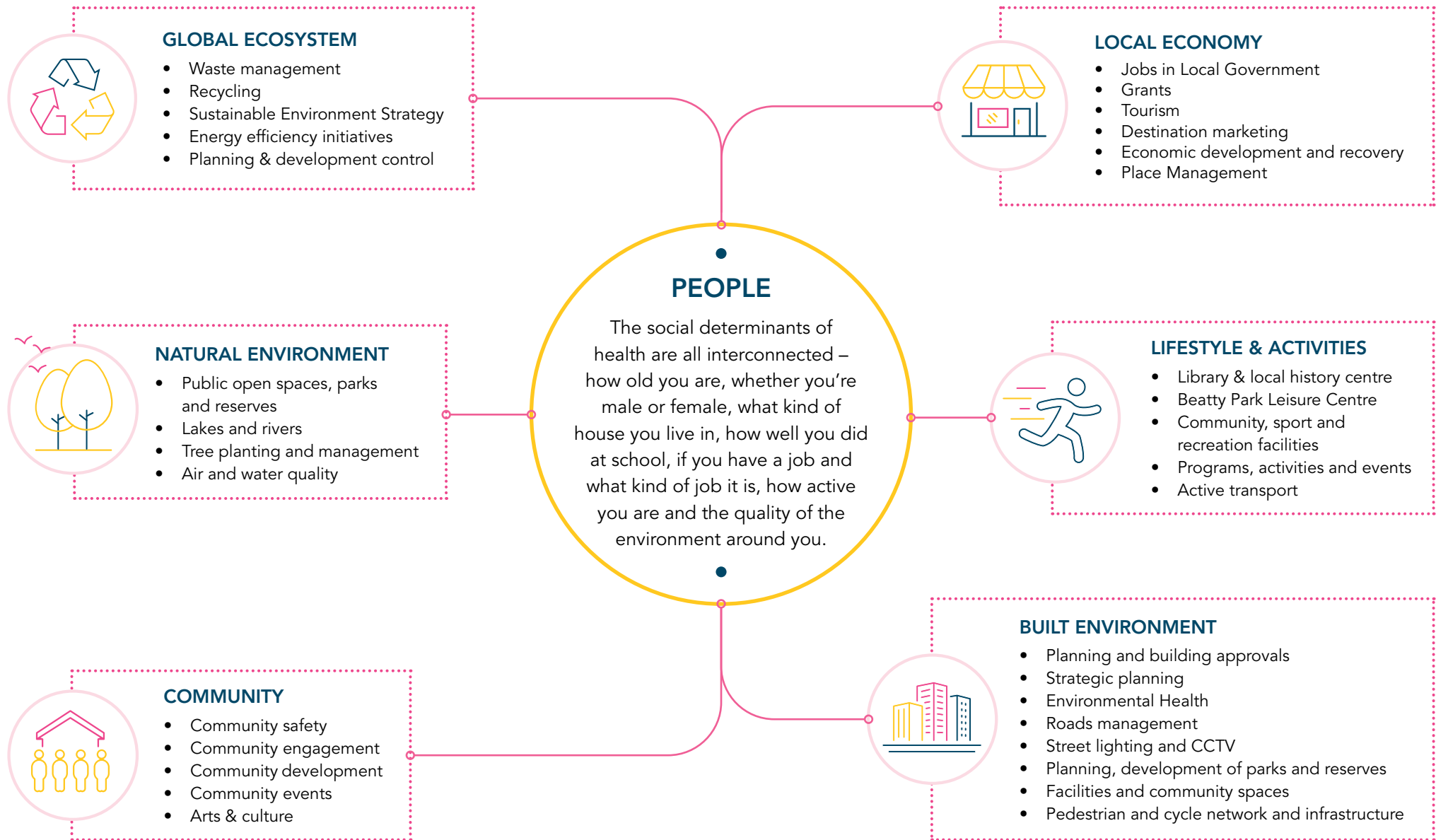
# THE SOCIAL DETERMINANTS OF HEALTH

Public health programs and plans across the world are guided by the Social Determinants of Health. These are the conditions in which a person is born, grows up, lives, works and ages; and in turn influences their opportunity to be healthy, their risk of illness and life expectancy.

The social determinants of health are broad and include socioeconomic status, employment, education, housing, social support, access to health care and other services, transport, food security and community safety.

Influencing these determinants of health is a shared responsibility and is beyond the scope of any one agency or level of government. Improving health outcomes starts with giving people more opportunities to make choices that support individuals to lead healthier, more active lives, regardless of their income, education or cultural background.

Through the development of the Plan, the City recognises that working to address all of these factors using a holistic approach will have the greatest impact on health and wellbeing. The following image illustrates this concept and the opportunities that local governments have to positively impact the social determinants of health.

## GLOBAL ECOSYSTEM

- Waste management
- Recycling
- Sustainable Environment Strategy
- Energy efficiency initiatives
- Planning & development control

## LOCAL ECONOMY

- Jobs in Local Government
- Grants
- Tourism
- Destination marketing
- Economic development and recovery
- Place Management

## NATURAL ENVIRONMENT

- Public open spaces, parks and reserves
- Lakes and rivers
- Tree planting and management
- Air and water quality

## PEOPLE

The social determinants of health are all interconnected – how old you are, whether you're male or female, what kind of house you live in, how well you did at school, if you have a job and what kind of job it is, how active you are and the quality of the environment around you.

## LIFESTYLE & ACTIVITIES

- Library & local history centre
- Beatty Park Leisure Centre
- Community, sport and recreation facilities
- Programs, activities and events
- Active transport

## COMMUNITY

- Community safety
- Community engagement
- Community development
- Community events
- Arts & culture

## BUILT ENVIRONMENT

- Planning and building approvals
- Strategic planning
- Environmental Health
- Roads management
- Street lighting and CCTV
- Planning, development of parks and reserves
- Facilities and community spaces
- Pedestrian and cycle network and infrastructure

# COMMUNITY PROFILE

The social determinants of health demonstrates that public health is closely linked with many other components of a community's profile. The following population overview provides a snapshot of the City's demographic and social profile.

## Population Overview *City of Vincent*

### General population

The City encompasses a number of inner-city suburbs which covers an area of

**11.4 square kilometres**

Population of
**36,500 people**

**35%** of residents were born overseas (England, Italy, New Zealand, Ireland and Vietnam the most common countries of birth outside Australia)

Median age of residents are
**34 years**

### Housing

**51%** of residents live within medium to high density housing

**3%** of households were dwellings rented from the government housing authority

### Transport

**8%** of residents do not own a vehicle

**15%** took public transport to work

**12%** travelled to work by bike or walked

### Employment and Income

Labour force participation was
**69%**

**6%** were unemployed and looking for work.

**3%** of families had an annual income of less than $20,800

### Education and Volunteering

**Year 12** or equivalent was the highest year of school completed for almost 70% of people.

**41%** of people had a tertiary qualification.

**22%** people were involved in voluntary work for an organisation or group.

*Australian Bureau of Statistics (Census 2016)*

## Priority population groups

Some population groups are at a greater risk of chronic disease and require some targeted support as part of this Plan. The City is committed to an evidence-based, population wide approach. This approach will be accompanied by complementary targeted approaches to support our priority population groups with a higher prevalence of risk factors for chronic disease.

The City has other plans in place that support a number of the following priority population groups. Public health and wellbeing priorities will be embedded into future plans to help reduce health inequity in our community.

- **Aboriginal and Torres Strait Islander peoples** – 1% of the population are Aboriginal and Torres Strait Islander peoples
- **People living in low socioeconomic circumstances** – 6% unemployment rate, but likely higher due to COVID-19 pandemic
- **People living with a disability** – 4% of people had a disability with need for assistance.
- **People experiencing homelessness** – 1% of people are experiencing homelessness.
- **Seniors** – 15% are aged 60 years and over.
- **Culturally and Linguistically Diverse (CALD) populations, particularly those people who have recently arrived in Australia** – 22% of the population spoke a language other than English at home including Italian, Mandarin, and Vietnamese.

*Australian Bureau of Statistics (Census 2016)*

# THE HEALTH OF THE COMMUNITY

Healthy behaviours play an important part of people leading longer and healthier lives. These include increasing physical activity, improving diet, looking after mental health and wellbeing, and reducing risky behaviours such as smoking and drinking alcohol.

Many chronic diseases such as cardiovascular disease, type 2 diabetes, respiratory disease and some cancers are associated with risk factors such as being overweight or obese, having a poor diet, getting insufficient physical activity, smoking, and consuming alcohol at harmful levels. These chronic diseases can have a profound impact on an individual's health and wellbeing. Some of the behavioural determinants and biomedical risks that affect the City's population are displayed on the following page.

There are opportunities to improve the health of the population by raising awareness and creating healthier environments across the community to make it easier and more accessible to choose healthy behaviours. Following analysis of the City's health data, the following six priority health topics have been identified, which will be a focus for the Plan:

- **Alcohol;**
- **Physical activity;**
- **Healthy eating;**
- **Mental health and wellbeing;**
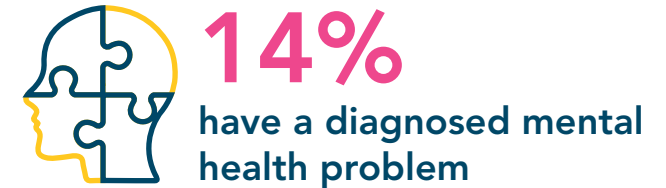- **Smoking;** and
- **Environmental health.**

This list includes environmental health – an area where the City also plays an important role in public health protection.

Statistics and other research has also resulted in the identification of additional health topics that the Plan will seek to address by influencing and advocating for programs and services. These are areas where the City can improve:

- **Immunisation** – 85% of children over 5 years are immunised (Lower than state average);
- **Screening** – 38% participate in Cervical Cancer Screening (Lower than state average); and
- **Falls in seniors** – Hospitalisations for accidental falls in Elderly (65 years and older) 5,979 per 100,000 persons (Higher than state average).

## Health & Wellbeing Profile *City of Vincent*

When thinking about public health & wellbeing in our community, it is important to consider the following lifestyle factors of the Vincent population

**8%** smoke tobacco

**63%** are either overweight or obese

**14%** have a diagnosed mental health problem

**50%** do not eat enough fruit

**90%** do not eat enough vegetables

When asked to self-assess their health, 87% of Vincent residents rated themselves as very good or excellent

**35%** do not meet the recommended minimum of 150 minutes of physical activity per week

**29%** eat fast food at least weekly

**30%** drink alcohol at levels risking long-term harm

*Population profile for the City of Vincent, WA Department of Health, Epidemiology Branch*

# COMMUNITY & STAKEHOLDER CONSULTATION

This Plan has been informed by ideas gathered from our community, external organisations, Council Members and the City's Administration.

Community members were invited to provide their comments via an online survey on 'Imagine Vincent' and also through face-to-face conversations. Feedback received highlighted seven common themes that are important for community members to lead a healthy, happy and connected life in the local community.

- **Being socially connected;**
- **Up to date public health information;**
- **Recreation and community facilities;**
- **Parks and open spaces;**
- **Opportunities to walk and cycle;**
- **Festivals, events and activities;** and
- **Vibrant town centres and high streets.**

These common themes have shaped the public health pillars within the Plan. Ongoing consultation and engagement will be essential to the success of the Plan and will be embedded throughout the next five years of this Plan. This will involve our community being consulted on new programs.

There are many non-government organisations, in addition to the Department of Health, North Metropolitan Public Health Service who have a role to support a healthy, happy and connected community. Many of the organisations are based in the City, and support priority population groups and/or advocate and deliver programs on important health topics. These stakeholders provided information on the type of public health priorities that could be addressed in the Plan during the consultation process. Organisations have indicated a desire to work with the City on topics such as mental health and wellbeing, reducing overweight and obesity and promoting healthy messages to the community.

Ongoing collaboration with stakeholders will continue to share skills and knowledge on health topics, collaborate and join resources, improve communication and seek opportunities to cross promote health and wellbeing programs.

# PUBLIC HEALTH PILLARS

Five public health pillars have been created in response to consultation, local demographics, health statistics and policy review. These pillars capture where the City can have the greatest influence in community health and wellbeing.

Deliverables have been created under each pillar which link to a long term health outcome for the City. The deliverables will be supported by an annual work plan that will identify actions, resources, responsibilities and timeframes.

The Plan also recognises the effect of COVID-19 and identifies deliverables which will involve recovery initiatives to address current and future impacts of the pandemic.

## 1. Public Health Leadership

The City aims to ensure public health outcomes are embedded within everything that we do, for the benefit of the community. This involves a commitment to lead, influence and advocate for optimal public health. Public health leadership encourages shared responsibility, both within the organisation and through stakeholder partnerships. It recognises that public health is closely linked to our other strategic goals.

*Strategic Community Plan link – Innovative & Accountable*

## 2. Social Environment

A social environment supports optimal physical, mental and social health and wellbeing for people who work, live and visit the City. Social groups, programs and events provide valuable local networks and form an important part of people's identity. The main benefit of social connectedness and inclusion is improvement to quality of life and mental health and wellbeing. Social connections in the community include volunteering, joining a club or social group and, of course, spending time with our friends, family and neighbours.

*Strategic Community Plan link – Connected Community; Thriving Places; Innovative & Accountable*

## 3. Built Environment

Access to a built environment for people who live, work and visit the City includes all the human-made physical spaces and built form including infrastructure, buildings, roads, footpaths and cycle ways. The built environment can support our health and wellbeing by having good walkability, space for bike riding, allowing ease of access to organised and incidental physical activity and all modes of transport and opportunities for social and community interactions. It is also important to provide accessible community spaces that are well utilised and activated by residents and local businesses.

*Strategic Community Plan link – Accessible City; Sensitive Design; Connected Community; Innovative & Accountable*

## 4. Natural Environment

Access to a healthy natural environment offers residents and visitors opportunities to be physically active and in turn increase mental health and wellbeing. Public open spaces are vital connectors for local walking and cycling networks, enabling people to opt for active transport modes, translating health and wellbeing benefits including an increase incidence of physical activity. The impact of climate change is a concern for our community and we believe that local action is an important part of the solution to deliver a sustainable, natural environment for the local community. It's important that the City plans for and responds to emerging risks associated with climate change to protect the public and the environment from the harmful health impacts of climate change.

*Strategic Community Plan link – Enhanced Environment; Accessible City; Sensitive Design; Innovative & Accountable*

## 5. Health Protection

Health protection for people who live, work and visit the City is facilitated by a suite of essential services, awareness programs and legislative measures. These include the delivery of environmental and public health legislation, leading the local response in emergency situations, promoting screening and immunisation programs and advocacy for smoke and alcohol free environments. The many and varied monitoring, promotion and surveillance functions of the City contribute to the protection of health and wellbeing in the local community. These functions enable our local businesses to incorporate public health assurances into their operations and encourage our residents to look after the health of their household and their neighbours.

*Strategic Community Plan link – Thriving Places; Enhanced Environment; Innovative & Accountable*

# EVALUATION & REPORTING

This Plan will be used to inform the City's Corporate Business Plan, Long Term Financial Plan and annual budgets. It is intended to be a flexible and living document, allowing for new opportunities to be added as they arise over the life of the Plan.

Monitoring progress in reducing chronic disease and changes in health behaviours in a population is complex. There is also often a considerable delay between health promotion activity and changes in health behaviour and ultimately health outcomes.

Taking these factors into consideration, the City will monitor and track the success of the Plan over time. Our success will be measured through key performance indicators developed to support internal actions for each deliverable.

Reporting of the Plan will occur annually in the form of a Council Information Bulletin prepared at the end of each financial year and Corporate Business Plan updates. Our community will also be updated on the delivery of actions via the City's Annual Report and a range of communication methods including social media platforms, newsletters and relevant publications.

After five years, the Plan will be evaluated and reviewed including what worked well, what needs to be done differently and lessons learnt. A new Plan will be developed detailing existing and new opportunities into a new Plan for 2025 – 2030.

# STRATEGIC ACTION PLAN

| VISION |
|---|
| A healthy, happy and connected community for all. |

| PUBLIC HEALTH PILLARS | | | | |
|---|---|---|---|---|
| **Public Health Leadership** | **Social Environment** | **Built Environment** | **Natural Environments** | **Health Protection** |
| • Target: Smoke-free town centres by 2025<br>• Civic leadership<br>• Advocacy<br>• Public awareness and engagement | • Healthy eating<br>• Activities and programs<br>• Inclusive communities<br>• Festivals and events<br>• Sporting clubs, community groups and non-government organisations | • Buildings and facilities<br>• Active transport<br>• Town centres<br>• Safer communities | • Greening the community<br>• Parks, reserves and other open spaces<br>• Climate change | • Environmental health<br>• Alcohol and smoking<br>• Emergency management<br>• Screening and immunisations |

| PRIORITY HEALTH OUTCOMES | | | | |
|---|---|---|---|---|
| • All priority health outcomes detailed in associated pillars | • Increased healthy eating<br>• Increased mental health and wellbeing<br>• Increased physical activity | • Increased physical activity<br>• Reduced injuries and a safer community<br>• Increased mental health and wellbeing<br>• Reduced harmful alcohol use | • Increased physical activity<br>• Increased mental health and wellbeing<br>• Reduced exposure to environmental health risks<br>• Reduced exposure to ultraviolet radiation. | • Reduced exposure to environmental health risks<br>• Increased healthy eating<br>• Prevent and control of communicable diseases<br>• Reduced harmful alcohol use<br>• Reduced smoking<br>• Mitigate the impact of public health emergencies<br>• Promote screening and immunisation |

| PRIORITY POPULATION GROUPS |
|---|
| Aboriginal and Torres Strait Islander peoples; People living in low socioeconomic circumstances; People living with a disability; People who are experiencing homelessness; Seniors; and Culturally and Linguistically Diverse (CALD) populations, particularly those people who have recently arrived in Australia. |

| ROLE OF THE CITY |
|---|

- **Services:** Provide services to people in the City that contribute to their health and wellbeing
- **Policy & Planning:** Prioritise and embed public health into the City's policies and planning processes
- **Advocate:** Be a local community leader for health and wellbeing of the community
- **Promote:** Actively raise awareness of health and wellbeing in the City through marketing, media, programs and events
- **Partner:** Work together with external stakeholders on health and wellbeing programs

## Public Health Leadership

**Objective –** Lead by example and influence public health commitment through leadership, advocacy and engagement.

**Target –** As public health leaders, we are committed to setting a target for 2020 – 2025. Our target for this plan is: Smoke-free Town Centres by 2025. While this target is placed under the Public Health Leadership pillar, it also provides benefits to the social, built and natural environments as well as providing health protection. Deliverables to achieve this target are detailed below.

The City is committed to achieving this target to limit community exposure to second-hand smoke, help change attitudes towards smoking and improve health. The City will raise community awareness on the risks of exposure to second-hand smoke, advocate for community leaders, reduce the visibility of smoking to the community and minimise cigarette butt littering within town centres.

| PRIORITY AREA | | DELIVERABLES | COVID-19 RECOVERY | LONG TERM HEALTH OUTCOMES FOR THE CITY |
|---|---|---|---|---|
| 1. Civic leadership | 1.1 | Incorporate public health, wellbeing and health equity principles and priorities into City policies, plans, reports, programs and activities. | | • Increased physical activity<br>• Increased mental health and wellbeing<br>• Reduced harmful alcohol use<br>• Reduced smoking<br>• Reduced exposure to environmental health risks<br>• Increased healthy eating<br>• Reduced injuries and a safer community<br>• Prevent and control of communicable diseases<br>• Mitigate the impact of public health emergencies<br>• Promote screening and immunisation<br>• Reduced exposure to ultraviolet radiation |
| | 1.2 | Pursue grant funding opportunities to increase the health and wellbeing of our community through projects, activities and services. | | |
| | 1.3 | Support a healthy and happy workplace for City staff with a focus on wellbeing and work life balance, and promote this approach to our stakeholders | Y | |
| | 1.4 | Reduce exposure to unhealthy advertising, marketing, promotion and sponsorship (includes, but not limited to alcohol, unhealthy food and drink, smoking, and gambling) | | |
| 2. Advocacy | 2.1 | Advocate to improve public health and wellbeing outcomes on behalf of our community to State and Federal government, agencies, private organisations and peak bodies for our priority population groups # | Y | |
| 3. Public awareness and engagement | 3.1 | Partner with external agencies and community groups on projects and activities that empower and enable people to live healthy, happy and connected lives. | Y | |
| | 3.2 | Develop a communication plan to inform, engage and educate residents, visitors, businesses and community organisations on the priority health topics for the City ## | Y | |
| 4. Smoke-free Town Centres by 2025 | 4.1 | Design and implement a smoke-free Town Centre project which considers policy and regulatory options with involvement from health partners and local businesses. | | • Reduced smoking |
| | 4.2 | Deliver a public awareness campaign to focus on the benefits of smoke-free environments. | | • Reduced smoking |
| | 4.3 | Review proposals to introduce new smoke-free environments on City owned land. | | • Reduced smoking |

\#    **Priority Population Groups** – Aboriginal and Torres Strait Islander peoples; People living in low socioeconomic circumstances; People living with a disability; People experiencing homelessness; Seniors; and Culturally and Linguistically Diverse (CALD) populations, particularly those people who have recently arrived in Australia.

\##    **Top priority health topics** – Alcohol; Physical activity; Healthy eating; Mental health and wellbeing; Smoking; Environmental Health.

\###    **Healthy Active by Design** – Best practice planning and design of buildings, streets, towns and cities that can assist with the development of healthy and active neighbourhoods. Tools to support built environment professionals to integrate healthy planning principles into developments that will have a positive impact on the health and wellbeing of the community.

# Social Environment

**Objective** – Strengthen community connections and champion physical, mental and social health and wellbeing of our community.

| PRIORITY AREA | | DELIVERABLES | COVID-19 RECOVERY | LONG TERM HEALTH OUTCOMES FOR THE CITY |
|---|---|---|---|---|
| 5. Healthy eating | 5.1 | Increase healthy food and drink options at City venues, public open spaces, events, festivals and community activities. | | • Increased healthy eating |
| | 5.2 | Promote and support healthy and sustainable food environments, particularly to our priority population groups. # | Y | • Increased healthy eating |
| 6. Community activities and programs | 6.1 | Deliver and promote activities and programs that contribute to increased physical activity and mental health and wellbeing; including local sports, fitness, community groups and cultural activities. | Y | • Increased mental health and wellbeing<br>• Increased physical activity |
| | 6.2 | Develop new and promote current initiatives that encourage residents to connect with their neighbours and local community, and encourage neighbour connection through the City's service delivery. | Y | • Increased mental health and wellbeing |
| 7. Inclusive communities | 7.1 | Deliver and promote inclusive health and wellbeing programs and services, particularly through supporting stakeholders that provide health and community support to our priority population groups. # | Y | • Increased mental health and wellbeing |
| | 7.2 | Ensure meaningful engagement with our priority population groups that are at risk of or experiencing social exclusion and advocate for health equity within policies, programs and services # | Y | • Increased mental health and wellbeing |
| | 7.3 | Provide support to organisations working with people experiencing socio-economic hardship including homelessness. | Y | • Increased mental health & wellbeing |
| 8. Festivals and events | 8.1 | Deliver and promote festivals and events that encourage community connections, reduce social isolation and cultural barriers. | Y | • Increased mental health and wellbeing |
| 9. Sporting clubs, community groups and non-government organisations | 9.1 | Build the capacity of local clubs, groups and organisations to deliver health and wellbeing activities and encourage participation of priority population groups including females in sport. # | Y | • Increased mental health and wellbeing<br>• Increased physical activity |

# Built Environment

**Objective** – Build, enhance and maintain well designed places and infrastructure to support the health, wellbeing and growth of our community.

| PRIORITY AREA | DELIVERABLES | | COVID-19 RECOVERY | LONG TERM HEALTH OUTCOMES FOR THE CITY |
|---|---|---|---|---|
| **10. City buildings and facilities** | 10.1 | Incorporate public health principles including Healthy Active by Design into City plans and strategies to influence the planning, and development of the built environment. ### | | • Increased physical activity<br>• Reduced injuries and a safer community |
| | 10.2 | Provide and promote welcoming and accessible facilities to encourage greater utilisation by our community and priority population groups. # | Y | • Increased physical activity<br>• Reduced injuries and a safer community |
| **11. Active transport** | 11.1 | Develop a wayfinding strategy and promote programs to improve walkability of the City. | | • Increased physical activity<br>• Reduced injuries and a safer community |
| | 11.2 | Deliver programs and events that promote active transport to support the community to be more physically active. | Y | • Increased physical activity |
| **12. Town centres** | 12.1 | Deliver active spaces within our town centres to increase community connection | Y | • Increased mental health and wellbeing |
| **13. Safer communities** | 13.1 | Implement the Safer Vincent Plan to improve community safety outcomes | | • Reduced injuries and a safer community<br>• Reduced harmful alcohol use |
| | 13.2 | Support and partner with external stakeholders to deliver programs to seniors including reducing injuries associated with falls. | | • Reduced injuries and a safer community<br>• Increased physical activity |

\#     **Priority Population Groups** – Aboriginal and Torres Strait Islander peoples; People living in low socioeconomic circumstances; People living with a disability; People experiencing homelessness; Seniors; and Culturally and Linguistically Diverse (CALD) populations, particularly those people who have recently arrived in Australia.

\#\#    **Top priority health topics** – Alcohol; Physical activity; Healthy eating; Mental health and wellbeing; Smoking; Environmental Health.

\#\#\#   **Healthy Active by Design** – Best practice planning and design of buildings, streets, towns and cities that can assist with the development of healthy and active neighbourhoods. Tools to support built environment professionals to integrate healthy planning principles into developments that will have a positive impact on the health and wellbeing of the community.

# Natural Environment

**Objective** – Provide a sustainable natural environment for the health and wellbeing of our community.

| PRIORITY AREA | | DELIVERABLES | COVID-19 RECOVERY | LONG TERM HEALTH OUTCOMES FOR THE CITY |
|---|---|---|---|---|
| **14. Greening the community** | 14.1 | Increase the number of trees and green spaces to support the health and wellbeing of our community. | | • Increased physical activity<br>• Increased mental health and wellbeing |
| **15. Parks, reserves and other open spaces** | 15.1 | Deliver active and passive parks, playgrounds and additional public open spaces for all ages and abilities to enjoy. | Y | • Increased physical activity<br>• Increased mental health and wellbeing |
| | 15.2 | Incorporate Healthy Active by Design principles to enhance parks, reserves and other public open spaces ### | | • Increased physical activity<br>• Increased mental health and wellbeing |
| | 15.3 | Partner with organisations to develop and implement sun protection strategies | | • Reduced exposure to ultraviolet radiation |
| **16. Climate Change** | 16.1 | Encourage, empower and support the community to make choices that consider the health and environmental impacts of climate change. | Y | • Reduced exposure to environmental health risks |

# Health Protection

**Objective** – Deliver evidence based health protection services and programs for our community.

| PRIORITY AREA | | DELIVERABLES | COVID-19 RECOVERY | LONG TERM HEALTH OUTCOMES FOR THE CITY |
|---|---|---|---|---|
| 17. Environmental health | 17.1 | Deliver quality environmental health services and programs to improve public health outcomes. | Y | • Reduced exposure to environmental health risks |
| | 17.2 | Support and encourage our local businesses to provide safe and healthy food environments to our community. | | • Increased healthy eating |
| | 17.3 | Monitor, investigate and report current and emerging trends in communicable diseases. | Y | • Mitigate the impact of public health emergencies<br>• Prevent and control of communicable diseases |
| | 17.4 | Increase the City's understanding to assess the risks of climate change to environmental health. | | • Reduced exposure to environmental health risks |
| | 17.5 | Review and improve the City's frameworks to respond to environmental health risks such as urban and environmental noise, asbestos and food safety to reduce their impact on human health. | | • Reduced exposure to environmental health risks<br>• Reduced injuries and a safer community |
| 18. Alcohol and smoking | 18.1 | Develop partnerships with the community, organisations and licenced premises to reduce the risk of antisocial behaviour and alcohol related harm in the community. | | • Reduced harmful alcohol use |
| | 18.2 | Support the implementation of alcohol and or smoke free environments including festivals, events, activities and or clubs. | | • Reduced harmful alcohol use<br>• Reduced smoking |
| | 18.3 | Incorporate public health principles into applications involving the sale and supply of alcohol. | | • Reduced harmful alcohol use |
| 19. Emergency management | 19.1 | Lead the development of innovative approaches to care for the health and wellbeing of the community when responding to and recovering from emergencies. | Y | • Mitigate the impact of public health emergencies |
| 20. Screening and immunisation | 20.1 | Promote screening and immunisation campaigns to local residents around childhood immunisations, flu vaccination and screening (e.g. cervical cancer). | | • Promote screening and immunisation |

\#  **Priority Population Groups** – Aboriginal and Torres Strait Islander peoples; People living in low socioeconomic circumstances; People living with a disability; People experiencing homelessness; Seniors; and Culturally and Linguistically Diverse (CALD) populations, particularly those people who have recently arrived in Australia.

\#\#  **Top priority health topics** – Alcohol; Physical activity; Healthy eating; Mental health and wellbeing; Smoking; Environmental Health.

\#\#\#  **Healthy Active by Design** – Best practice planning and design of buildings, streets, towns and cities that can assist with the development of healthy and active neighbourhoods. Tools to support built environment professionals to integrate healthy planning principles into developments that will have a positive impact on the health and wellbeing of the community.

# CASE STUDIES

## Shakespeare Street –
## A Safe Active Street

The City of Vincent is committed to creating an accessible city and this includes improving opportunities to walk and cycle within the City. This may be through installing new cycling infrastructure, increasing shade cover or encouraging and rewarding those that use active transport through education and events.

In recent years the City has created several new walking and cycling routes to create a safer environment and encourage resident to walk and cycle more often, including the Safe Active Street on Shakespeare Street. A mix of traffic calming measures and new landscaping has helped significantly reduce the speed on Shakespeare Street and create a street that is much safer for pedestrians and riders of all ages and abilities. The Safe Active Street also forms an important part of the City's Bike Network providing cyclist with a quiet and safe route from the north of the City to Leederville and other cycle routes such as the Principal Shared Path.

## Banks Reserve Nature Playground and Active Zone

With the existing playground due for an upgrade, one of the essential outcomes of the Banks Reserve Master Plan was to create a space that made the most of the unique landscape and location as the City of Vincent's only riverfront park.

Community consultation and engagement occurred via the community reference group, observing users of the park at different times throughout a week and utilising comments from an online survey and a pop up engagement session.

The final design includes a nature playground, mini court recreational area, picnic zone and skate elements. The space includes:
- a variety of fun and challenging play experiences for a range of ages;
- use of natural materials such as timber and stone;
- natural shade from existing mature trees and shady slopes;
- Noongar Aboriginal art work features; and
- accessible footpath for wheelchair users.

# The Angelfish Program

The Angelfish Program is an inclusive swimming program for people with a disability. The program provides individuals with a wide range of lifelong aquatic skills.

The program has grown rapidly since its inception in 2008 and consistently sees maximum numbers of 120 students enrolled yearly.

The Angelfish Program focuses heavily on inclusion and integration with suitable mainstream classes. This way, students have the opportunity to not only learn but also interact socially with their peers.

To make this program affordable it is subsidised by the City of Vincent, allowing Beatty Park to offer this program at the same cost of a regular lesson.

## Pop Up Play

The Pop Up Play project was created in 2019 after an independent audit of parks and public spaces found there was a lack of play equipment for older teenagers and children in the City.

To tackle this, the City set up a parkour-inspired playground at Birdwood Square, free-play nature spaces at Woodville Reserve and Beatty Park, a parkour play space at Loftus Recreation Centre and a nature bike trail and pop up pump track at Britannia Reserve.

These areas provide youth with adventurous outdoor spaces where they can play creatively and freely. They have been hugely popular with the community and have encouraged kids to get outside and connect with each other.

# Kambarang Sport and Cultural Showcase

About 250 young Aboriginal athletes from around WA came to the City for the Kambarang Sport and Cultural Showcase late last year.

The showcase, which focused on AFL and basketball, gave Aboriginal teens from around the State the chance to play a sport they love with local youth.

The initiative was part of the City's work towards reconciliation and an action from the City's Reconciliation Action Plan.

It was designed to empower Aboriginal teens and create meaningful experiences and opportunities.

The teens who took part in the basketball and football carnivals came from within the City as well as the Mid-West, Kimberley and Pilbara.

## Providing safe and healthy food environments

With more than 500 food businesses in our local community, cafes, restaurants, pubs, bars and food retail contribute to the vibrancy of our town centres. The City's Environmental Health Officers (EHOs) support the local food industry through a surveillance and education program. This program involves sharing information on food safety standards and helping businesses to provide public health assurances for residents and visitors to the City.

The City has been exploring new ways to work with our local industry, which has recently included participating in a national pilot to measure food safety culture. A strong food safety culture ensures safe food is provided to customers at all times. This comes from all levels of staff understanding the importance of making safe food, and undertaking safe practices which helps to protect the business' reputation and financial viability.

The EHOs have also been providing direct advice and support to businesses during the COVID-19 pandemic, supporting over 300 businesses to develop COVID Safety Plans in 2020.

## Clever
We always choose the simplest, quickest and most cost effective way to deliver our service

## Creative
We find new and different approaches to get better outcomes for the City and our community

## Courageous
We understand and manage the risks in being clever and creative but we still take action