



City of
Melville

2019 – 2023

Healthy Melville Plan



*Creating healthy environments in the areas
where we live, learn, work and recreate.*

Our 5 goals to create a Healthy Melville

GOAL
1

Increase physical activity



Increase healthy eating

GOAL
2

GOAL
3

Create a mentally
healthy community



Reduce alcohol and
other drug use

GOAL
4

GOAL
5

Create a safe and healthy
urban environment



GOAL 1

Increase physical activity

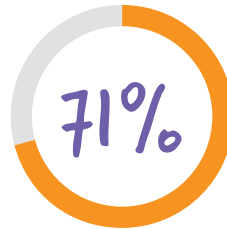


How do we know this is a priority?

We know this is a priority for Healthy Lifestyles because of the following information and data:



The World Health Organisation (2011) recommends adults aged **18–64** should do at least **150 minutes** of moderate-intensity aerobic physical activity throughout the week, or at least **75 minutes** of vigorous-intensity aerobic physical activity throughout the week, or an equivalent combination of moderate and vigorous-intensity activity.



In 2017, **71%** of City of Melville residents (over the age of 18) were **sufficiently physically active** to receive health benefits.

Data source: Western Australian Health and Wellbeing Surveillance System, WA Department of Health; City of Melville self-reported measures of health and wellbeing for adults



deaths per year from falls

In the period 2007-2011, **3,188** City of Melville residents were hospitalised from a fall – an average of **797 falls per year**. Over this same period, **42 residents died** as a result of a fall – an average of **10 deaths per year**.

(Data source: WA Department of Health)

How will we work towards achieving this goal?



Delivery of products, services and programs to increase physical activity



Raising community awareness of physical activity



Planning and provision of fit for purpose infrastructure to support an active community

How will we know we are succeeding?



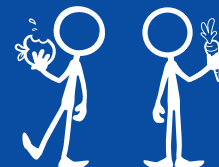
Increase in the number of residents aged 18 years and older who are sufficiently physically active to receive health benefits.



Reduction in the number of City of Melville residents who are hospitalised from a fall

GOAL 2

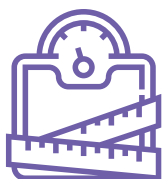
Increase healthy eating



How do we know this is a priority?

We know this is a priority for Healthy Lifestyles because of the following information and data:

Data from 2015 shows:



60% of City of Melville residents are **overweight or obese**.



7% of City of Melville residents **consume the recommended level of vegetables** (5 serves/day).



65% of City of Melville residents **consume the recommended level of fruit** (2 serves/day).



26.5% of City of Melville residents ate meals from fast food outlets **at least weekly**.

Data source: Western Australian Health and Wellbeing Surveillance System, WA Department of Health: City of Melville self-reported measures of health and wellbeing for adults. Relates to residents 16 years and over

How will we work towards achieving this goal?



Increasing community understanding of healthy eating



Encourage the availability of healthier ready-to-eat foods

How will we know we are succeeding?



Increase in the number of residents aged 16 years and older who eat the recommended levels of vegetables (5 serves of vegetables daily)



Increase in the number of City of Melville residents over aged 16 years and older who eat the recommended levels of fruit (2 serves of fruit daily)



Reduction in the number of City of Melville residents over aged 16 years and older who are obese or overweight



Reduction in the number of City of Melville residents who eat from fast food outlets weekly or more frequently

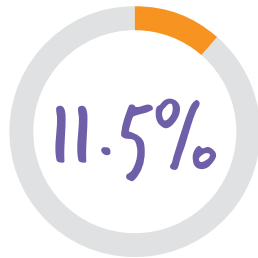
GOAL 3

Create a mentally healthy community



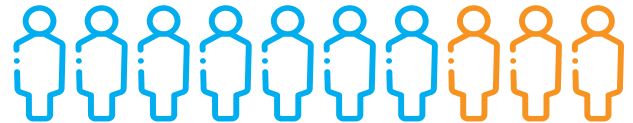
How do we know this is a priority?

We know this is a priority for Healthy Lifestyles because of the following information and data:



In 2015, **11.5% (10,169)** of City of Melville residents were diagnosed by a doctor with **depression, anxiety, or other stress-related or mental health condition.**

Data source: Western Australian Health and Wellbeing Surveillance System, WA Department of Health: City of Melville self-reported measures of health and wellbeing for adults



During the period **2000-2009** there were **more Western Australian deaths from intentional self-harm than from transport accidents.**

While suicide accounts for only a relatively small proportion of deaths in Australia (1.5%), it carries a **huge human and economic cost. Males and particular age groups are disproportionately represented** in suicide deaths.

How will we work towards achieving this goal?



Building community understanding of how to keep mentally healthy



Providing programs which support a mentally healthy community



Provide views and access to natural spaces, green spaces and public art within the City of Melville

How will we know we are succeeding?



Reduction in the number of Melville residents aged 16 years and older who self-harm (deaths and hospitalisations)



Reduction in the percentage of City of Melville residents aged 16 years and older who had suicidal thoughts in the past 12 months

GOAL 4

Reduce alcohol and other drug use



How do we know this is a priority?

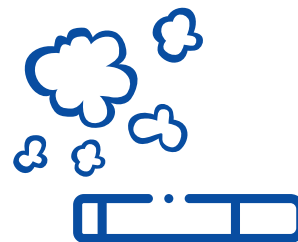
We know this is a priority for Healthy Lifestyles because of the following information and data:



Almost **a quarter** of City of Melville residents **consumed alcohol** at risky or high risk levels for **long term harm**.



2,204 Melville residents were hospitalised between 2011-2015 for acute **alcohol-related conditions**.



5% of City of Melville residents **smoke** tobacco products.

Data source: Western Australian Health and Wellbeing Surveillance System, WA Department of Health: City of Melville self-reported measures of health and wellbeing for adults. Relates to residents 16 years and over

How will we work towards achieving this goal?



Increasing community awareness of how to reduce the risk of alcohol related harm over a lifetime and reducing exposure to promotion of alcohol



Increasing community awareness of the harms associated with tobacco and other drug use / reducing exposure to promotion of tobacco

How will we know we are succeeding?



Reduction in the number of City of Melville residents aged 16 years and older who drink alcohol at risky/high risk levels for long term harm



Reduction in the number of City of Melville residents aged 16 years and older who currently smoke tobacco products

GOAL 5

Create a safe and healthy urban environment



How do we know this is a priority?

We know this is a priority for Healthy Lifestyles because of the following information and data:

Academic and industry research highlights how infectious diseases and particular physical spaces or circumstances have the potential to cause harm or a life-threatening event.

For example, there are an **estimated 4.1 million cases of food poisoning recorded in Australia each year**. Of these, an average **32,000 people end up in hospital**, another one million visit a doctor and tragically, **86 food poisoning cases are fatal each year**.



How will we work towards achieving this goal?



Protect the community by reducing the likelihood or transmission of infectious and communicable diseases



Protect the community through safeguarding physical space

How will we know we are succeeding?



Increase in the number of City of Melville eligible food premises scoring 3 stars or above (out of 5) for 'scores on the doors'



Increase in the number of City of Melville residents 16 years old and older stating that overall, they feel their local area is clean and green

For more information on all areas of health and wellbeing please visit www.melvillecity.com.au/healthymelville

Related plans and strategies referenced in this document can be found on the City's website, www.melvillecity.com.au.

