



City of  
**Melville**



# Health and Wellbeing Strategy 2014-2017

# Our Mission

“Improving the health and wellbeing of the City of Melville community through the social, built, natural and economic environments for health.”

The City of Melville’s Health and Wellbeing Strategy shows how the City will work with partner organisations, agencies and the community to support community wellbeing during the 2014-2017 period.

“Health” is defined by the World Health Organisation Constitution as “a state of complete physical, social and mental wellbeing and not merely the absence of disease or infirmity.”

A complex range of factors determines people’s health and wellbeing. These social “determinants” are the conditions in which people are born, grow, live, work, age and influence a person’s health throughout their life.

By developing the type of local environments that support people’s health and wellbeing – social, built, natural and economic – the City has a key role to play in enhancing community health.

The City will support the prevention of major health issues (obesity, mental illness, cardiovascular disease, cancer and diabetes) through addressing the protective/risk factors (physical activity, nutrition/healthy eating, mental health, alcohol and smoking).

The diagram on the right shows the range of factors that determine people’s health and wellbeing and the role of the City in supporting this. Linked to each “determinant” are the plans and strategies that guide how this is done.





## Informing Documents

## Healthy Communities

City of Melville Corporate Plan 2012-2016, A Strategic Community Plan for the City of Melville 2012-2022, Health and Wellbeing Strategy 2014-2017, Local Planning Strategy, Disability Access and Inclusion Plan 2012-2017, Safer Melville Community Safety Crime Prevention Plan 2012-2016

### Natural Environment

Environmental Improvement Plan, Strategic Waste Management Plan

### Built Environment

Community Planning Scheme

### Economic Environment

Long Term Financial Plan 2013-14 to 2022-23

### Lifestyle

Bike Plan, Future Plan for Libraries, Museums and Local History 2010-2015

# Our Community Vision for the Future

The City of Melville Health and Wellbeing Strategy frames the City's vision for improving the health and wellbeing of the community. The Strategy aligns with the City's Strategic Community Plan - *People Places Participation 2012-2022*, which sets out our communities' vision and aspirations for the future.

These aspirations listed in the following tables demonstrate the importance of health and wellbeing to the community and show how the City is able to support this.

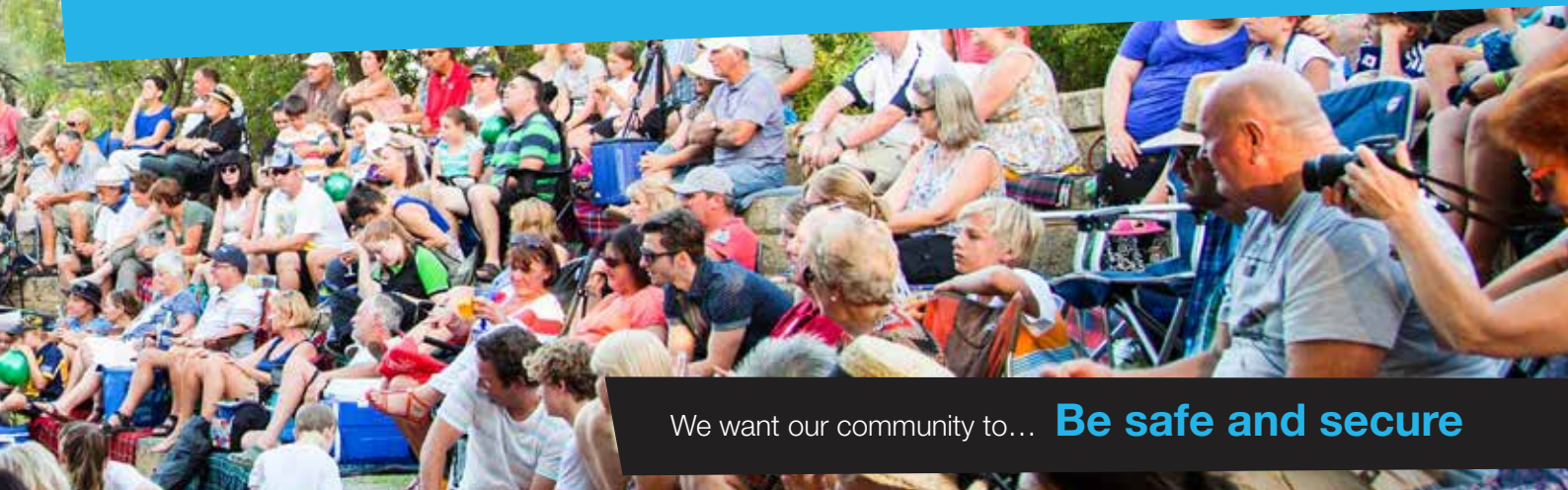
Improvements in community health and wellbeing rely on a whole-of-community approach, involving government agencies, service providers, non-government agencies and the community.

The City will work in partnership with all stakeholders to work towards the outcomes described in this Strategy.

Our community will have...	This can be achieved by...	We can support this by...
A safe and secure community where we trust others and feel comfortable using public places and facilities.	Reducing harmful drug and alcohol use. Safe urban environments and public places.	Preventing and delaying the onset of drug and alcohol use and associated harm. Supporting and enhancing the community's capacity to address drug and alcohol problems. Supporting environments that discourage risky behaviours.
	Identifying the priority injury issues within the community.	Enhancing community resilience and development of protective risk factors.



# Alignment with the City's Strategic Community Plan



We want our community to... **Be safe and secure**

## We will know we are succeeding when...

High-risk drinking and drug use is reduced in the community.  
We have policies, which support the positive management of alcohol availability.

There are less preventable injuries occurring in the City.

## Indicators that inform us are...

% people with high risk drinking for long term harm (Health and Wellbeing Surveillance System - HWSS).  
% people with high risk drinking for short term harm (HWSS).  
Corporate policies in place to support positive alcohol management.  
Number of drug and alcohol related hospitalisations (WA Department Health Epidemiology - DOHE).  
Number of drug and alcohol related deaths (DOHE).

Number of drug and alcohol related deaths (DOHE).

## We want our community to... **Have healthy lifestyles**

Our community will have...	This can be achieved by...	We can support this by...
Active and healthy lifestyles with good physical and mental wellbeing.	Maintaining a healthy weight. Eating for better health. Being more active.	Increasing awareness of and positive attitudes to maintaining a healthy weight. Increasing opportunities for physical activity.
	Keeping mentally healthy. Clean, green environments.	Building community understanding of mental wellbeing and its impact on people's quality of life. Advocating for the provision of mental health support services in the City of Melville.
* An environment that fosters children's optimal development.	A community that supports children and their families.	Using a place based approach to work with stakeholders to support protective, health supportive family environments.
*A healthy urban environment.	Further developing healthy environments.	Supporting healthier environments through implementation of legislation associated with food, noise, tobacco and waste control.
* Not currently included in the Strategic Community Plan	An immunised community.	Supporting immunisation services and information regarding disease protection.

## We want our community to... **Live in a City that is accessible and inclusive**

Our community will have...	This can be achieved by...	We can support this by...
An inclusive and accessible age-friendly City.	Facilities and services, which are easily accessible to all.	Reducing barriers to participation and supporting a mentally health community through being involved in community and civic life.

We will know we are succeeding when...	Indicators that inform us are...
<p>The number of overweight and obese people within the City continues to decline.</p> <p>More people are physically active.</p>	<p>% people who are overweight and obese (HWSS).</p> <p>% people with insufficient physical activity (HWSS).</p>
<p>More people are mentally healthy.</p> <p>There is an increase in mental health support services in the City of Melville.</p>	<p>% population with current mental health problem (HWSS).</p> <p>Number of mental health support services within the City of Melville (Fremantle Medicare Local - FML).</p>
<p>Our children are developmentally 'on track' as shown in the current AEDI results.</p>	<p>City of Melville vs. WA State proportion of children developmentally vulnerable in two or more AEDI domains (Australian Early Development Index - AEDI).</p>
<p>The factors which negatively affect community health continue to reduce.</p>	<p>City of Melville compliance rating schemes.</p> <p>% happy with the City of Melville as a place to live (Community Wellbeing Survey - CW).</p>
<p>The percentage of fully immunised children continues to increase.</p>	<p>% children fully immunised - Australian Childhood Immunisation Register.</p>

We will know we are succeeding when...	Indicators that inform us are...
<p>Everyone in the community can participate in community and civic life.</p>	<p>% happy that the City is accessible and livable for people with disabilities (CW).</p> <p>% happy that there are no barriers to inclusion for indigenous residents(CW).</p> <p>% happy that the community welcomes people from different cultures (CW).</p> <p>% happy that the City of Melville is an age friendly place for seniors (CW).</p>

## We want our community to... **Have a sense of community**

Our community will have...	This can be achieved by...	We can support this by...
Vibrant and connected communities with a strong sense of belonging and community spirit.	Being involved and connected to the community.	Developing programs and creating partnerships, which encourage a connected and mentally healthy community.  Creating public spaces that help people interact.

## We want our community to... **Be involved and engaged**

Our community will have...	This can be achieved by...	We can support this by...
Opportunities, which allow all voices to be heard, with a strong democracy and effective partnerships.	Encouraging and supporting our community to become involved in decision making for their local community.	Building community capacity to take part in planning and decision making to support a healthy community.

## We want our community to... **Utilise a sustainable and connected environment**

Our community will have...	This can be achieved by...	We can support this by...
An integrated, sustainable and efficient transport system that connects our communities and our City.	Planning for and maintaining a network of shared use walkways, footpaths and cycleways that provide access to facilities and services across the City.	Raising awareness of the health benefits of active travel modes and encouraging reduced reliance on motor vehicles.  Promoting and supporting TravelSmart initiatives in the community.





### We will know we are succeeding when...

Our residents feel they are part of their communities.  
Our urban spaces are well utilised and vibrant.

### Indicators that inform us are...

% feel they belong to this community (CW).  
% feel they live in a strong community (CW).  
% happy with opportunities for social interactions (CW).  
% feel the City has a sufficient range of open spaces (CW).  
\* % regularly utilise public spaces.  
\*not currently incorporated into existing plans or surveys

### We will know we are succeeding when...

Our residents feel part of a community, which values their opinions and supports their health.

### Indicators that inform us are...

% who regularly volunteer ( ABS 2011 census data).  
% happy with opportunities to have their say on important decisions affecting the community (CW).

### We will know we are succeeding when...

Dependence on motor vehicle use declines.  
Our cycleways and walkways are perceived as safe and well used.

### Indicators that inform us are...

% of people who choose to travel to work by public transport (ABS 2011 census data).  
% of people who choose to travel to work by foot (ABS 2011 census data).  
% of people who choose to travel to work by bicycle (ABS 2011 census data).

We want our community to... **Enjoy a clean and green environment**

Our community will have...	This can be achieved by...	We can support this by...
A maintained and unique environment where the impact of our homes and businesses on the natural environment is reduced.	Water quality management. Waste management.	Implementing relevant legislation to ensure the protection of public and environmental health.
The impacts of climate change on our City and community are reduced.	Climate change adaptation.	Educating staff and the local community around health impacts of climate change and improving City infrastructure to accommodate climate change.

We want our community to... **Have a liveable built environment with high quality**

Our community will have...	This can be achieved by...	We can support this by...
A connected and liveable urban environment.	Sustainable built environments and public spaces which support opportunities for physical activity and a mentally healthy community	Integrating health considerations into planning processes, programs and projects to support healthy active living.

We want our community to... **Enjoy growth and prosperity**

Our community will have...	This can be achieved by...	We can support this by...
A prosperous City with access to a range of businesses and services.	Promoting economic development, business and employment opportunities.	Supporting community economic development.
	Increasing opportunity for self-regulation in businesses with public health implications.	Implementing a public health regulatory regime, which is proportionate, and risk based.

### We will know we are succeeding when...

We have the best water quality possible within the natural environment.

We have a less polluted natural environment.

### Indicators that inform us are...

% happy with efforts by the community to conserve water and energy (CW).

% happy with efforts made by the community to protect and conserve City's natural areas and waterways (CW).

% happy with efforts made by the community to protect and maintain the natural environment (CW).

The impacts of the effects of climate change are identified and managed appropriately.

% happy with efforts made by the community to adapt to climate change (CW).

## public spaces

### We will know we are succeeding when...

Our communities feel connected, are more physically active and look after their mental health.

### Indicators that inform us are...

% of people with a current mental health problem (HWSS).

% feel they belong to the community (CW).

% people with insufficient physical activity (HWSS).

### We will know we are succeeding when...

Employment rates in our City improve.

### Indicators that inform us are...

% happy with the availability of local employment opportunities (CW).

Jobs to residents ratio (ABS census data 2006 & 2011).

Our businesses and services self-regulate responsibly.

City of Melville compliance rating schemes.





City of  
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# Facts about the City of Melville Community

High personal wellbeing level.

**55 to 64** years

age group has the **highest** range of wellbeing scores

Immunisation rates **lower** than the rest of the WA

**Australian Early Childhood Development Index**

data identified **one in six** children as developmentally vulnerable



**Lower** percentage of children aged **zero to 14** and adults **25 to 44** than rest of WA

**Higher** percentage of people aged **15 to 24** years and **45** years and **above** than rest of WA

Population:

**104,080**

(2014 prediction)



Life expectancy:

**Five years higher**

than WA population –

**89.9** years (females)

**85.3** years (males)



Common chronic disease risk factors:

**Poor nutrition, insufficient physical activity, risky alcohol use and smoking**

**This strategy is guided by the following documents:**

Department of Health 2010, *Pathway to a Healthy Community: a Guide for Councillors*, South Metropolitan Public Health Unit, Perth

City of Melville Health and Wellbeing Profile 2013, WA Department of Health South Metropolitan Public Health Unit

City of Melville Community Wellbeing Survey and Scorecard 2013

City of Melville  
10 Almondbury Road,  
Booragoon WA 6154  
1300 635 845 | 9364 0666  
[www.melvillecity.com.au](http://www.melvillecity.com.au)