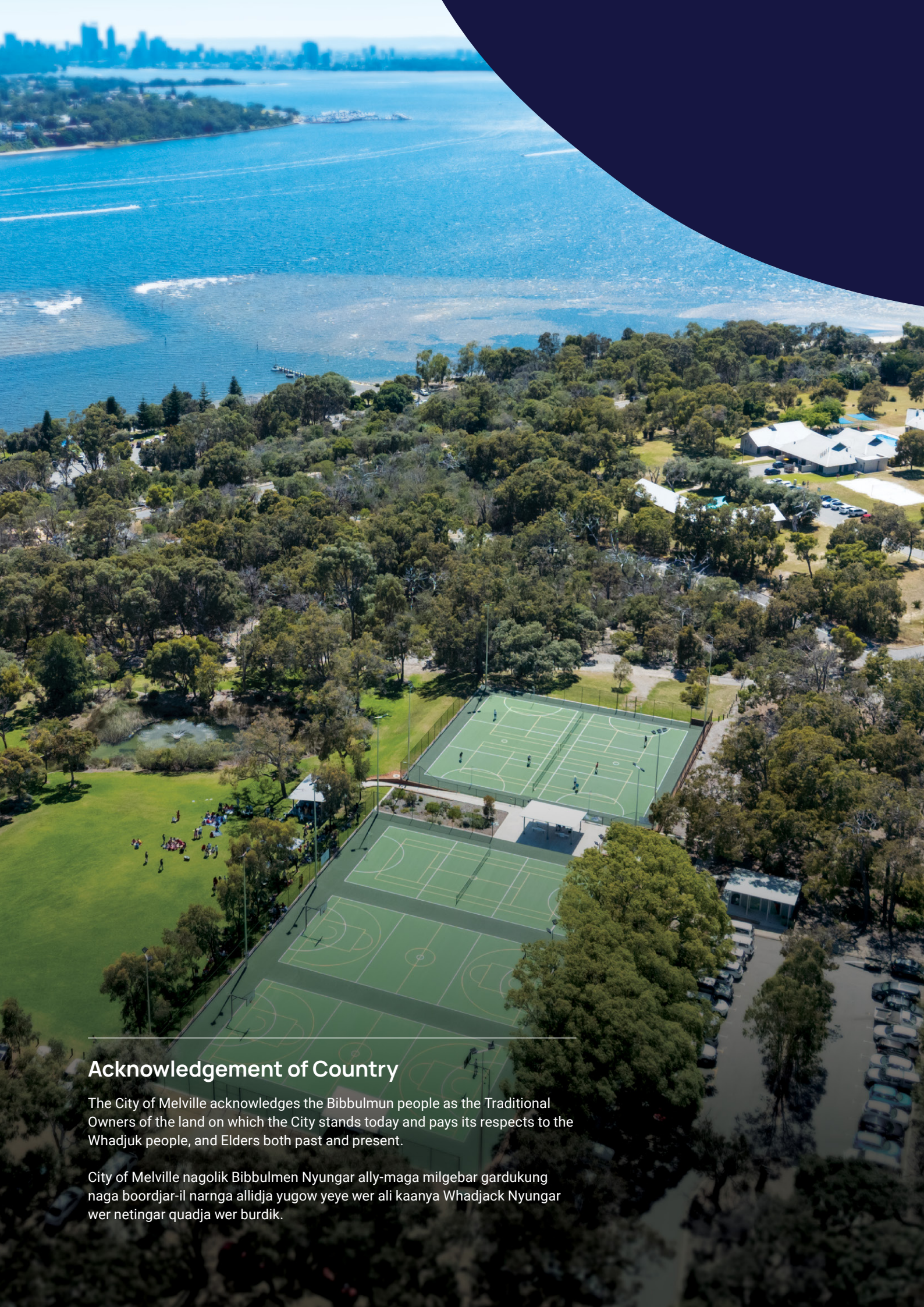


Healthy Melville Plan 2026-2030



City of
Melville



Acknowledgement of Country

The City of Melville acknowledges the Bibbulmun people as the Traditional Owners of the land on which the City stands today and pays its respects to the Whadjuk people, and Elders both past and present.

City of Melville nagolik Bibbulmen Nyungar ally-maga milgebar gardukung naga boordjar-il narnga allidja yugow yeye wer ali kaanya Whadjack Nyungar wer netingar quadja wer burdik.

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Message from the Mayor

I am pleased to present the City of Melville's Healthy Melville Plan - our roadmap for strengthening the health and wellbeing of our community.



Good health underpins a thriving city. It influences how we live, connect, work and age. As a local government, we play an important role in shaping the environments, services and partnerships that support positive health outcomes. This Plan reflects Council's commitment to creating a community where people of all ages and abilities can live well.

Leadership is a key factor in successful public health action. By endorsing the Healthy Melville Plan, Council is demonstrating its commitment to evidence-based decision-making, collaboration and long-term planning.

The Plan focuses on key priorities that support healthier lifestyles and environments, including encouraging active living, supporting healthy eating, promoting mental health and wellbeing, reducing alcohol, tobacco and other drug harms and strengthening environmental health. Addressing these priorities requires coordinated effort across many areas of the City, from planning and infrastructure to community development and environmental management.

The Plan has been informed by local data and community insight and aligns with the requirements of the Public Health Act 2016 and the State Public Health Plan for Western Australia 2025 - 2030. It recognises that health is influenced not only by healthcare services, but also by the environments in which we live, learn, work and play, the strength of our social connections and the lifestyle choices we are supported to make.

Creating a healthy Melville is a shared responsibility. By working together with residents, community organisations and partners, we can continue building a healthy, connected and vibrant community for current and future generations.

Katy Mair
City of Melville Mayor



Executive Summary

Maintaining good health throughout our lifespan is invaluable. However, health is not just the presence or absence of disease. More holistically, health is a state of physical, mental, social and for many, cultural wellbeing.

To achieve and maintain good health, it is crucial for us to have health supporting environments in the places where we live, learn, work, and engage in recreational activities.

The City and the community each play significant roles in establishing and shaping environments that promote health and wellbeing, providing everyone with the opportunity to lead a healthy lifestyle.

Driven by the objective of improving the health, wellbeing and overall quality of life for the community of Melville, the City's Healthy Melville Plan 2026-2030 establishes a comprehensive approach that aligns with the City's overall

planning framework, embedded in the Local Government Act 1995. The Plan also supports State and Federal Government health priorities.

This Plan was developed by considering health data provided by the South Metropolitan Health Service, Health Promotion, the City of Melville Community Scorecard and the Healthy Melville Survey. It also draws on the outcomes identified in the City of Melville's Council Plan for the Future 2024-2034.

Analysis of these data sources identified six priority areas and defined strategies to support achieving each of these priorities.

THE CITY'S SIX PRIORITY AREAS FOR THE HEALTHY MELVILLE PLAN ARE:

 Promote active living	 Reduce harm due to alcohol and other drug use
 Promote healthy eating	 Reduce use of tobacco, vapes and related product
 Promote mental health and wellbeing	 Create a safe and healthy urban environment

THE PRIORITIES OF THE WA HEALTH PROMOTION STRATEGIC FRAMEWORK 2022-2026 ARE:

 Reducing tobacco use and making smoking history	 Reducing harmful alcohol use
 Healthy eating and active living to halt the rise in obesity	 Preventing injury and promoting safer communities



Figure 1.1 The 2024-2034 Council Plan translates the community's vision and priorities into five key Outcome areas

Linkages to the **City of Melville Council Plan** for the Future 2024-2034

The Healthy Melville Plan closely aligns with the City of Melville Council Plan for the Future 2024-2034. Both Plans emphasise creating a healthy, inclusive and sustainable community.

Extensive community engagement undertaken during the review of the City's Community Plan 2020–2030 informed the development of the Council Plan. This process ensures the Council Plan reflects the aspirations of residents and identifies key outcomes, including the promotion of community wellbeing, the provision of inclusive facilities, and the fostering of sustainable urban development. These outcomes are illustrated in Figure 1.1.

While all the outcome areas identified in the Council Plan help support and sustain community health and wellbeing, the outcome *Healthy, Safe and Inclusive communities with a sense of belonging and wellbeing* most closely aligns with the priorities in the Healthy Melville Plan. Within this outcome area, the following objectives are most relevant:

- 1.1** Facilitate a sense of community, wellbeing, social connection and participation.
- 1.2** Provide a range of inclusive local community services, events and cultural activities.
- 1.3** Provide inclusive multipurpose places and facilities to encourage Healthy lifestyles and wellbeing.
- 1.4** Support sustainable sporting and community groups and volunteering.

The Healthy Melville Plan builds on these objectives through promoting active living, healthy eating, mental health and reducing harmful behaviours like tobacco and substance use.

Both the Council Plan and the Healthy Melville Plan highlight the importance of creating safe, accessible environments that support healthy lifestyles, and guide the City to provide a supportive and health-promoting atmosphere for all residents.

The strategies in the Healthy Melville Plan direct, justify and support the City's key service area deliverables and projects in the City's Council Plan for the Future, Corporate Business Plan, Annual Plan and annual budgets.



Introduction

The Healthy Melville Plan 2026-2030 is a strategic framework to improve the health and wellbeing of the City of Melville community over the next five years.

Physical and mental wellbeing are influenced by individual factors and by external circumstances, often beyond an individuals' control.

These circumstances, known as the Social Determinants of Health (Fig 1.3), significantly impact our overall well-being. They include aspects such as socio-economic status, employment, education, access to healthcare, the surrounding environment where we live, work and recreate and the support of friends and family.

Aboriginal people have been the Traditional Custodians of the area now known as the City of Melville for tens of thousands of years, caring for Country and community through cultural knowledge, law and practices that promote health, wellbeing and resilience. Aboriginal and Torres Strait Islander peoples currently make up 1.1% of the City's population, and their voices are essential in planning for a healthy future for all.

Guided by our Reconciliation Action Plan and this Healthy Melville Plan 2026-2030, the City recognises the strength, continuity and diversity of Aboriginal cultures, acknowledges

the ongoing impacts of colonisation on health and wellbeing and commits to working in partnership with local Aboriginal communities and Torres Strait Islander peoples to support self determined priorities, strengthen connection to culture and Country and improve equitable access to education, income, housing and culturally secure services.

Health, Wellbeing & Local Government

The social model of health encourages different sectors to work together, using a community's networks, trust and relationships to address the factors that influence health.

Local governments play a vital role in community wellbeing. Through planning and delivering services in infrastructure, social programs, the economy and the environment, local governments help shape the conditions that support healthier communities. In the City of Melville, every service area contributes to creating supportive environments, reducing risk factors for chronic disease and strengthening the protective factors that help residents live well.

HEALTH IS A STATE OF COMPLETE PHYSICAL, MENTAL AND SOCIAL WELL-BEING AND NOT MERELY THE ABSENCE OF DISEASE OR INFIRMITY.

WORLD HEALTH ORGANISATION (WHO) DEFINITION



2

STAR TRAC

LEG EXTENSION/LEG CURL

LEG EXTENSION

1. LOWER LEGS BEHIND ROLLER PAD, BACK OF KNEES AT SEAT END
2. EXTEND LOWER LEGS, RETURN SLOWLY

LEG CURL

1. LOWER LEGS ON TOP OF ROLLER PAD, BACK OF KNEES AT SEAT END
2. ADJUST PAD DOWN ON UPPER THIGH, CURL LEGS INWARD, RETURN SLOWLY

CAUTION
Pinch Points
Keep hands away from moving parts

Melville
COTA

PURPOSE

During community engagement activities in developing the Council Plan, our community told us health and wellbeing are important to them.

The Healthy Melville Plan 2026-2030 outlines the goals, objectives and actions guiding the City to support the community to achieve healthier lifestyles.

We also share the WA Department of Health and State and Federal Government priorities in supporting community health and wellbeing. These priorities are outlined in the Western Australian Health Promotion Strategic Framework 2022-2026, the State Public Health Plan for Western Australia 2025-2030, the National Preventive Health Strategy 2021-2030 and Measuring What Matters – Australia's First Wellbeing Framework.

Each of the City's service areas contribute to creating environments that promote health, reduce risk factors for chronic diseases and increase protective factors to build a healthier community.

By promoting healthy lifestyles, the Plan empowers our community to maintain and enhance health and wellbeing to live fuller, healthier lives.

INTEGRATED PLANNING & REPORTING

This Healthy Melville Plan 2026-2030 builds on three previous City plans which focused on resident health:

- City of Melville Public Health and Wellbeing Plan 2010-2012.
- City of Melville Health and Wellbeing Strategy 2014-2017
- Healthy Melville Plan 2019-2023. This plan considered new population health data and the revised People Places Participation: A Strategic Community Plan for the City of Melville 2016-2026.

The Healthy Melville Plan 2026-2030 furthers the outcomes achieved by those plans and aligns with the community's forward-looking aspirations identified in the City's Corporate and Strategic Community Plans.

This Plan integrates with the City's corporate planning framework, meeting requirements of the *Local Government Act 1995* and *Local Government (Administration) Regulations 1996*.

PUBLIC HEALTH PLANNING LEGISLATIVE REQUIREMENTS

Local Government Public Health Plans are mandated by law under Stage 5 of the WA Public Health Act 2016, which requires:

- 1 The Department of Health to produce and publish a State public health plan, by June 4, 2025.



- 2 Local governments to produce and publish public health plans consistent with the State public health plan, by 4 June 2026.



The State's public health plan provides a framework that local governments can tailor to address the specific risks present in their districts.

WA local governments also have statutory responsibility to protect public health by regulating environmental health matters. The legislation guiding this responsibility is:

- *Public Health Act 2016*
- *Health (Miscellaneous Provisions) Act 1911 (previously known as the Health Act 1911).*
- *Environmental Protection (Noise Regulations 1997.*
- *Food Act 2008, the Tobacco Products Control Act 2006.*

The Healthy Melville Plan 2026 -2030 complies with the *WA Public Health Act 2016*.



ALIGNMENT TO GOVERNMENT PLANS, STRATEGIES AND FRAMEWORKS

Public Health Plan for Western Australia 2025-2030

The State Public Health plan lays out a coordinated approach to improving the health and wellbeing of Western Australians at the State-wide or local community level and identifies the public health objectives that will help prevent disease, injury and premature death in WA.

National Preventive Health Strategy 2021-2030

Outlines the overarching long-term approach to prevention in Australia over the next 10 years.

Australian Government National Preventive Health Strategy 2021-2030

Outlines the overarching long-term approach to prevention in Australia over the next 10 years.

Australian Government Measuring What Matters Framework

Australia's first national wellbeing framework that will track the nations progress towards a more healthy, secure, sustainable, cohesive and prosperous Australia.

WA Aboriginal Health and Wellbeing Framework 2015-2030

The framework identifies key guiding principles, strategic directions and priority areas for the next 15 years to improve the health and wellbeing of Aboriginal people living in WA.

An Age-Friendly WA: Seniors Strategic Planning Framework

This State framework outlines the planning principles to enable older Western Australians to age with dignity, maintain their independence, continue to play active and valued roles and have their rights respected and upheld. The framework also links to several other WA strategies and programs. Western Australia is an affiliate member of the WHO Global Network of Age Friendly Communities.

Western Australian Suicide Prevention Framework 2021-2025

Developed to be used as a guide by government, non-government organisations, communities and private organisations to support a coordinated approach to suicide prevention activity across Western Australia



Western Australia Health Promotion Strategic Framework 2022- 2026

The strategic framework sets out a strategic plan for reducing the prevalence of chronic disease and injury by facilitating improvements in health behaviours and environments in identified priority areas.

Western Australian Mental Health Promotion, Mental Illness, Alcohol and Other Drug Prevention Plan 2018- 2025

This Plan provides an evidence based and evidence informed guide for promotion and prevention activities in Western Australia.

Western Australian State Disability Strategy 2020-2030

This State strategy is organised around four pillars: Participate and contribute; Inclusive communities; Living Well; Rights and equality.

Western Australian Youth Action Plan 2024-2027

The plan focuses on universal service for young people aged 10-25 and aims to improve the lives of young people in the state.

CITY OF MELVILLE

The City's plans which link with and support the 2026 – 2030 Healthy Melville Plan are:

- Age Friendly Melville Plan 2022-2026
- Community Climate Action Plan 2024-2030
- Bike Plan 2012
- Cultural Plan 2018-2022
- Directions from Young People Strategy 2022-2025
- Disability Access and Inclusion Plan 2024-2029
- Infrastructure Strategy 2016-2036 and associated asset management plans which fall under this strategy
- Local Planning Strategy (2016) and Local Planning Scheme No. 6 (2016, as amended).
- Public Spaces Strategy 2017
- Safer Melville Plan 2023-2027
- Stretch Reconciliation Action Plan 2017-2021
- Urban Forest Strategic Plan 2017 – 2036. Part A: City Controlled Land
- City of Melville Corporate and Community Action Plans



THE DETERMINANTS OF HEALTH

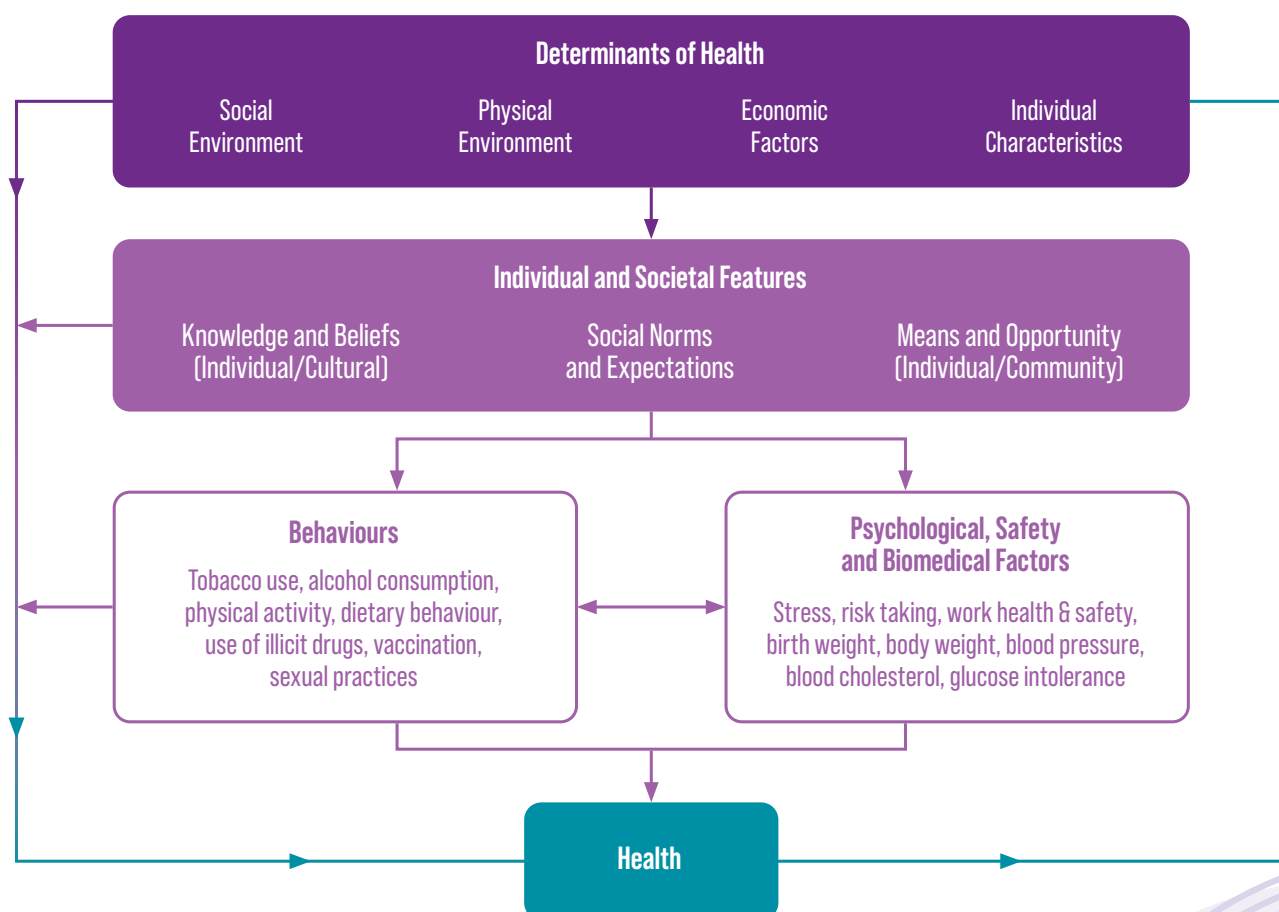
Many factors influence our health, including those beyond individual control. Social determinants of health (Fig 1.3) are the non-medical factors that influence health.

The environments in which we are born, grow, live, work and age can have stronger influences on our health than our genetic family history or behavioural risk factors. Poverty and disadvantage frequently lead to poor health outcomes, particularly in chronic disease and mental illness.

The prevalence of chronic conditions such as cardiovascular disease, diabetes, and hypertension along with depression and anxiety, is much higher in people living in challenging socio-economic circumstances.

Environmental physical determinants also directly influence people's likelihood of engaging in physical activity. For example, mixed land use, safe environments with public green areas and walkable neighbourhoods encourage more active lifestyles.

The City plays a key role in protecting, improving and promoting health and wellbeing within the community and can positively influence many of the social determinants of health. By integrating action across the social, cultural, built, economic and natural environments, council policies and practices can make major contributions to the economic prosperity, community cohesion and population health outcomes.



COMMUNITY ENGAGEMENT SNAPSHOT – OCTOBER 2023

707

respondents
[83% residents]

79%

viewed their health
as good to very good

PHYSICAL ACTIVITY

29%

didn't do
vigorous physical
exercise at all

19%

did vigorous activities
eg tennis, jogging, cycling
two days a week



SMOKING & VAPING



90%

don't smoke
or vape

ALCOHOL CONSUMPTION

23%

drink alcohol
one to two days
a week

36%

drink alcohol
once a fortnight
or less



FRUIT & VEGETABLE CONSUMPTION

45%

said they ate
three to four serves
of vegetables a day

77%

said they ate
one to two serves
of fruit



HEALTH AND WELLBEING PROFILE

The City of Melville covers an area of 53 square kilometres. We are home to an Estimated Resident population of 115,945 people (current to 2025)

A summary Health and Wellbeing Profile by the Epidemiology Directorate, Department of Health WA, provides localised health estimates for the City of Melville. These estimates are modelled using multiple data sources to improve accuracy where local data is limited.

CHRONIC DISEASE AND MENTAL ILLNESS

Chronic diseases are long-lasting conditions with persistent effects. The social and economic consequences of these conditions often reduce quality of life. Collectively, they rank as Australia's leading cause of illness, disability, and death (Department of Health and Aged Care 2025; Australian Institute of Health and Welfare 2024).

These issues rose in priority after successes in curbing infections and infant deaths during the late 19th and 20th centuries. Today, changing lifestyles and an ageing population have made chronic diseases far more common, accounting for most of the nation's ill health burden.

In Australia, they typically encompass ten major groups: arthritis, asthma, back pain, cancer, cardiovascular disease, chronic obstructive pulmonary disease, diabetes, chronic kidney disease, mental health conditions and osteoporosis.

These conditions arise from complex, multifactorial causes and rarely pose immediate threats. Instead, they develop gradually, become more prevalent with age and persist lifelong. This requires ongoing management by individuals and health professionals (Department of Health and Aged Care 2025).

Many chronic diseases are linked to shared modifiable lifestyle risk factors, such as smoking, excess alcohol, physical inactivity or poor diet (e.g. low fruit and vegetable intake). These risk factors often sit alongside physiological risks like high cholesterol, blood pressure and being overweight. Each of these risk factors may potentially be addressed and changed to lower risk (Australian Institute of Health and Welfare 2024).

Mental illnesses can disrupt thoughts, mood, or behaviour; altering world perception and sparking emotional turmoil that may impair work, relationships and daily tasks. They range from brief episodes (weeks) to lifelong disability in severe cases (Department of Health and Aged Care 2025).

Around one in five Australians experiences mental illness annually, with nearly half affected sometime in life (Department of Health and Aged Care 2025; Australian Institute of Health and Welfare 2024). Recent engagement with young people through the Directions from Young People Youth Strategy (ages 12–25) identified mental health as the most significant challenge facing young people in the community. Fortunately, these conditions are treatable through therapies like Cognitive Behavioural Therapy (CBT), medications, healthy lifestyles and support. Prevention relies on strong networks, physical wellness, stress reduction and coping skills (Department of Health and Aged Care 2025).

HEALTH RISK FACTORS

The Healthy Melville Plan 2026-2030 captures the current risk factors relating to the health of City of Melville residents 1.2 and the measures the City takes to address these risks.

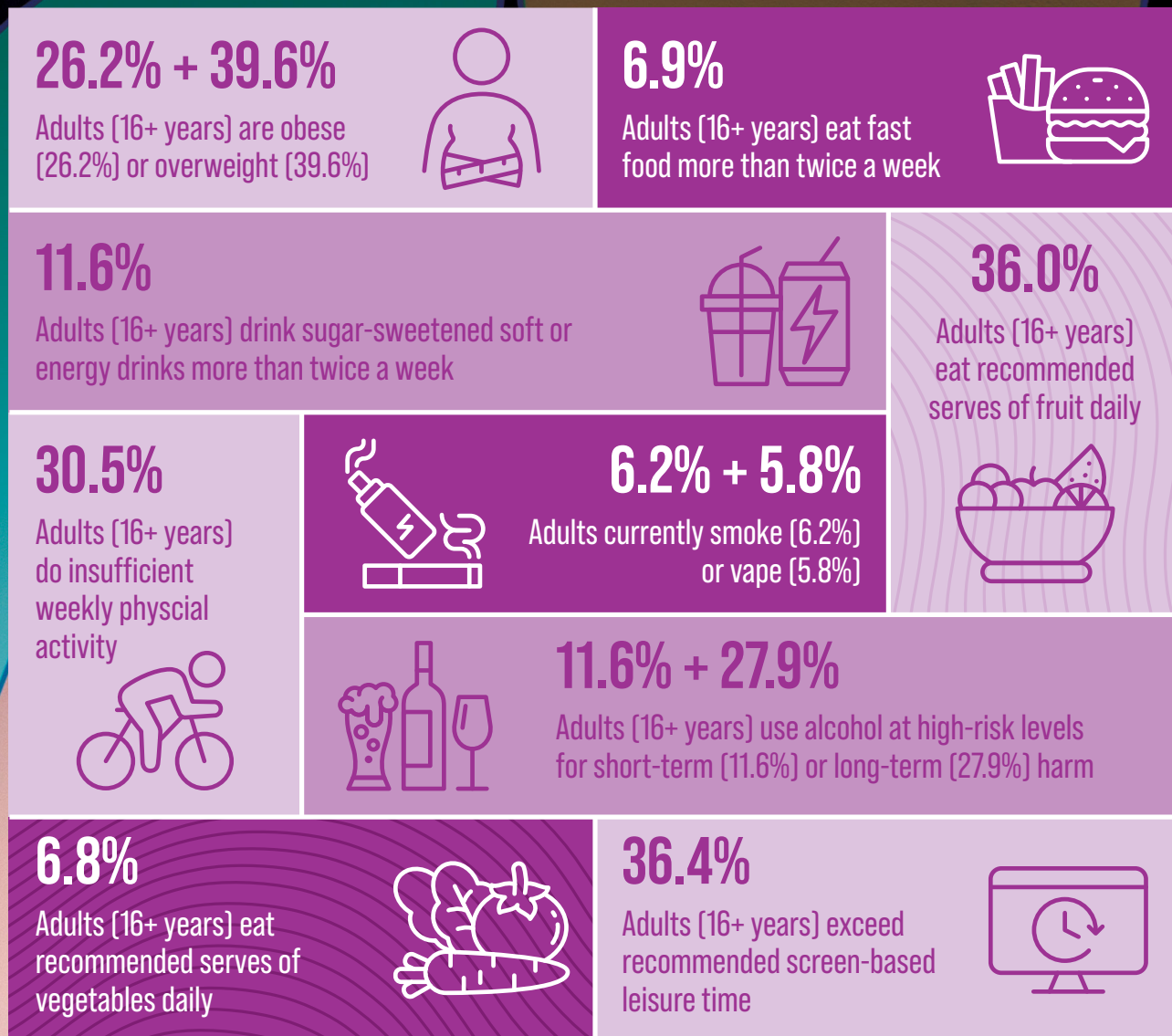


Figure 1.2 Lifestyle risk factors for City of Melville residents – City of Melville Health and Wellbeing Profile 2015-2024 Epidemiology Directorate, Public and Aboriginal Health Division, Department of Health WA, January 2026

STAKEHOLDER ENGAGEMENT

Engagement with relevant stakeholders enables us to understand the health and wellbeing of City of Melville residents and ensure community and other stakeholder priorities are addressed. The City's plan and strategies integrate with those identified for the broader community by the State and Federal Government.

To understand the status of known and emerging health issues for residents, the City uses data from the WA Department of Health epidemiology Directorate Public Health Atlas, along with other sources. Information from the City of Melville Community Scorecard is available every two years.

An additional community health and wellbeing survey was undertaken by the City in 2023. This survey used a question sample from the Department of Health survey instrument.

These data are combined to create a holistic picture of the City's health, inform and develop the goals and strategies in this Healthy Melville Plan and identify future goals and strategies.

STAKEHOLDERS OF THE CITY OF MELVILLE HEALTHY MELVILLE PLAN

- Ratepayers and residents of the City of Melville.
- The City of Melville.
- South Metropolitan Health Service, Health Promotion.
- Federal and State Government departments, most notably the WA Department for Health, Australian Department of Health and Ageing, and the WA Department for Transport.
- Injury Matters.
- Current/potential partners and evidenced based advisory services, such as *Mentally Healthy WA - Act-Belong-Commit*, *Healthway*, *Cancer Council*, *Headspace*, *Lifeline WA*, *WA Primary Health Alliance*, *LiveLighter*, *Beyond Blue*. *COTA Strength for Life*.
- Sporting Clubs and Community groups

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13 11 14 lifelinewa.org.au

Artwork by Melissa Spillman



Implementation

The actions and priority areas identified in the Healthy Melville Plan will be implemented over a five-year period, from 2026 to 2030.

Implementation will occur through a range of services, programs and infrastructure initiatives, undertaken in collaboration with internal teams and a diverse range of external partners to enhance and support community health and wellbeing. These activities will align with the City's Corporate Business Plan, Annual Plan, Service Plans and annual budget.

To ensure the Plan's effectiveness, the City will focus on the following key actions:

- Engage with priority populations to improve health outcomes.
- Identify barriers that may limit community participation in programs aimed at preventing chronic disease.
- Assess gaps in the availability of chronic disease prevention services for specific population groups.
- Identify challenges in delivering services, infrastructure and equipment and explore options to address these.
- Align with broader health campaigns and pursue potential funding opportunities.
- Monitor progress annually through goal-specific measures and community scorecard results. Services and programs will be reviewed as part of the annual planning process to ensure they remain aligned with the plan's objectives.



STATE TARGETS FOR *WA PUBLIC HEALTH ACT 2016*

The intent for the public health planning process is to encourage and enable local governments to help achieve State targets by implementing programs, interventions and services tailored to their specific communities, designed to:

- Encourage healthier behaviours and reduce exposure to risks, or
- Improve the local environment to make it easier and safer for the community to lead healthier lives.

The work of a variety of sectors, including not for profit organisations, businesses and the community will all play a part in contributing to meet any statewide targets and achieving a common goal.

IMPLEMENTATION

We aim to achieve 'healthy lifestyles' for our residents through six priority areas:

- Promote active living.
- Promote healthy eating.
- Promote mental health and wellbeing.
- Reduce harm due to alcohol and other drug use.
- Reduce use of tobacco, vapes and related products.
- Create a safe and healthy urban environment.



HOW THE CITY SUPPORTS HEALTHY COMMUNITIES

The City contributes to community health and wellbeing through four key roles aligned with the State Public Health Plan:

Promoting: fostering strong, connected communities and healthier environments.

Preventing: reducing the burden of chronic disease, communicable disease and injury.

Protecting: against public and environmental health risks, effectively managing emergencies, reduce impacts of disaster and lessen the impacts of climate change.

Enabling: bolstering public health systems and leveraging partnerships partnerships to support health and wellbeing.

Implementing this Plan is guided by the principles of equity and inclusion to ensure all community members can achieve good health and wellbeing. Aboriginal health and wellbeing is recognised as a priority across all health domains.



PROMOTE ACTIVE LIVING

The City of Melville has identified active living as a healthy lifestyle priority based on the following information and data:

- Regular physical activity is essential for good physical and mental health and wellbeing. Australia's Physical Activity and Sedentary Behaviour Guidelines outline how much physical activity people should do each day depending on age.
- As of 2024, within the City of Melville 30.5% of adults (18 years and over) were insufficiently physically active (weekly) and 36.4% of adults (16 years and over) spend more than recommended time in screen-based sedentary leisure activities (weekly).
- As of 2024, the prevalence of accidental falls, hospitalisations and deaths in the City of Melville was higher than the WA State prevalence.

(Data source: Health and Wellbeing Profile City of Melville 2015-2024 – Epidemiology Directorate, Public and Aboriginal Health Division, Department of Health WA January 2026)

Regular physical activity is essential for maintaining physical health, supporting mental wellbeing and preventing chronic disease. Creating opportunities for people to move more in their everyday lives helps build a healthier, more connected community at all stages of life.

The City of Melville will support active living through the following actions:

- **Providing programs, facilities and environments** that make it easier for people of all ages and abilities to be physically active. This includes access to inclusive recreation programs through facilities such as LeisureFit, community-based activities that encourage movement and social connection and initiatives that support people experiencing barriers to participation.
- **Raising community awareness** of the benefits of physical activity and encouraging active living at all stages of life through promoting evidence-based statewide health promotion campaigns, such as LiveLighter Move More campaign and Injury Matters Stay on Your Feet.
- **Creating supportive environments** through well-designed public spaces and infrastructure that make physical activity a natural part of daily life. Parks, walking and cycling networks, sport and recreation facilities and accessible public spaces all play an important role in supporting an active community.
- **Building partnerships** with community organisations, sporting groups and health agencies will further support initiatives that raise awareness of the benefits of physical activity and encourage people to move more, whether through structured programs, community events or active transport options such as walking and cycling.



PROMOTE HEALTHY EATING

The City of Melville has identified healthy eating as a healthy lifestyle priority based on the following information and data.

- The Australian Dietary Guidelines provide evidence-based recommendations on the types and amounts of foods Australians should eat to meet nutritional requirements.

As of 2024, among adults (aged 16 years and over) within the City of Melville:

- 26.2% of are obese and 39.6% are overweight.
- 11.6% drink sugar-sweetened soft drinks or energy drinks more than twice a week.
- 6.9% eat fast food more than twice a week.
- 36.0% eat recommended serves of fruit daily.
- 6.8% eat recommended serves of vegetables daily.

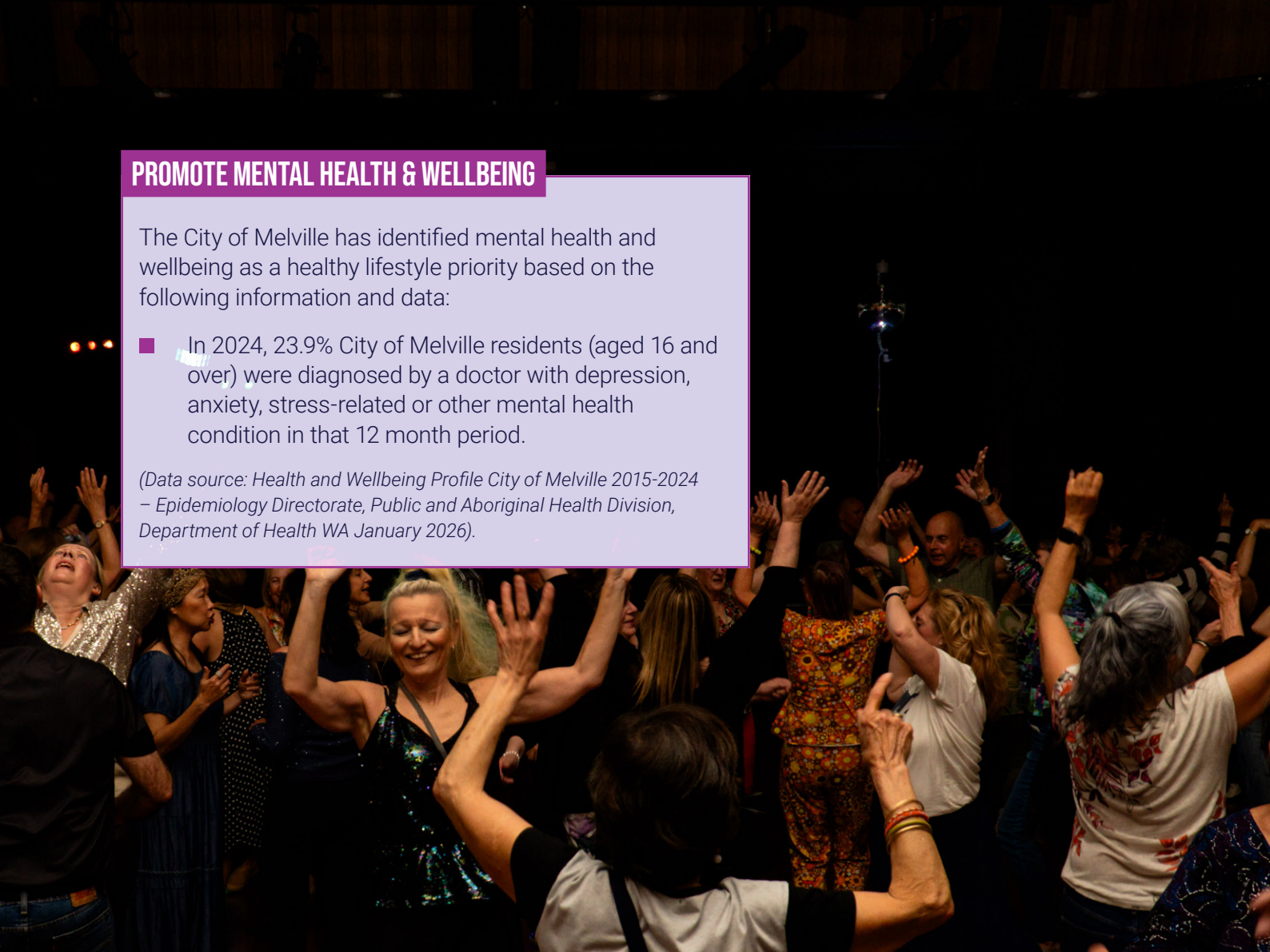
(Data source: Health and Wellbeing Profile City of Melville 2015-2024 – Epidemiology Directorate, Public and Aboriginal Health Division, Department of Health WA January 2026)

Healthy eating plays a vital role in maintaining good health and reducing the risk of chronic disease. Access to nutritious food, reliable information and supportive environments helps people make healthier choices for themselves and their families.

The City of Melville will promote healthy eating through the following actions:

- **Increasing community awareness and understanding** of the importance of a balanced, nutritious diet. This includes providing health promotion initiatives, programs and information that support residents to build knowledge and skills around healthy food choices and healthy lifestyles.
- **Creating supportive environments** that make healthy choices easier. This includes supporting healthier food options in City facilities, encouraging community initiatives such as local food growing and farmers markets and promoting healthy food practices within community organisations and sporting clubs.
- **Advocating and partnering with government and health organisations** will play an important role in strengthening these efforts. The City will also explore opportunities to reduce exposure to alcohol and unhealthy food advertising on City-owned assets and encourage similar voluntary approaches from private advertising providers operating within the City.

Through these combined approaches, the City aims to support a community where healthy food choices are accessible, visible and encouraged.



PROMOTE MENTAL HEALTH & WELLBEING

The City of Melville has identified mental health and wellbeing as a healthy lifestyle priority based on the following information and data:

- In 2024, 23.9% City of Melville residents (aged 16 and over) were diagnosed by a doctor with depression, anxiety, stress-related or other mental health condition in that 12 month period.

(Data source: Health and Wellbeing Profile City of Melville 2015-2024 – Epidemiology Directorate, Public and Aboriginal Health Division, Department of Health WA January 2026).

Mental health and wellbeing are essential to overall health and quality of life. Strong social connections, supportive communities and access to safe, inclusive environments all play an important role in helping people maintain good mental wellbeing and respond to life's challenges.

The City of Melville will support a mentally healthy community through the following actions:

- **Promoting mental health awareness**, reducing stigma and increasing understanding of how people can maintain and improve their wellbeing. This includes sharing information, resources and initiatives that build mental health literacy and help people access appropriate support when needed.
- **Building partnerships** with health and community organisations will play an important role in strengthening these efforts. The City will continue to work with organisations such as Mentally Healthy WA (Act Belong Commit), the Alliance Against Depression and headspace Fremantle to support community awareness, early intervention and access to support services.
- **Providing community programs**, volunteering opportunities, local events and inclusive public spaces will also help foster social connection and a sense of belonging. Initiatives that promote dignity and inclusion, such as improving access to essential health items including menstrual products in community facilities, may also support participation and wellbeing.
- **Creating supportive environments**, through access to parks, natural environments, public art and welcoming community spaces will further contribute to a healthy and supportive environment for mental wellbeing.



REDUCE USE OF TOBACCO, VAPES & RELATED PRODUCTS

The City of Melville has identified reducing tobacco, vapes and related products as a healthy lifestyle priority based on the following information and data.

- As at 2024, within the City of Melville, 6.2% of adults (18 years and over) smoke and 5.8% of adults (18 years and over) vape.

(Data source: Health and Wellbeing Profile City of Melville 2015-2024 – Epidemiology Directorate, Public and Aboriginal Health Division, Department of Health WA January 2026).

Tobacco smoking and vaping are significant risk factors for preventable illness and disease. Reducing the use of these products, particularly among young people, is important for improving long-term community health and wellbeing.

The City of Melville will support efforts to reduce tobacco and vaping-related harm through the following actions:

- **Increasing community awareness** of the health risks associated with these products and promoting environments that discourage their use. Providing accessible information and educational resources can help individuals and families make informed decisions and support healthier lifestyle choices.
- **Creating smoke and vape-free environments** through local policies, signage and community expectations, City facilities, buildings, and events can support healthier public spaces and reduce exposure to smoking and vaping.
- **Building partnerships** with health organisations and community groups to help promote consistent, evidence-based messages about the harms of tobacco and vaping and encouraging smoke-free and vape-free community events and activities.



REDUCE HARM DUE TO ALCOHOL & OTHER DRUG USE

The City of Melville has identified alcohol and other drug use as a healthy lifestyle priority based on the following information and data.

As of 2024, among adults (16 years and over) within the City of Melville:

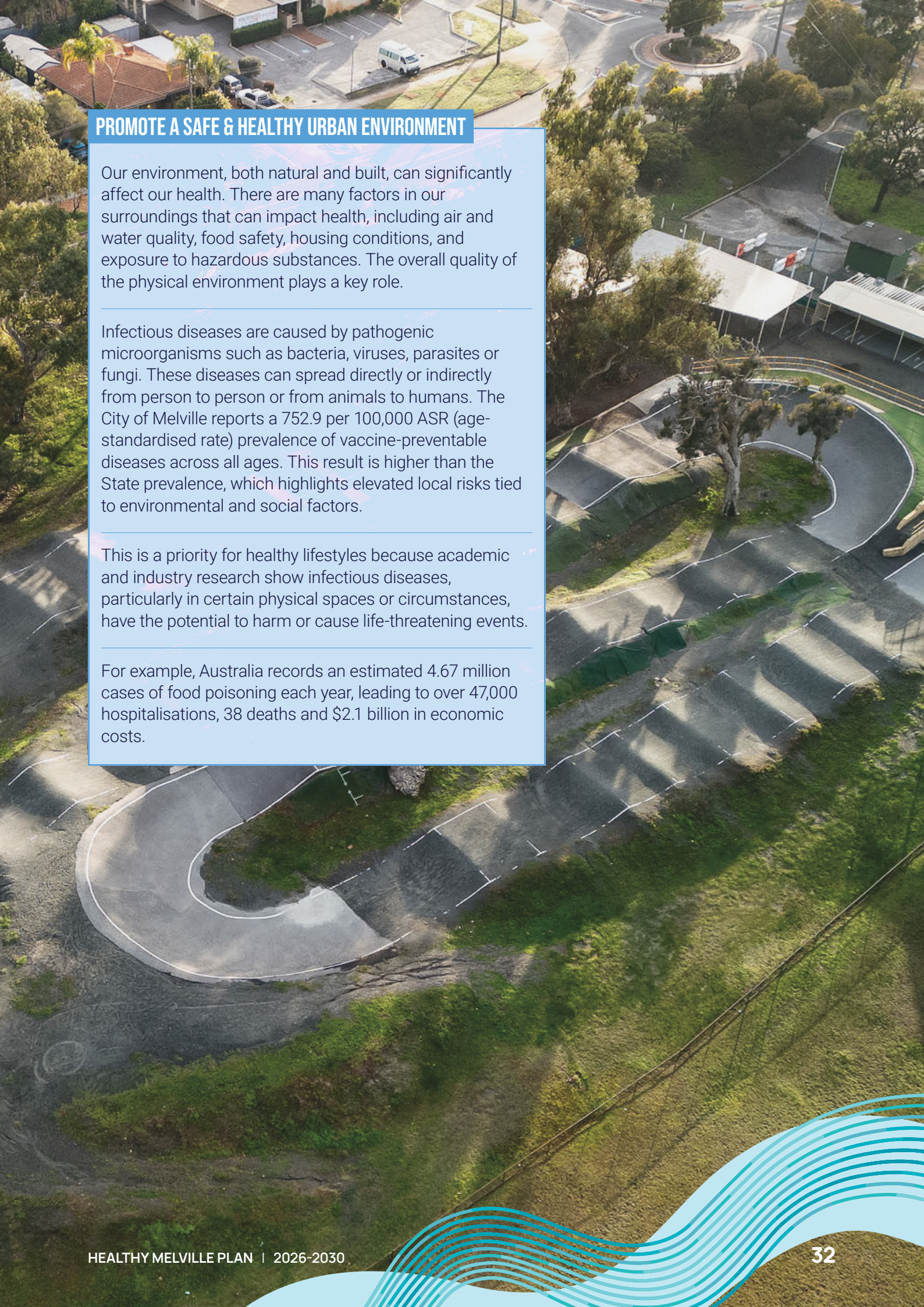
- 27.9% consumed alcohol at high-risk levels for long term harm
- 11.6% consumed alcohol at high-risk levels for short-term harm.

(Data source: Health and Wellbeing Profile City of Melville 2015-2024 – Epidemiology Directorate, Public and Aboriginal Health Division, Department of Health WA January 2026).

Alcohol and other drug use can have significant impacts on individual and community health, social wellbeing and safety. Reducing harm from these substances is essential for promoting a healthy and resilient community across all stages of life.

The City will support efforts to reduce alcohol and other drug-related harm through the following actions:

- **Increasing community awareness** of the associated risks and promoting informed, responsible choices. Life skills and educational resources, particularly targeted towards young people, play a significant role in building knowledge and resilience.
- **Creating safer environments** through local policies, land use planning and regulations that influence where alcohol can be sold and how it is consumed in public and City-managed spaces. These measures aim to minimise exposure to risky drinking behaviours and related harms.
- **Building partnerships** with government and community organisations strengthen these initiatives. Supporting national and state campaigns, as well as programs such as Good Sports, helps reinforce consistent messages about reducing alcohol and drug-related harm and encourages healthier community practices.



PROMOTE A SAFE & HEALTHY URBAN ENVIRONMENT

Our environment, both natural and built, can significantly affect our health. There are many factors in our surroundings that can impact health, including air and water quality, food safety, housing conditions, and exposure to hazardous substances. The overall quality of the physical environment plays a key role.

Infectious diseases are caused by pathogenic microorganisms such as bacteria, viruses, parasites or fungi. These diseases can spread directly or indirectly from person to person or from animals to humans. The City of Melville reports a 752.9 per 100,000 ASR (age-standardised rate) prevalence of vaccine-preventable diseases across all ages. This result is higher than the State prevalence, which highlights elevated local risks tied to environmental and social factors.

This is a priority for healthy lifestyles because academic and industry research show infectious diseases, particularly in certain physical spaces or circumstances, have the potential to harm or cause life-threatening events.

For example, Australia records an estimated 4.67 million cases of food poisoning each year, leading to over 47,000 hospitalisations, 38 deaths and \$2.1 billion in economic costs.



STRATEGIES FOR A SAFE AND HEALTHY URBAN ENVIRONMENT

The City understands that keeping our community safe and healthy depends on many connected factors. The priority Promote a Safe and Healthy Environment is guided by three coordinated, key strategies:

- **Preventing and controlling disease:** protects community health through proactive monitoring, regulation and education. This includes food safety inspections, keeping recreational water areas and mosquito breeding sites safe, managing asbestos and other environmental hazards, waste management, and promoting vaccinations and health screening. These efforts help prevent illness and support the health of our community at every stage of life.
- **Creating safe and sustainable places:** ensures our public spaces, infrastructure, and facilities are safe, accessible and well cared for. This includes planning activity centres thoughtfully, maintaining playgrounds, roads, footpaths, and cycleways to Australian Standards, improving traffic safety, providing 24-hour community safety patrols and regulating buildings, events, and public spaces to meet safety and environmental standards.
- **Building Climate-Resilient Communities:** helps our community adapt to the impacts of climate change and stay safe during extreme weather. Actions include planting more trees and creating shaded areas in parks and playgrounds, increasing access to climate-controlled indoor facilities, improving lighting in parks for safe recreation and offering workshops and resources to help community and sporting groups prepare for extreme conditions. Partnerships with mental health organisations also provide support for people experiencing climate-related stress and anxiety.

By bringing these strategies together, the City takes a well-rounded approach to health and safety, connecting environmental, social, and climate factors to protect and strengthen community wellbeing now and into the future.

Monitoring and review

Over a five-year period, the City and its partners will work collaboratively to deliver the strategies identified to achieve each priority goal. Progress and effectiveness will be assessed through key performance indicators, reviewed as part of the City's broader reporting framework.

The plan will be reviewed annually and updated every five years to ensure it remains relevant and effective. A combination of surveys, reports, indicators, and dashboards will be used to monitor the health and wellbeing of the community. Insights gained from this information will inform the ongoing development, planning, implementation, and evaluation of the public health initiatives outlined in this plan.

The Healthy Melville Plan reflects the City's ongoing commitment to protecting and promoting the health and wellbeing of the community. Through coordinated action, strong partnerships, and evidence-informed decision-making, the City will continue to create supportive environments that enable healthier choices. This plan provides a clear and adaptable framework to guide implementation, respond to emerging needs, and deliver meaningful, long-term outcomes for the Melville community.



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