



City of  
Wanneroo

2014/15 - 2016/17 | CITY OF WANNEROO

# PUBLIC HEALTH PLAN

# MAYORAL FOREWORD



The City of Wanneroo is committed to creating environments that support our community's health and wellbeing. To achieve this vision, we have developed the Public Health Plan 2014/15-2016/17.

The Plan affects everyone within the City, this Plan is about how we will implement strategies that will promote mental health and social wellbeing. Developed in partnership with the Department of Health and community agencies across Perth, the Plan reflects local health and wellbeing data, as well as the health priorities of both the State and Federal Government.

Our health and wellbeing is influenced by a wide range of issues, from friendships and social networks in our community, to whether or not we have a job, the places we live and most importantly the opportunities we are presented with to live healthy lives.

Through this Plan we will work to sustain the natural environment and create communities that incorporate a healthy lifestyle. This is a chance for us to provide more opportunities for healthy living and physical activity, create environments where the healthy choice is the easier choice and to work hard in preventing harm from drugs and alcohol.

The City of Wanneroo is the fastest growing Local Government in Western Australia and as we continue our incredible growth we are faced with many challenges. We have a high demand for services and infrastructure, and low socioeconomic areas that require attention.

Encouraging and enabling our residents to lead healthy lives is an immense challenge for all levels of government. This Plan is our chance to deliver. It is the City of Wanneroo's commitment to you and I am proud of our vision. By working together we can achieve a positive health and wellbeing lifestyle for all.

A handwritten signature in black ink that reads "Tracey Roberts".

Mayor Tracey Roberts JP



# 1. INTRODUCTION

The City of Wanneroo's Public Health Plan (PHP) is a three year strategic plan that provides a framework to improve the health and wellbeing of its community.

Local Public Health Plans identify actions to prevent or minimise public health risks, and enable people living in the community to achieve maximum health and wellbeing. Defined as 'the science and art of promoting health, preventing disease and prolonging life through the organised efforts of society', public health is a social and political concept aimed at improving health, prolonging life, and improving the quality of life among whole populations through health promotion and disease prevention.

The City of Wanneroo (the City) recognises that good health and wellbeing is essential to creating a healthy and vibrant community; acknowledging its role in the promotion of community health and wellbeing as a part of core business. This is achieved through urban planning, the development of social and physical infrastructure, health protection initiatives and community programs which ultimately create safe and healthy environments. These environments promote and support community connectedness and help prevent a range of chronic diseases, positively influencing the identified health and wellbeing needs of the community.

The aim of the City's public health plan is to create a physical, social, economic and cultural environment that supports and promotes health and wellbeing for the whole community in line with a social determinants of health approach. This approach is defined by the World Health Organisation (WHO) as the circumstances, in which people are born, grow up, live, work and age, and the systems put in place to deal with illness. These circumstances are in turn shaped by a wider set of forces: economics, social policies, and politics. The determinants include socio-economic status, employment, education, housing, social support, access to health services, transport, food and addiction. Working across all these environments using a holistic approach has the greatest impact on health and wellbeing.

<sup>1</sup> *The Acheson Report, 1998, London*





## 2. DEVELOPING THE PLAN

### Western Australian Context

This plan has been developed to align with the proposed WA Public Health Bill. This draft legislation provides the policy context for identifying and addressing local health issues relevant to our community and recognises the important role local government has in achieving this. The Bill legislates local governments to provide data based evidence to identify local public health risks and ensure that policies, programs and services address current and emerging public health priorities.

The leading causes of ill-health in the City of Wanneroo correspond closely with the state and national health priorities. The PHP is consistent with global, national and state health frameworks and policies. These include the Public Health Advocacy Institute of Western Australia's guide to developing a local government Public Health Plan, the Western Australian Health Promotion Strategic Framework, and, the Mental Health Commission's Mental Health 2020, Making it personal and everybody's business.

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## Local Context

### DEMOGRAPHICS

The City of Wanneroo is one of the fastest growing Local Governments in WA, located on the northern fringe of the Perth Metropolitan area, approximately 12km from the CBD at its nearest point and 62km at its furthest point. The City encompasses a total land area of about 686 square kilometres, including residential homes, industrial centres, coastal plains, wetlands, market gardens, bushland and wineries. (Figure 2)

### SOCIO-ECONOMIC STATUS

There is a strong link between poor health and socio-economic status. The City of Wanneroo's Socio-Economic Index for Areas (SEIFA) Index of Relative Disadvantage<sup>2</sup> is 1025.5 indicating overall economic security. However, within the City of Wanneroo there are areas of concentrated and significant socioeconomic disadvantage.

### EDUCATION AND EMPLOYMENT

The City of Wanneroo has, in comparison to Greater Perth:

- a higher proportion of people who left school at an early level (Year 10 or less);
- a lower proportion of people who completed Year 12 or equivalent;
- a lower proportion of people holding formal qualifications (Bachelor or higher degree; Advanced Diploma or Diploma; or Vocational qualifications), and,
- a higher proportion of people with no formal qualifications.

In the City of Wanneroo there is a smaller percentage of persons employed as professionals and managers than in Greater Perth. The three most popular occupations are:

- technicians and trades workers,
- clerical and administrative, and
- professionals.

Of its population 95.1% are employed, of which 64% are working full time and 34% part time. Compared to Greater Perth, the City of Wanneroo has a similar proportion of its population in employment, as well as a similar proportion of unemployed (Australian Bureau of Statistics 2011).

<sup>2</sup> The Index of Relative Socio-Economic Disadvantage is derived from attributes such as low income, low educational attainment, high unemployment, jobs in relatively unskilled occupations and variables that reflect disadvantage rather than measure specific aspects of disadvantage (e.g., Indigenous and Separated/Divorced). High scores on the Index of Relative Socio-Economic Disadvantage occur when the area has few families of low income and few people with little training and in unskilled occupations. Low scores on the index occur when the area has many low income families and people with little training and in unskilled occupations. It is important to understand that a high score here reflects lack of disadvantage rather than high advantage, a subtly different concept. To maintain consistency with the other indexes, the higher an area's index value for the Index of Relative Socio-Economic Disadvantage, the less disadvantaged that area is compared with other areas. For example, an area that has a Relative Socio-Economic Disadvantage Index value of 1200 is less disadvantaged than an area with an index value of 900.



Figure 2: Map of the City of Wanneroo

# 3. HEALTH IN THE CITY OF WANNEROO

The leading causes of death in the City of Wanneroo are cardiovascular disease, cancer and diabetes, and the leading chronic health conditions are diabetes, heart disease, mental health problems, arthritis and cancer. These correspond with the rest of Australia.

The growing prevalence of chronic disease is caused by many factors including poor diet, smoking and physical inactivity. The Western Australian Health Department found that in Wanneroo, there is a higher number of smokers, greater alcohol intake at harmful levels, higher levels of physical inactivity, unhealthy eating and mental health issues than Metropolitan WA. In addition 2 in 3 people in the City are overweight or obese, which is higher than both the metropolitan rates and for all Australians (Health and Wellbeing Surveillance System 2011). In summary, in Wanneroo the issues we are currently faced with are illustrated in Figure 3 below.



Figure 3: Health Statistics for the City of Wanneroo

SOURCE: HEALTH AND WELLBEING SURVEILLANCE SYSTEM (HWS), 2002-2011. GOVERNMENT OF WESTERN AUSTRALIA, DEPARTMENT OF HEALTH



## 4. CONCLUSION

Encouraging people to lead healthy lives and providing the resources to help them do so is an immense challenge for all levels of government. The City faces the distinctive challenge of balancing the dynamics of urban areas, rural areas and rapid growth.

The PHP is strongly linked to the City's Strategic Community Plan 2013/14-2023/24. The plan sets as its vision a City which aspires to:

- A sustainable natural, built and healthy environment
- Healthy, safe, vibrant and active communities
- Progressive, connected communities that enable economic growth and employment
- Working with others to ensure the best use of our resources

Strategically the PHP is spread across the objectives of the Community Strategic Plan, ensuring a health promoting framework across the breadth of the City's work.

For further information on the Strategic Community Plan 2013/14-2023/24, visit [www.wanneroo.wa.gov.au/Home](http://www.wanneroo.wa.gov.au/Home).

The PHP acknowledges a range of existing plans within the City that support the health and wellbeing of the community. This Plan acknowledges these and aims to support and build on the current activity of these plans (see below diagram which illustrates how each of the plans supports community wellbeing). In addition the City acknowledges the range of plans being delivered by various organisations and services that also support this work.





## 5. PRIORITIES

The City's rapid growth and infrastructure development has impacted on the health and wellbeing of our community. It is recognised that social infrastructure needs to be developed to support health and wellbeing and build community capacity. Therefore, the City will continue to provide the traditional health roles of reducing harm from disease, ensuring safe drinking water, managing food safety, enforcing legislation to ensure safe housing and controlling mosquitoes and vermin, but it will also take a stronger role in actively building the capacity and wellbeing of their communities to ensure they are strong, healthy and self-reliant. The PHP whilst acknowledging the important role of health protection focuses on City wide public health issues that were identified as priorities. As a result it is the intention of this document to reflect the emerging role of the City regarding public health while recognising that there already exists extensive current activity which positively impacts on the health and wellbeing of the community.

The most significant health priorities for the City were identified through a comprehensive planning process that involved:

- Researching population demographics and health trends of the City;
- Consultation with internal staff, key stakeholders and the community;
- Review of previous community consultation findings; and
- Discussions with a City of Wanneroo working group.

As a result of these processes, the following issues were identified as City wide public health issues to be included in the Plan:

- Mental health
- Food security and nutrition
- Inactive lifestyles
- Harmful drug and alcohol consumption
- Community Safety
- Public transport
- Access to services
- Communicable disease prevention

For each of these issues, a number of strategies and actions have been proposed under the broader priorities of **environmental health protection, chronic disease prevention** and **mental health promotion** to improve health and wellbeing in our community over the next three years.



## 6. ACTION PLAN

A three year action plan has been developed to address the identified priorities. The actions are intended to be inclusive of all population groups.

The PHP will be delivered through the City's projects and programs coordinated by the Healthy Communities team. The Plan will be complemented through partnerships with external stakeholder organisations and the community.

### Evaluation of the PHP

The City will evaluate its work in relation to the identified health priorities and expected outcomes.

The PHP will be monitored on an ongoing basis by:

- Annually reviewing outputs associated with the action plan,
- Updating the health profile as new data becomes available, and
- Reviewing strategies and actions in line with new evidence.

Progress reports will be submitted to Council annually.

After three years the PHP will be evaluated and reviewed and the next PHP developed accordingly.

**Aligning with the Strategic Community Plan, we aspire to: Healthy, safe, vibrant and active communities, supporting the objectives of: Great places and quality lifestyles; Healthy and active people; and, Safe Communities.**

# PRIORITY AREA 1: ENVIRONMENTAL HEALTH PROTECTION

STRATEGY 1: TO PROTECT, PROMOTE AND ENHANCE THE ENVIRONMENTAL FACTORS WHICH IMPACT ON COMMUNITY PUBLIC HEALTH

KEY ACTIONS	KEY OUTCOMES	ROLE OF THE CITY			
		DEVELOPMENT/ COORDINATION	KNOWLEDGE BUILDING	INFLUENCING AND ADVOCACY	PARTNERSHIPS
1.1 Effectively meet the statutory requirements and local laws particularly in the areas of food safety, air, land and noise pollution	<ul style="list-style-type: none"> <li>Number of premises registered and inspected</li> <li>Number of complaints received, investigated and resolved in a timely manner</li> <li>Number of infringements, notices and legal action taken</li> </ul>	●			
1.2 Prevent the spread of infectious disease by, providing and promoting an immunisation service in accordance with the National Immunisation Program Schedule, and the prompt investigation of notifications and outbreaks	<ul style="list-style-type: none"> <li>As a minimum, maintain current immunisation rates</li> <li>Provide pre-school immunisation clinics in areas where the General Practitioners and other medical service providers are not achieving optimum immunisation rates</li> </ul>	●			
1.3 Investigate the long term role of the City in the delivery of the immunisation program	Identification of: <ul style="list-style-type: none"> <li>The long term value for delivery of the immunisation program</li> <li>Identification of opportunities to encourage and promote uptake of immunisations in the community</li> </ul>		●		●
1.4 Continue to keep abreast of emerging environmental health risks. Continue to raise awareness and provide information about a range of public health risks including vector and pest control, domestic and commercial noise, pollution and handling of asbestos	Information and/or links on City website		●		
1.5 Investigate the feasibility of implementing a food safety and healthy choices program for food businesses	Identification of opportunities to implement a food safety and healthy choices program in partnership with Food Businesses in the City.	●	●	●	
1.6 Investigate the opportunity to look at land use planning regarding impact on public health	Identified framework to enable public health impact to be considered during land use planning	●			

# PRIORITY AREA 2: CHRONIC DISEASE PREVENTION

STRATEGY 1: CREATE OPPORTUNITIES THAT ENCOURAGE PEOPLE TO BE ACTIVE AND HEALTHY

STRATEGY 2: SUPPORT THE CREATION OF ENVIRONMENTS THAT ENCOURAGE HEALTHY LIVING

STRATEGY 3: PROVIDE AND SUPPORT A RANGE OF QUALITY FACILITIES AND SERVICES THAT HAVE A POSITIVE IMPACT ON HEALTH AND WELLBEING

KEY ACTIONS	KEY OUTCOMES	ROLE OF THE CITY			
		DEVELOPMENT/ COORDINATION	KNOWLEDGE BUILDING	INFLUENCING AND ADVOCACY	PARTNERSHIPS
2.1 Work in partnership to improve dissemination of and access to information regarding healthy eating	<ul style="list-style-type: none"> <li>Increase in the number of healthy lifestyle initiatives within the City</li> </ul>		●		●
2.2 Work in partnership to improve dissemination of and access to information regarding physical activity	<ul style="list-style-type: none"> <li>Increase in the number of healthy lifestyle initiatives within the City</li> </ul>		●		●
2.3 Increase awareness of City parks, trails and public open spaces as a means to improving health and wellbeing	<ul style="list-style-type: none"> <li>Action plan to address awareness developed and implemented</li> </ul>		●		
2.4 Review current City policies and procedures with regard to the inclusion of active design principles	<ul style="list-style-type: none"> <li>New and/or existing policy reflects active design principles</li> </ul>	●			
2.5 Increase community awareness of health risks and identify opportunities for fostering healthy lifestyles	<ul style="list-style-type: none"> <li>Information and/or links on City website health and wellbeing section</li> <li>Facebook updates &amp; Events calendar</li> <li>Increase in health education materials available across the City</li> <li>Increase in delivery of health information activities at events and programs</li> </ul>		●		
2.6 Investigate the need for a harm minimisation strategy for the community related to drugs and alcohol	<ul style="list-style-type: none"> <li>Review data on alcohol and drug related harm to establish the extent of issues and high risk areas within the City</li> </ul>	●			
2.7 Contribute to the development of the transport plan in relation to impact on public health	<ul style="list-style-type: none"> <li>Public Health impact addressed throughout the plan</li> </ul>		●		●
2.8 Support the community in the development of local food initiatives by: <ul style="list-style-type: none"> <li>Establishing the City's position on community gardens,</li> <li>Review existing policy regarding nature strips (verges)</li> </ul>	<ul style="list-style-type: none"> <li>Development of guidelines for the establishment of community gardens</li> <li>Policy amendment to incorporate a healthy eating approach to nature strips</li> </ul>	●	●		

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KEY ACTIONS	KEY OUTCOMES	ROLE OF THE CITY			
		DEVELOPMENT/ COORDINATION	KNOWLEDGE BUILDING	INFLUENCING AND ADVOCACY	PARTNERSHIPS
2.9 Develop a City-wide policy on smoking	<ul style="list-style-type: none"> <li>• Policy adoption</li> <li>• Implementation of appropriate smoke free signage</li> <li>• 'Smoke free' sponsored events</li> </ul>	●	●	●	
2.10 Develop a healthy food and beverage policy for City programs and events	<ul style="list-style-type: none"> <li>• Policy adoption</li> </ul>	●	●	●	
2.11 Facilitate and promote smoking cessation programs for City residents	<ul style="list-style-type: none"> <li>• Partnership with appropriate external agencies to provide programs</li> </ul>		●		●



# PRIORITY AREA 3: MENTAL HEALTH PROMOTION

STRATEGY 1: PROVIDE SUPPORTIVE SOCIAL ENVIRONMENTS FOR POSITIVE MENTAL HEALTH

STRATEGY 2: STRENGTHEN COMMUNITY ENGAGEMENT BY PROVIDING OPPORTUNITIES FOR PARTICIPATION IN COMMUNITY ACTIVITIES

STRATEGY 3: PROMOTE A SENSE OF SAFETY IN THE REGION

KEY ACTIONS	KEY OUTCOMES	ROLE OF THE CITY			
		DEVELOPMENT/ COORDINATION	KNOWLEDGE BUILDING	INFLUENCING AND ADVOCACY	PARTNERSHIPS
3.1 Establish the role of the City regarding mental health promotion that is consistent with the National Mental Health Policy 2008 and "The Roadmap for National Mental Health reform 2012-2022"	<ul style="list-style-type: none"> <li>Amend, where applicable, the City's Community Health and Wellbeing Policy – 2.0 Mental Health Promotion; and</li> <li>Develop an action plan for the City's mental health promotion initiatives</li> </ul>	●	●		
3.2 Work with stakeholders to create a welcome resource for new residents to provide key information regarding local services, programs and facilities	<ul style="list-style-type: none"> <li>Welcome resource developed</li> </ul>		●		●
3.3 Evaluate the impact of current City community programs and services on mental health	<ul style="list-style-type: none"> <li>Recommendations regarding improvements to programs and services to address mental health promotion</li> </ul>		●		●
3.4 Contribute to the development and implementation of the Community Safety and Crime Prevention Plan for the City	<ul style="list-style-type: none"> <li>Public Health impact addressed throughout the Community Safety and Crime Prevention Plan for the City</li> </ul>		●		●



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