



TOWN OF
VICTORIA PARK

Healthy Vic Park Plan

2017 – 2022



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Introduction

The Town of Victoria Park recognises that good health is the cornerstone of a happy and connected community and is committed to creating a healthier and more active community. The Healthy Vic Park Plan is a five year strategic document that meets the Town’s legislative obligations for the development of a local Public Health Plan under the WA Public Health Act 2016.

Vision

A happy and healthy community.

Mission

A local environment that provides opportunities for all residents and visitors to achieve and maintain good health and wellbeing.

Promoting community wellbeing is about intervening “to change those aspects of the environment which are promoting ill health, rather than...continuing to encourage individuals to change their behaviours and lifestyles when, in fact, the environment in which they live and work gives them little or no choice or support for making such changes” (Stoneham 2011). This approach acknowledges the “causes of the causes” or the social determinants of health and the importance of a multistrategic and multisectoral approach to address health at a community level.

Social determinants of health



There are a number of national and international examples that show the many different sectors and services that impact on community health and wellbeing. As the tier of government closest to the community, local government plays an important role in supporting and influencing health and wellbeing. In the past this role has been understated, however the range of services that local government deliver help to establish many of the necessary conditions upon which good health and wellbeing is determined.

About Our Plan

The Healthy Vic Park Plan meets the Town’s legislative obligations under the WA Public Health Act 2016, which aims to establish an integrated health and wellbeing planning process that fits into existing planning frameworks and strategies within local government and can support a wider local vision for healthy communities.

The Plan aims to identify the health and wellbeing needs of the community and establish priorities and strategies for a five year period with a focus on the following key areas:

Healthy places and spaces

- To provide healthy places and spaces to encourage and support healthy lifestyle opportunities.

Healthy people and community

- To guide and encourage our community to lead healthier lifestyles through the provision of lifestyle and educational opportunities.

Healthy businesses and events

- To educate and empower our local businesses and events in prioritising the health of our community.

The Plan aligns with the Strategic Community Plan, which forms the basis of the Town’s planning and decision making. The Plan was informed through extensive consultation via the EVOLVE project, which has identified a healthy community as a key priority area for the community’s future.

Town of Victoria Park planning framework



Community Engagement

This plan has been informed by the ideas and feedback gathered from the community, service providers, local organisations and government departments.

This Plan has utilised extensive community engagement through the EVOLVE project which provided input and design of the Strategic Community Plan. An entire engagement plan was completed for the development of the Healthy Vic Park Plan which included a community survey (survey content analysis results can be found in the diagram on the next page), online engagement tools, and input from local health service providers as well as an internal cross functional team. This internal team included environmental health, planners, engineers, human resources, park services, community development and leisure facilities to help develop a centralised, organisational wide approach to public health.

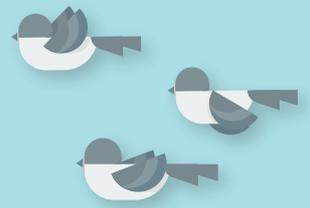
The Plan provides a framework for an integrated and collaborative approach that will support and enhance the community's ability to lead healthy, active and rewarding lives. It is designed to complement rather than duplicate Council's existing planning frameworks and strategies.

The following documents and draft documents have been used to inform and/or complement this plan:

- Strategic Community Plan 2017-2032
- Safer Neighbourhoods Plan 2017-2022
- Events and Place Activation Strategy 2017-2022
- Sport and Recreation Facilities Strategy 2013
- Environmental Plan 2013-2018
- Strategic Asset Management Plans
- Integrated Movement Network Strategy 2013
- Local Emergency Management Arrangements
- Business Continuity Plan
- Climate Change Adaption Plan 2016
- Disability Access and Inclusion Plan 2012-2017

This approach is acknowledged in the WA Public Health Act 2016, which aims to establish a productive health and wellbeing planning process that fits into existing planning frameworks and strategies within local government and can support a wider local vision for healthy communities. To this end, the Act establishes a requirement for local governments to develop an integrated public health plan.





What the community has said...

Over 50% chose the name 'Healthy Vic Park Plan'

— 308 survey responses —

The community rated the following public health priorities as the most important:

1



Parks and public open spaces

2



Infrastructure for walking and cycling

3



Community safety

4



A range of community places and recreation facilities

The community rated the following health risk factors as the most important:

1



Mental ill-health

2



Illicit drug use

3



Physical inactivity/
low exercise levels

4



Harmful alcohol use

What do you do that makes you happy?

Socialising

Exercise

Walking

Dog park/walking

Cycling

Reading

Nature

Gardening

What else would you like to see in your local neighbourhood to support you to be healthy?

Cycling infrastructure

Affordable or free exercise programs

Walking infrastructure

Accessible & affordable healthy food

Nutrition & cooking classes

Exercise equipment & facilities

Walking groups

Public open space

Where do you go to be active?

Swan River

Local area

Local parks

Aqualife

Leisurelife

Local gym

Health Profile

Population Overview

The population of the Town of Victoria Park is 38,450 (ABS Estimated Resident Population, 2015). Aboriginal people account for 1.6 per cent of the area's population, which is lower than the state average of 3.1 per cent. Compared to Greater Perth, there is a smaller proportion of people who speak English only (65.9% compared to 77.8% in Greater Perth), and a larger proportion of those speaking a non-English language, either exclusively, or in addition to English (25.6% compared to 16.6% in Greater Perth). The dominant language spoken at home, other than English, in the Town of Victoria Park was Mandarin (3.4% compared to 1.5% for Greater Perth).

Socio-Economic Status

The socio-economic indexes for areas (SEIFA) scores are made up of four indices which summarise a variety of social and economic variables such as income, educational attainment, employment and number of unskilled workers. SEIFA scores are based on a national average of 1000 and areas with the lowest scores are the most disadvantaged. Based on 2011 Census data, the Town of Victoria Park had a SEIFA Index of Relative Socio-Economic Disadvantage score of 1021. Table 1 shows the SEIFA scores for each suburb in the Town of Victoria Park.

Table 1: SEIFA Index of Disadvantage scores by suburb, Town of Victoria Park, 2011

Suburb	SEIFA score	Usual resident population
Bentley*	895	9,296
Burswood	1077	2,033
Carlisle	1001	5,960
East Victoria Park	1031	9,036
Kensington*	1076	4,461
Lathlain	1060	3,035
St James*	994	4,530
Victoria Park	1043	8,543
Welshpool*	N/A	N/A

Source: ABS (2011). Socio-economic Indexes for Areas (SEIFA).

Notes:

*The suburbs of Bentley, St James and Welshpool are split between Victoria Park and Canning Local Government Authorities (LGAs); the suburb of Kensington is split between Victoria Park and South Perth LGAs.

N/A = SEIFA data not available

Health and Wellbeing Snapshot

The Town of Victoria Park Health and Wellbeing Profile document does identify its limitations based on number of people surveyed, local government boundaries and the minimal number of years necessary to make up a sufficient sample size. Therefore, it is important to be cautious when comparing the data over time and across local government areas (South Metropolitan Public Health Unit, 2016.)

The National Health Priority Areas (NHPAs) are diseases and conditions that the Australian Government focuses on because they contribute significantly to the burden of illness and injury in the community and there is potential to reduce their burden. There are nine NHPAs, most of which are chronic health conditions. Table 2 presents the prevalence of self-reported doctor-diagnosed conditions (including most of the NHPAs) in Victoria Park LGA.

Table 2 shows self-reported doctor-diagnosed conditions in Victoria Park LGA comparative to the state average (listed in the last column as WA.)

Table 2: Prevalence of self-reported doctor-diagnosed conditions for persons ages 16 years and over, Victoria Park LGA and WA, 2009 – 2014.

Condition	Victoria Park LGA		WA
	Persons (%)	Estimated population	Persons (%)
Diabetes	3.8	1,228	6.0
Heart disease	4.6	1,504	5.9
Cancer (excluding skin cancer)	3.5	1,151	5.2
Current asthma	*6.0	1,954	8.4
Stroke	*1.6	529	1.7
Arthritis	13.4	4,345	19.3
Osteoporosis	*3.3	1,084	4.6
Injury (a)	21.9	7,126	23.1
Current mental health problem (b)	9.4	3,028	14.3
Current respiratory problem (c)	*0.6	194	2.0

Source: WA Health and Wellbeing Surveillance System, Epidemiology Branch, Department of Health WA.

Notes:

*Prevalence estimate has a relative standard error between 25 per cent and 50 per cent and should be used with caution.

- (a) Injury in the last 12 months requiring treatment from a health professional.
- (b) Diagnosed with depression, anxiety, stress-related or other mental health condition in the past 12 months by a doctor.
- (c) Respiratory problem other than asthma that has lasted 6 months or more, e.g. bronchitis, emphysema, or chronic lung disease.

There are a number of risk factors that can have a significant effect on health. These include behavioural, biomedical, social and environmental risk factors. Table 3 outlines prevalence of some behavioural risk factors for Victoria Park LGA. Compared to WA, a higher proportion of Town of Victoria Park residents eat less than the recommended intake of fruit and vegetables

Table 3. Prevalence of lifestyle risk factors for adults (aged 16 and over), Victoria Park LGA and WA, 2009 – 2014.

Risk factor	Victoria Park LGA		WA
	Persons (%)	Estimated population	Persons (%)
Currently smokes	14.9	4,854	14.4
Never smoked (or smoked <100 cigarettes)	64.4	20,912	59.5
Eats less than 2 serves of fruit daily	51.0	16,574	47.8
Eats less than 5 serves of vegetables daily	91.0	29,587	89.0
Risky/high risk drinking for long term harm (a)	29.5	9,587	33.8
Risky/high risk drinking for short term harm (b)	*8.4	2,722	14.5
Insufficient physical activity (c)	32.1	10,252	36.8

Source: WA Health and Wellbeing Surveillance System, Epidemiology Branch, Department of Health WA.

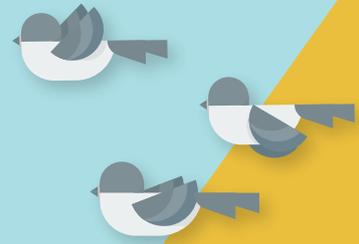
Notes:

- (a) As a proportion of all adult respondents 16 years and over. Drinks more than 2 standard drinks on any day. Any alcohol consumption by persons 16 or 17 classified as high risk.
- (b) As a proportion of all adult respondents 16 years and over. Drinks more than 4 standard drinks on any day. Any alcohol consumption by persons 16 or 17 years classified as high risk.
- (c) Completes less than 150 minutes of physical activity per week (adults 18+ years).





TOWN OF VICTORIA PARK



Source: Western Australian Health and Wellbeing Surveillance System: Town of Victoria Park self-reported measures of health and wellbeing for adults 2009 – 2014.

Produced in consultation with East Metropolitan Health Service, Community and Population Health Services.



21.7%
adults are obese



38.8%
adults are overweight



32.1%
adults are not active enough



14.9%
adults currently smoke

Lifestyle Risk Factors



60.5%
adults are overweight and/or obese



91%
adults eat less than five serves of vegetables daily



29.5%
adults drink alcohol at risky/high-risk levels for long-term harm



51%
adults eat less than two serves of fruit daily

Table 4 outlines prevalence of key biomedical risk factors for Victoria Park LGA. Compared to WA, a higher proportion of Town of Victoria Park residents have current high blood pressure.

Table 4. Prevalence of physiological risk factors for adults (aged 16 years and over), Victoria Park LGA and WA, 2009 – 2014.

Risk factor	Victoria Park LGA		WA
	Persons (%)	Estimated population	Persons (%)
Current high blood pressure	18.0	5,850	16.4
Current high cholesterol	14.7	4,762	18.6
Overweight (a)	38.8	12,621	39.6
Obese (a)	21.7	7,044	27.1

Source: WA Health and Wellbeing Surveillance System, Epidemiology Branch, Department of Health WA.

Notes:

(a) BMI of 25 to <30 = overweight; BMI of 30+ = obese. Self-reported height and weight have been adjusted for under-reporting (i.e. over-estimating of height and under-estimating of weight).

The leading causes of death in the Town of Victoria Park are cardiovascular disease, cancer, diabetes and dementia (South Metropolitan Public Health Unit, 2016).

Mental health conditions, including depression and anxiety, are associated with higher rates of death, poorer physical health and increased exposure to health risk factors. Table 5 provides local data for psychosocial risk factors. Mental health problems are on the rise in Australia and worldwide. People who are mentally healthy are able to cope with life stressors, have reduced risk of becoming mentally ill and are able to contribute to the community, professionally and personally (Mentally Healthy WA 2017).



Table 5. Prevalence of psychosocial risk factors for adults (aged 16 years and over), Victoria Park LGA and WA, 2009 – 2014.

Risk factor	Victoria Park LGA		WA
	Persons (%)	Estimated population	Persons (%)
High/very high psychological distress	7.7	2,506	7.9
Lack of control over life in general (a)	*4.6	1,485	4.3

Source: WA Health and Wellbeing Surveillance System, Epidemiology Branch, Department of Health WA.

Notes:

*Prevalence estimate has a relative standard error between 25 per cent and 50 per cent and should be used with caution.

(a) Often or always feels a lack of control over life in general.

Additional relevant health statistics include Victoria Park LGA has low participation in cervical cancer screening in comparison to the metro area and state (49.1% compared to 62.7% for metro area and 61.7% WA). Immunisation rates are also slightly lower than WA rates, with 83.2% of 60-<63month olds fully immunised compared to 86.5% for WA (WA Health and Wellbeing Surveillance System, Epidemiology Branch, Department of Health WA).



Evaluation of our plan

The Healthy Vic Park Plan will be formally reviewed annually in accordance with the Public Health Act 2016. The annual review and report will be prepared and submitted by Town of Victoria Park staff to the Chief Health Officer when required by the WA Department of Health.

The cross functional team will continually assess and monitor the Plan and action plan based on statistical updates of our local health profile as well as new trends and evidence.

The major objective of this plan is to improve and enhance our community's health. This objective will be measured and assessed annually by the following outcomes:

- A community with more access, awareness and satisfaction of local opportunities, measured through community feedback and defined criteria (i.e. Community Perception Survey results, program and facility attendance rates, Walkability Index, etc.)

- Delivery and evaluation of success measures from the action plan defined in the appendices.
- Contribution to improving the local health and wellbeing status while being mindful of the limitations of these statistics as defined earlier in this document in the Health and Wellbeing Snapshot section.

A formal review of this plan may need to be completed to ensure our local plan complies and is consistent with the State Public Health Plan, once the state plan is developed.

After five years the plan will be evaluated and reviewed fully. Then the next Public Health Plan will be developed according to the needs of our local community, the State Public Health Plan and the legislative requirements of the Act.



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Mentally Healthy WA (2017). Keeping Mentally Healthy. Online fact sheet, available at: actbelongcommit.org.au/images/keeping_mentally_healthy.pdf

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Public Health Advocacy Institute of WA and Stoneham and Associates (2011). Public Health Planning: A guide to developing a local government public health plan. Perth, Western Australia.

South Metropolitan Public Health Unit (SMPHU) (2016). Town of Victoria Park Health and Wellbeing Profile. May 2016.

WA Health and Wellbeing Surveillance System, Epidemiology Branch, Department of Health WA.

WA Primary Health Alliance & Curtin University (2016). Population Health Needs Assessment Perth South PHN.



Appendix one

Action plan

Key Area: Healthy Places and Spaces

Objectives: To provide healthy places and spaces to encourage and support healthy lifestyle opportunities.

Community Vision As a Vic Park resident...	Actions	When?					Responsible Service Unit
		2017 -2018	2018 -2019	2019 -2020	2020 -2021	2021 -2022	
There's a green space for me.	1. Maintain active and passive parks, playground and additional public open space.	✓	✓	✓	✓	✓	Parks Parks Future Life
	2. Enhance existing public open space by utilising best practice methods such as the Healthy, Active by Design Framework.	✓	✓	✓	✓	✓	Parks Active Life Project Management
	3. Develop (2018 – 19) and implement a Public Open Space Strategy.		✓	✓	✓	✓	Parks Future Life
There's a leisure centre for me.	1. Maintain and provide the Aqualife and Leisurelife Centres for our local community.	✓	✓	✓	✓	✓	Aqualife Sporting Life Assets
	2. Maximise the sustainability and use of the leisure facilities through the implementation of the recommendations from the Commercial Viability Project.	✓	✓	✓	✓	✓	Aqualife Sporting Life Assets Parks
There's a healthy way for me to get around my community.	1. Develop (2017-18) and implement a Bike Plan for the Town.	✓	✓	✓	✓	✓	Street Improvement Project Management
	2. Deliver on the actions identified in the Integrated Movement Network Strategy.	✓	✓	✓	✓	✓	Street Improvement
	3. Provide and maintain street lighting.	✓	✓	✓	✓	✓	Street Improvement
	4. Promote active transport methods for schools and the wider community.	✓	✓	✓	✓	✓	Street Improvement Active Life

There are healthy future plans for my community.	1. Develop (2017-18) and implement a Local Planning Strategy to create a comprehensive and strategic direction for our growing community.	✓	✓	✓	✓	✓	Future Life Built Life
	2. Review the Local Planning Scheme.	✓	✓	✓	✓	✓	Future Life Urban Planning
	3. Develop (2017-18) and implement the Social Infrastructure Plan.	✓	✓	✓	✓	✓	Community Life
	4. Ensure health is considered and incorporated into new and reviewed plans and policies.	✓	✓	✓	✓	✓	Active Life Future Life
I live in a safe and secure community.	1. Develop and implement Safer Neighbourhoods Plan.	✓	✓	✓	✓	✓	Neighbourhood Enrichment
	2. Provide advice around prioritising council projects in crime and safety hot spots.	✓	✓	✓	✓	✓	Neighbourhood Enrichment
	3. Implement Crime Prevention Through Environmental Design (CPTED) principles in structure plans, local development plans and development assessments.	✓	✓	✓	✓	✓	Future Life Urban Planning Neighbourhood Enrichment
	4. Promote and influence behavioural change around the misuse of alcohol, tobacco and illicit drugs.	✓	✓	✓	✓	✓	Neighbourhood Enrichment Active Life
There is healthy air, water and land for me to recreate and live.	1. Implement environmental health and disease prevention strategies and legislation to protect and enhance the health of our community.	✓	✓	✓	✓	✓	Environmental Health Active Life Communications Neighbourhood Enrichment
	2. Implement and adhere to legislative requirements as defined in the Food Act, Environmental Protection Act, Noise Act, Waste Management Act and Emergency Management Act.	✓	✓	✓	✓	✓	Environmental Health
	3. Implement actions contained within the Climate Change Adaptation Plan.	✓	✓	✓	✓	✓	Parks
	4. Encourage and support smoke free environments for council owned facilities, local businesses and community groups.	✓	✓	✓	✓	✓	Active Life Environmental Health

<p>There are environmentally friendly and sustainable living areas for me.</p>	1. Review, develop (2018 – 19) and implement the Environmental Plan.	✓	✓	✓	✓	✓	Parks
	2. Support local community gardens.	✓	✓	✓	✓	✓	Parks Active life
	3. Explore new environmental strategies, including verge gardens, urban orchards and sump repurposing.	✓	✓	✓	✓	✓	Parks Active life
	4. Partner with businesses and community groups to promote community connectedness through environmental sustainability initiatives.	✓	✓	✓	✓	✓	Parks
<p>There are activated and exciting urban spaces for me to socialise with others.</p>	1. Develop (2017-18) and implement a Laneway Activation Strategy.	✓	✓	✓	✓	✓	Future Life Urban Planning Project Management Office
	2. Continue implementing the Albany Highway Activation Strategy (AHA!).	✓	✓	✓	✓	✓	Project Management Office Future Life
	3. Incorporate activated urban spaces in any local structure plans and local development plans.	✓	✓	✓	✓	✓	Future Life

Key Area: Healthy People and Community

Objectives: To guide and encourage our community to lead healthier lifestyles through the provision of lifestyle and educational opportunities.

Community Vision As a Vic Park resident...	Actions	When?					Responsible Service Unit
		2017 -2018	2018 -2019	2019 -2020	2020 -2021	2021 -2022	
There are exercise programs for me.	1. Deliver and support programs and initiatives that encourage a physically active lifestyle.	✓	✓	✓	✓	✓	Active Life Leisurelife/Aqualife
	2. Deliver programs and initiatives that encourage the use of active transport including Your Move.	✓	✓	✓	✓	✓	Street Improvement Active Life Leisurelife/Aqualife
	3. Partner, link and support local and state physical activity programs.	✓	✓	✓	✓	✓	Active Life Leisurelife/Aqualife Communications Neighbourhood Enrichment Library Project Management
	4. Support organised sport and recreational clubs.	✓	✓	✓	✓	✓	Active Life Neighbourhood Enrichment Leisurelife/Aqualife
I have the opportunity to learn about healthy eating.	1. Deliver event, programs and initiatives that encourage healthy eating.	✓	✓	✓	✓	✓	Active Life
	2. Partner, link and support local and state nutrition programs and campaigns in line with the Australian Dietary Guidelines.	✓	✓	✓	✓	✓	Active Life Leisurelife/Aqualife Neighbourhood Enrichment Library Communications Project Management

<p>I am connected and supported by my community.</p>	<p>1. Deliver programs and initiatives that encourage resilience and positive mental health.</p>	✓	✓	✓	✓	✓	Neighbourhood Enrichment Active Life
	<p>2. Engage and partner with community to implement local capacity building initiatives.</p>	✓	✓	✓	✓	✓	Neighbourhood Enrichment Active Life Project Management
	<p>3. Partner, link and support local and state mental health programs and initiatives.</p>	✓	✓	✓	✓	✓	Active Life Neighbourhood Enrichment Leisurelife/Aqualife Communications Library Project Management
	<p>4. Link and foster socially inclusive opportunities for all residents, including culturally and linguistically diverse community members, Aboriginal people, seniors, people with a disability, youth with complex needs and young families.</p>	✓	✓	✓	✓	✓	Neighbourhood Enrichment Active Life Library Leisurelife/Aqualife Project Management
<p>There are ways to connect and learn for me.</p>	<p>1. Maintain and monitor use of Town of Victoria Park website and social media pages to incorporate promotion of health and wellbeing initiatives and messages.</p>	✓	✓	✓	✓	✓	Active Life Communications Environmental Health Library

Key Area: Healthy Business and Events

Objectives: To educate and empower our local businesses and events in prioritising the health of our community.

Community Vision As a Vic Park resident...	Actions	When?					Responsible Department
		2017 -2018	2018 -2019	2019 -2020	2020 -2021	2021 -2022	
There are social events for me.	1. Deliver events that create community connectedness and cohesion.	✓	✓	✓	✓	✓	Neighbourhood Enrichment Active Life Library Project Management
	2. Promote and encourage premier public events in the local community.	✓	✓	✓	✓	✓	Neighbourhood Enrichment Economic Development Communications
My local government leads by example when it comes to being a healthy business.	1. Review (2018 – 19) and implement changes to the staff wellness program.	✓	✓	✓	✓	✓	Human Resources Active Life
	2. Review (2018 – 19) and implement catering best practice for internal and external meetings and events.	✓	✓	✓	✓	✓	Active Life Neighbourhood Enrichment Functions Coordinator
	3. Deliver and continually review actions within the internal travel plan.	✓	✓	✓	✓	✓	Street Improvement Active Life Human Resources
	4. Increase the profile and external funding of health promotion within the Town of Victoria Park.	✓	✓	✓	✓	✓	Active Life
	5. Ensure health is considered and incorporated into new and reviewed plans and policies.	✓	✓	✓	✓	✓	Human Resources Active Life
There's a healthy and safe food option for me.	1. Offer healthy eating alternatives at events.	✓	✓	✓	✓	✓	Environmental Health Neighbourhood Enrichment Active Life
	2. Monitor and educate food business around food safety initiatives.	✓	✓	✓	✓	✓	Environmental Health
	3. Work directly with and support food businesses and outlets to provide healthy food options.	✓	✓	✓	✓	✓	Environmental Health Active Life Economic Development







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