

Town of Victoria Park

Public Health and Wellbeing Impact Report

2025–2026

WE'RE OPEN VIC PARK

TOWN OF VICTORIA PARK

2025-26 ANNUAL IMPACT REPORT
PUBLIC HEALTH & WELLBEING

Good health and wellbeing is the cornerstone of a happy and thriving community.

As the closest level of government to our community, we play an essential role in supporting the health and wellbeing of our residents.

Public health outcomes are guided by social determinants of health, including education, income, housing, and access to healthcare. Determinants of health in a community may be assessed by considering:

- Features of community and socioeconomic life
- Modifiable health behaviours and
- Aspects of the environment in which people live.

Based on this research, the Town uses the following evaluation framework.

PILLAR	OBJECTIVE	MEASURES
Healthy & Active	A Town that empowers and enables its community to achieve optimal mental, physical, and social wellbeing.	• Opportunities for physical activity • Capacity to seek and provide mental health support • Opportunities to learn about healthy lifestyle choices
Empowered & Connected	A Town that enables social connection and embraces equity, diversity, and inclusion in the community	• Opportunities to use modes of active transport • Opportunities for increasing community connection and belonging • Volunteering opportunities
Safe & Resilient	A Town that is adaptable and resilient to change and dedicated to a safe and sustainable community	• Improved perception of safety • Opportunities to learn about environmental sustainability • Capacity to provide support to vulnerable community members



Highlights 2025- 2026



Click here to view all 2025/26 outputs

Healthy and Active

8% increase in total visitations to Leisurelife and Aqualife
14% increase in weekly physical activity levels
Improvements since 2024 in self-reported personal health and nutrition

Programming for a range of audiences:
Walking groups for seniors and parents; Post natal and Family Fitness; Strength For Life; Self defence for youth, nom! FoodBank for parents and youth, children and youth skatepark coaching clinics, yoga in the park, Have-A-Go days, gym challenges, active photography, cook-book club, men's health, blender bike activations and physical literacy programs.

949 people participated in Mental Health Week activities

Empowered and Connected

Active transport is promoted through increasing access to safe bike paths and delivering walking group sessions for a variety of participants.

Deliverables within the Reconciliation, Inclusion, Youth & Diversity and Safer Neighbourhoods portfolios promote **social connection** and wellbeing.

Community grant funding, Operating Subsidies and Peppercorn Leases **support community organisations to amplify their impact**.

Safe and Resilient

Provision of the Town's Rangers and engagement of an Outreach Service support **safe streets and spaces**.

The resilience of our **natural environment** is the focus of deliverables in the Urban Forest Strategy.

People in need and experiencing homelessness are the focus of deliverables in the Homelessness Implementation Plan.

Highlights 2025- 2026



McCallum Park Skate Clinics

We delivered a series of Skate Clinics so that young people in the Town of Victoria Park could feel more confident and included in skatepark settings.

- **100%** of respondents rated the clinics as Excellent.
- Survey respondents rated their feeling of being included at **96%.**
- The range of sessions was inclusive of girls, gender diverse individuals, and all genders.
- Strong female participation was recorded in skateboarding (40-50%), scooter (35-50%) and rollerblading/skating (50-60%).



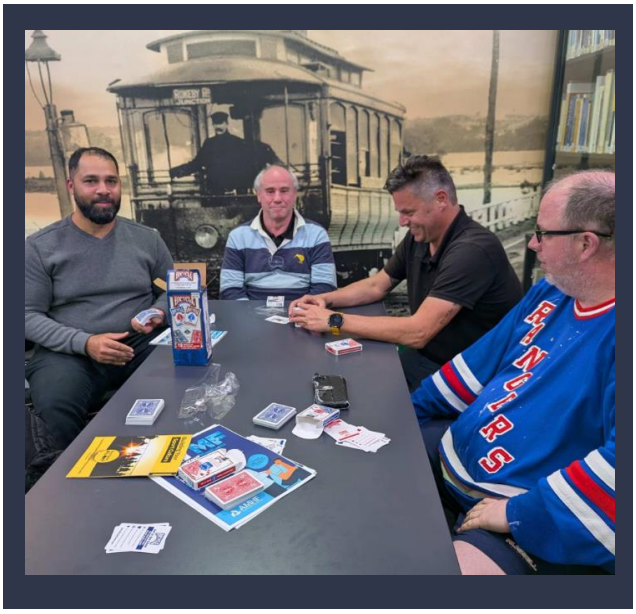
Intergenerational Project

We recruited volunteers to help supervise babies while their mothers participated in our Post Natal and Family Fitness Program.

Survey respondents rated...

- their feeling of being part of the community at **97%**
- the degree to which it had a positive impact on their physical health and wellbeing at **92%**

"Helping new Mums regain their fitness has been a win-win for me. Win 1: The Mums can spend valuable class time less distracted and more hands free. Win 2: I'm able to rock, play, catch smiles and cuddle their beautiful little bubs. "



Men's Health Week

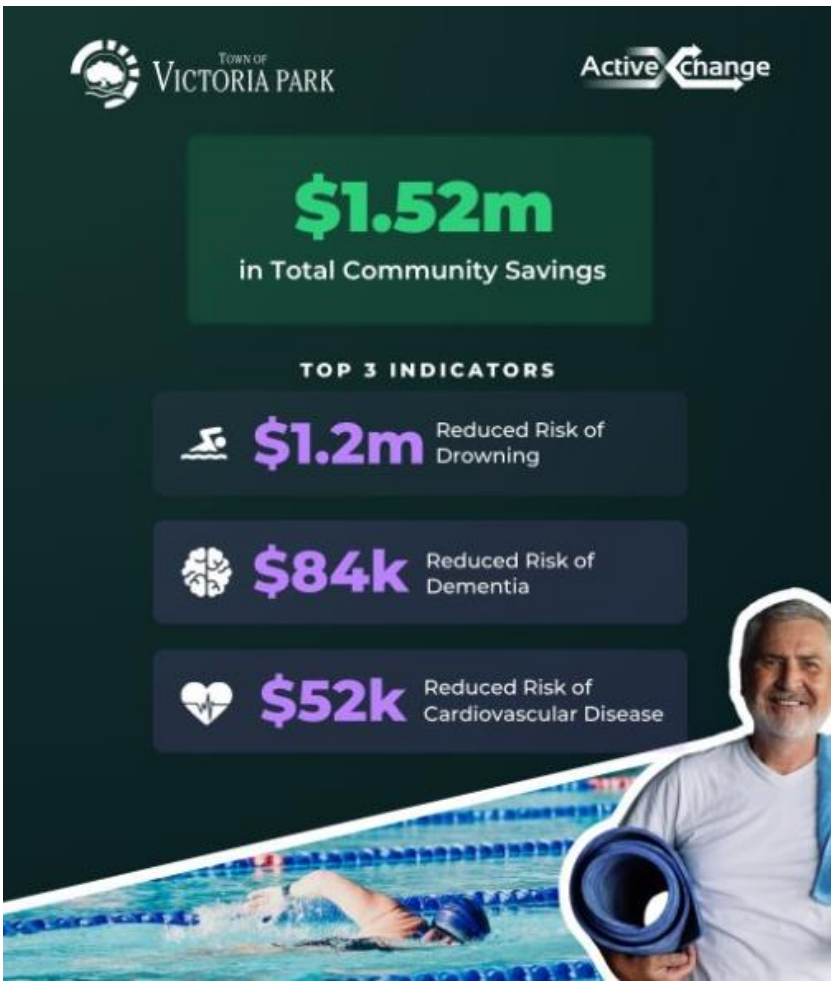
We provided a "Feed and Yarn" session and a Men's Night at the Library to provide opportunities for connection and raise confidence in talking about mental health.

Survey respondents from the Feed and Yarn session rated:

- the positive impact on their health and wellbeing at **95.2%.**
- Their sense of feeling part of the community at **98.8%.**

"The program was very well designed and involved all members to participate. Presenter was very knowledgeable and entertaining."
"Cooking and eating is great to bring people together."

Community Savings 2025-26

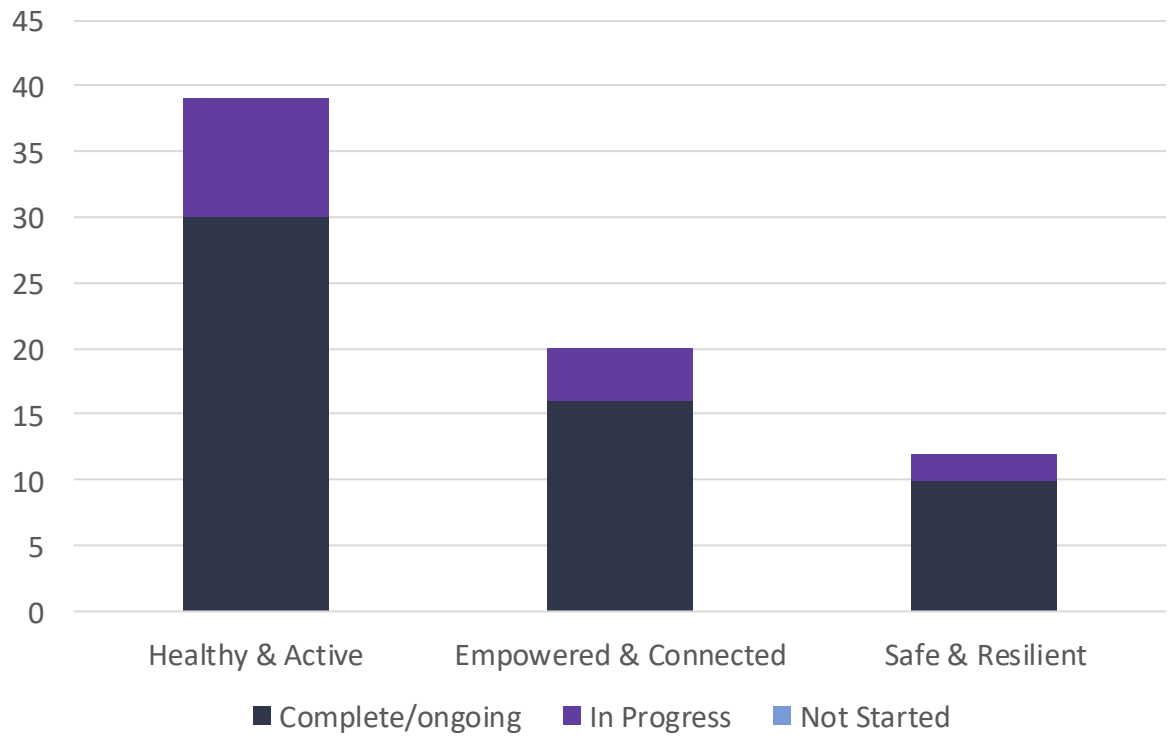


These figures estimate the social and economic value of community swimming, aquatic programs, and gym usage by calculating the healthcare costs and disease risks potentially avoided through participation.

These initiatives, and the resulting savings, are the collective result of both Aqualife and Leisurelife.

The savings are modelled using the ActiveXchange methodology, which links participation data with evidence on health outcomes to estimate reduced risks of drowning, dementia and cardiovascular disease, rather than measuring direct financial savings to the Town.

Public Health and Wellbeing Strategy in Progress 2025-26



Wellbeing Scorecard 2025 Results

The Town of Victoria Park monitors residents' health and wellbeing through regular MARKYT® Wellbeing Scorecards. These scorecards provide insights into how residents are doing and help us understand changes in community wellbeing over time. Below are the Wellbeing Index scores relating to health and wellbeing in the Town, compared to the Industry Averages.

Pillar	Objective	Indicator	Overall Performance Index Score	Industry average
Healthy & Active	Physical activity	Level of physical activity	81% exercise 3+ hours per week Increase of 14% since 2023	66%
	Mental health	Wellbeing index score for mental wellbeing	59 (80% positive rating) Increase of 2 index points since 2023	60
	Healthy lifestyle choices	Diet and Nutrition	63 (86% positive rating) Increase of 2 index points since 2023	60
Empowered & Connected	Active transport	I use local paths and cycleways to commute at least once a month	53% agree	n/a
	Community connection and belonging	I feel like I belong in my local community	64% agree Increase of 2% since 2023	59% agree
	Volunteerism	Involvement in volunteering, supporting social causes or philanthropic projects	58% (21% for causes or projects within the Town of Victoria Park) Overall increase of 3% since 2023	n/a
Safe & Resilient	Perceptions of safety	How safe people feel	73 Increase of 4 index points since 2023	83
	Support for vulnerable community members	I can readily access support and help when needed	65% agree Increase of 9% since 2023 Industry high ★	57%