TOWN OF
VICTORIA PARK

Public Health & Wellbeing Strategy

2023 – 2028

WE'RE OPEN
VIC PARK

Acknowledgement of Country

Ngany kaaditj Noongar moort keny kaadak nidja Wadjak Noongar boodja. Ngany kaaditj nidja Noongar birdiya – koora, ye-ye, boorda, baalapiny moorditj Noongar kaadijtin, moort, wer boodja ye-ye.

We acknowledge the traditional custodians of this land and respect past, present and emerging leaders, their continuing cultural heritage, beliefs and relationship with the land, which continues to be important today.

The Town of Victoria Park recognises the Whadjuk Noongar people as the traditional custodians of the greater Victoria Park area. Its Noongar name is MINDEERA and to the Whadjuk people, MINDEERA is a place that has strong social, spiritual, cultural and historic significance.

Acknowledgement of Diversity

The Town acknowledges that the diversity of our residents is what makes our community unique. Diversity can be reflected in a number of ways including:

- Ethnicity and race
- Disability
- Language
- Gender
- Sexual orientation
- Age and generation
- Socioeconomic status
- Religion, faith, and other beliefs.

This diversity means our business practices need an understanding of how social and cultural background can influence interpretation and participation in the community. We acknowledge these impacts, and we are striving to present all communications to be inclusive and available to everyone.

If you or someone you know needs this document in another format, please call the Coordinator Community Development by emailing admin@vicpark.wa.gov.au or on 9311 8111.

Contents

Mayor's Message

To be completed after presenting to Council for final endorsement.

(1 page)

Background

The Town of Victoria Park's Public Health and Wellbeing Strategy 2023-2028 is a review and update of the Town's Healthy Vic Park Plan 2017-2022 while elevating health and wellbeing to incorporate elements of a community development strategy into an overarching strategic approach.

As the closest level of government to our community, we play an essential role in supporting the health and wellbeing of our residents. Incorporating elements of a community development strategy into the new Public Health and Wellbeing Strategy reduces duplication of planning processes, elevates health and wellbeing across Council, and ensures our commitment to putting planning for the health and wellbeing of our community at the heart of what we do.

Public health planning will soon be a legislative requirement under Part 5 of the *WA Public Health Act 2016* (the Act). As such, the Town's Public Health and Wellbeing Strategy is aligned with the health priorities of State and Federal Government, while meeting the legislative requirements under the Act for a second time. Rather than increase the number of services provided, the statutory requirement by the State is to support local governments in assessing and ensuring resources are used in the most appropriate and efficient way to address the public health needs of our community.

The Town recognises that good health and wellbeing is the cornerstone of a happy and thriving community. Linking to the Town's strategic objectives, as outlined in the Strategic Community Plan 2022-2032 and Corporate Business Plan, the Town's Public Health and Wellbeing Strategy has been developed through extensive community and stakeholder engagement, background research, and review of industry better practice.

This work has informed areas of population health and wellbeing that are priorities to address, community aspirations and strengths, and gaps in service provision and support whilst ensuring commitments are achievable within current service levels and resourcing capability. To reduce duplication of effort and reporting, development of this Strategy has also taken into account the work that the Town and Council already do to foster health and wellbeing more broadly.

The impacts of the global coronavirus (COVID-19) pandemic on the community have been considered when incorporating long-term public health directions for community recovery, as has the continued focus on the **social determinants of health** and health equity.

The Social Determinants of Health

Public health outcomes are guided by the social determinants of health which are the multiple factors that contribute to a healthier life. These include education, income, housing, and access to healthcare. According to the World Health Organization (WHO), the conditions in which a person is born, grows up, lives, works, and ages determine a person's health. In turn, these factors influence a person's opportunity to be healthy, their risk of illness, and life expectancy.

The Australian Institute of Health and Welfare's National Health Performance Framework (2009) states that the health status and determinants of health in a community may be assessed by considering the following:

- Aspects of the environment in which people live
- Features of community and socioeconomic life
- Modifiable health behaviours and
- Biomedical risk factors that are often influenced by risk factors

Diagram: A framework for the determinants of health.

(Source: the Australian Institute of Health and Welfare, 2009)

Community Development

Community development can be defined in many ways; however, the International Association for Community Development (2018) defines Community Development as:

A practice-based profession and an academic discipline that promotes participative democracy, sustainable development, rights, economic opportunity, equality, and social justice, through the organisation, education, and empowerment of people within their communities, whether these be of locality, identity, or interest, in urban and rural settings.

This definition illustrates a set of underpinning values, a purpose, and a set of themes and key practice areas for work that this Strategy supports. The Town embeds these key practices, as well as associated principles, into the work carried out by the Community Development team and throughout the organisation.

The Town plays a key role in empowering our community to grow and develop its strengths, as well as meet its needs and priorities to positively impact health and wellbeing. The Town takes a community development approach when addressing and supporting identified community priorities.

The key purpose of the Town's Public Health and Wellbeing Strategy is:

- *To define the Town's strategic intent and alignment related to health and wellbeing*
- *To take a proactive approach to preventative health with a focus on achieving long-term public health outcomes*
- *To define how the Community Development Team, and wider Town staff will work across identified focus areas*

Strategic Context

International

2030 Agenda for Sustainable Development, United Nations 2015

The 2030 Agenda identifies 17 Sustainable Development Goals (SDGs) that aim to address global challenges which influence health and wellbeing (United Nations, 2020).

Australia is one of 193 countries that signed on to the 2030 Agenda for Sustainable Development and has committed to reporting on the implementation of the goals at least twice between now and 2030. The Town will investigate how SDG outcomes and objectives may be integrated into relevant Council strategies, plans, and policies where materially appropriate.

State

*State Public Health Plan for Western Australia 2019-2024*

Public health planning is soon to be a mandatory requirement under Part 5 of the *Public Health Act* and requires each local government to produce a public health plan which is consistent with the State plan.

The State Public Health Plan identifies three objectives and policy priorities for the State which local governments are to consider and adapt as necessary to reflect the risks prevailing in their local district. These include 1. Empowering and enabling people to live healthy lives; 2. Providing health protection for the community; 3. Improving Aboriginal health and wellbeing.
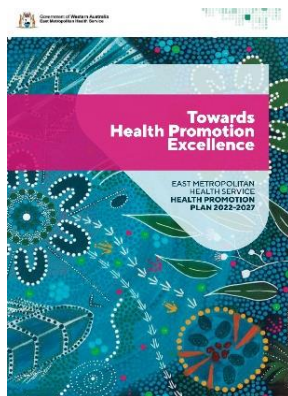
East Metropolitan Health Service Health Promotion Plan 2022-2027

The East Metropolitan Health Service's (EMHS) Health Promotion Plan 2022-2027 influences the way strategies are developed and implemented within their catchment, including the Town Victoria Park.

It is important that the EMHS catchment areas have direct synergies across their Plans to ensure a collaborative approach to improving community health and wellbeing by addressing the leading risk factors and determinants for physical activity, nutrition, alcohol, and smoking.

Integrated Planning and Reporting Framework

WHERE THIS STRATEGY FITS

The Public Health & Wellbeing Strategy 2023–2028 is one of the Town's key informing strategies as part of its Integrated Planning and Reporting Framework, and influences and supports a number of other key documents within the Community Development team as shown in the chart below.

Informing plans

- Long Term Financial Plan
- Workforce Plan
- Asset Management Plan
- Public Health & Wellbeing Strategy
  - Access and Inclusion Plan
  - Reconciliation Action Plan
  - Youth Action Plan
  - Homeless Action Plan
  - Safer Neighbourhoods Plan

- Community vision, aspirations and objectives
- Strategic Community Plan — **12 YEARS**
- **Operational Plans**
- Corporate Business Plan — **4 YEARS**
- Annual Budget — **1 YEAR**
- Place Plans
- Annual Report Monthly Financial Statements
- **Service Provision**

Healthy Vic Park Plan 2017 – 2022 highlights

Much has been achieved by the Town and partners in the health and wellbeing field since 2017. To move forward, it is important to look back. Below are a few highlights.

In 2019, The Town adopted its first ever **Public Open Space (POS) Strategy.** POS provides significant benefits to the community, including provision of amenity to support active sporting pursuits, recreational pastimes, and spaces for community interaction with their environment and engagement with each other. Having a POS Strategy supports beneficial community health outcomes including physical activity, mental wellbeing, and social cohesion. The Town is now delivering on the POS Strategy actions through the Public Places Program.

In 2021, the Town endorsed and implemented a **Smoke-free Workplace Management Practice** that has supported smoke-free environments for Council-owned facilities and helped reduce the negative impact of smoking in our community.

The **Urban Forest Strategy** continues to be delivered through the **Urban Forest Program**, offering planting events, activities, and initiatives to encourage physical activity, health and wellbeing whilst adding to and enjoying our public bushlands, parks, verges, and private gardens. During the first COVID-19 lockdown, the **Urban Forest @ Home Sub-Program** was created to provide residents the opportunity to order free plants for their own garden and help Vic Park residents get through a tough time. Three years later, the program has been a huge success and continues to provide positive health, community, social, and economic benefits for the community.

In 2019, with the support of Department of Transport, the Town installed a series of **wayfinding signs** to connect people between Curtin University and the East Victoria Park and St James Town Centres. The signs encourage active modes of transport options between Albany Highway and Curtin University.

Throughout the Healthy Vic Park Plan, the Town supported Mental Health Week each year and delivered a **community kindness initiative** which encouraged and supported community to pass on random acts of kindness. Specifically in 2021, the Town delivered a community painting day to support the **Blue Tree Project** to spread mental health awareness in the Town.

The Town's **blender bike** was hired out almost 200 times over the five years (including Covid-19 lockdown) for delivery of community initiatives that supported healthy eating and physical activity. Hirers included local schools, community groups, corporate organisations, and for community events.

Who are we?

The Town of Victoria Park is a vibrant, diverse, community-minded urban community located just 10 minutes from Perth's CBD, across the causeway on the south side of the Swan River.

Covering 17.9 square kilometres, it is centred around the bustling main street of Albany Highway.

Precincts

- Burswood Peninsula
- Lathlain
- Burswood South
- Victoria Park
- Carlisle
- Welshpool
- Curtin University & Bentley
- East Vic Park
- St James

TOWN OF VICTORIA PARK

OUR COMMUNITY

(2021 CENSUS OF POPULATION AND HOUSING, AUSTRALIAN BUREAU OF STATISTICS)

38,631 people
(ABS 2022)

LAND AREA
17.92 square km
(ABS 2022)

POPULATION DENSITY
2,156 people per square km
(ABS 2022)

43.9% of people were born overseas

27.8% people do not speak English at home

5% of people are unemployed

1.8% of our community identify as Aboriginal and Torres Strait Islander persons

11.8% of the community are people living with disability and unpaid carers

9,003 families

**16%** of our community are represented by our youth population, aged 12–25 years

14.9% of our community are represented by our senior population, aged 65 years or older

INDEX OF RELATIVE SOCIO-ECONOMIC DISADVANTAGE (IRSD)

A low IRSE score indicates relatively greater disadvantage i.e. many households with low income; many people with no qualifications; or many people in low skill occupations. A high score generally indicates a relative lack of disadvantage.

Burswood
Lathlain
Carlisle
Victoria Park
Kensington
East Victoria Park
St James
Bentley
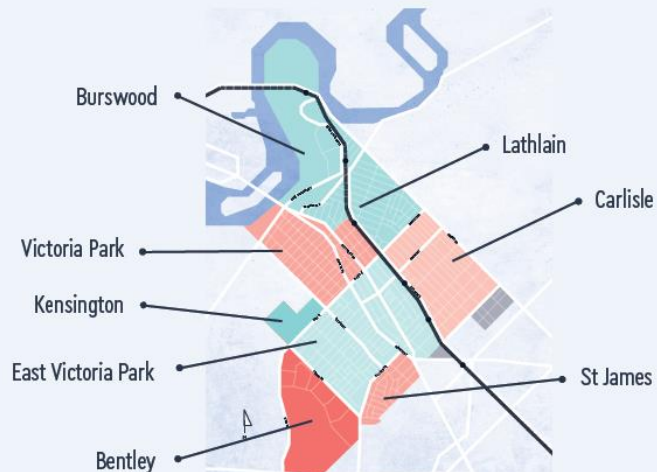
SPLIT INTO 10 EQUAL DECILES –
INDEX OF RELATIVE SOCIO-ECONOMIC ADVANTAGE AND DISADVANTAGE

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
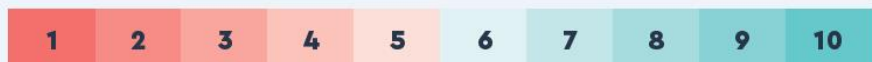
Areas with a Lower Average Socio-Economic Index

Areas with a Higher Average Socio-Economic Index

Priority Populations

The Town celebrates our unique and diverse community and aims to champion equity, diversity, and inclusion. Based on the social determinants of health, our population, our demographics, health priorities and the Town's strategic direction, this Strategy has identified priority populations to assist with focusing efforts on equity and inclusion. The later defined principles, practices and roles, help to define how we plan to support these priority groups throughout the delivery of the Strategy.

Priority groups include:

- ☑ Aboriginal and Torres Strait Islander people
- ☑ Culturally and Linguistically Diverse (CALD) populations
- ☑ LGBTQIA+ population
- ☑ People experiencing family domestic violence
- ☑ People experiencing or at risk of homelessness
- ☑ People from socio-economically disadvantaged backgrounds

- ☑ Families
- ☑ People with disabilities
- ☑ Seniors
- ☑ Women
- ☑ Youth

KEY FINDINGS

This Strategy has been informed by the **281** responses to **Town surveys conducted in two phases, taking in** community, service providers, local organisations and government agencies, as well as findings from a series of recent community engagement opportunities and studies.

We received **4,300** responses from our community on:

▼ 2023 Community Perceptions Survey
▼ 2023 Wellbeing Scorecard
▼ 2022 Safer Neighbourhoods Plan consultation
▼ 2022 Access and Inclusion Plan consultation
▼ 2022 Reconciliation Action Plan consultation
▼ 2020 Strategic Community Plan
▼ 2019 Community Perceptions Survey

We also commissioned these studies:

▼ 2019 Systems Inventory Audit
▼ 2021 Social Needs Analysis Study (SNAS)

You helped us identify these top 10 priority areas:

Community safety and security	Accommodation and homelessness	Mental health	Environmental protection and sustainability
Physical activity	Community connection	Healthier and safer streets	Family and domestic violence
Youth services	Transport, parking, and traffic management		

In our Healthy Vic Park Community Survey, you said we could support your **physical health** by:

1 Investment in infrastructure	2 Physical activity events	3 Improving safety and lighting	4 Affordability	5 Fixed exercise equipment	6 Maintaining/ improving POS's	7 Promotion/ education	8 Canopy coverage

You said in our Healthy Vic Park Community Survey, we could support **community's mental health** by:

1 Community building/connection	2 Safety and security	3 Community mental health services	4 Mental health programs	5 Awareness/ information	6 Canopy coverage/ greening	7 Physical activity opportunities	8 Maintaining/ improving POS's

These community engagement opportunities have identified key areas for action and have informed the three Pillars that are within this Public Health and Wellbeing Strategy.

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Delivering and Embedding

Guiding Principles

The following principles have guided the development of the Public Health & Wellbeing Strategy and associated plans.

Strengths Based
Community and stakeholder assets, strengths and capacities are recognised and built on.

Culturally Safe and Inclusive
Culturally safe and inclusive approaches are used within the work that the Town facilitates, supports, and undertakes.

Evidence Based
An evidenced based approach is used by the Town, with a focus on early intervention to enhance the level and scope of social impact.

Shared Responsibility
Addressing social barriers is a shared responsibility to create an inclusive community. The Town is supportive of creating environments that foster a shared responsibility.

Innovation and Better Practice
The Town seeks innovative ideas and better practice solutions, with health and wellbeing themes and principles integrated into Town policies, procedures, and practices.

Sustainability
Integrating sustainability principles in the Town's approach, resourcing and delivery of health and wellbeing endeavours.

Functions, Roles and Responsibilities

Creating and supporting a healthy, inclusive, and thriving community is everyone's responsibility.

Many of the Town's functions have an impact on health and wellbeing. The Town is committed to using its influence and resources to work proactively within its functions to facilitate and encourage better health outcomes and positive social change across the community. To do this effectively, partnerships are needed with community, local organisations, businesses, and other government agencies.

Functions and responsibilities of the Town include:

Public Infrastructure Planning and Provision

- Footpaths and cycleways
- Street lighting, street furniture and public amenities
- Town buildings
- Parks, urban ecosystems, and public open spaces
- Public realm improvements
- Roads and drainage

Recreational and Cultural Planning and Provision

- Recreation / aquatic facilities and programs
- Health and wellbeing services and programs
- Library and information services and programs
- Community and cultural facilities, events, and programs
- Sporting facilities and programs

Town Planning and Development

- Town planning and development approval
- Environmental planning
- Transport planning
- Strategic planning
- Economic development

Community Development and Planning

- Understanding community profiles
- Connecting community assets, strengths, and resources
- Seeking to influence systems-level change and positive social impact
- Assessing and understanding community priorities and aspirations
- Leadership and advocacy in promoting action on priorities
- Facilitating local partnerships and collaborative approaches
- Supporting service providers, local organisations, and businesses
- Building the capacity and involvement of the community
- Leveraging resources and funding opportunities including grants
- Community arts and events

Regulatory Services

- Building approvals
- Environmental control
- Ranger services

Strategic and Corporate Leadership

- Community Strategic Planning
- Corporate Business Planning
- Organisational development and employment
- Customer service

Key Practice Areas

The Town takes a community development approach when addressing and supporting key focus areas including but not limited to access and inclusion, diversity, health, homelessness, reconciliation, community safety, and youth development.

The International Association for Community Development has established a set of themes and key practice areas for community development work in the *Towards Shared International Standards for Community Development Practice* (2018,17). The Town supports and embraces these themes and key practice areas in order to maximise the likelihood of enhanced health and wellbeing outcomes.

THEMES	KEY PRACTICE AREAS
Values into practice	Understand the values, processes, and outcomes of community development, and apply these to practice in all the other key areas.
Engaging with communities	Understand and engage with communities, building and maintaining relationships with individuals and groups.
Participatory planning	Develop and support collaborative working and community participation.
Organising for change	Enable communities to take collective action, increase their influence and if appropriate their ability to access, manage and control resources and services.
Learning for change	Support people and organisations to learn together and to raise understanding, confidence, and the skills needed for social change.
Diversity and inclusion	Design and deliver practices, policies, structures, and programmes that recognise and respect diversity and promote inclusion.
Leadership and infrastructure	Facilitate and support organisational development and infrastructure for community development, promoting and providing empowering leadership.
Developing and improving policy and practice	Develop, evaluate, and inform practice and policy for community development, using participatory evaluation to inform and improve strategic and operational practice.

Our Role

The Town will adopt multiple roles in the implementation of this Strategy and associated plans. Many of the initiatives supported by the Town are delivered with or for the community in response to a social condition, community connection, aspiration, or emerging priority.

Depending on the degree of support required, the Town may adopt a specified role, which may evolve over time. For example, initial capacity building and community connections may give rise to funding via a grant, and compliance advice to safely deliver an event. The Town may also be required to deliver a service, program, or facility due to gaps in the market and/or being a core function of Local Government (e.g., Library Services).
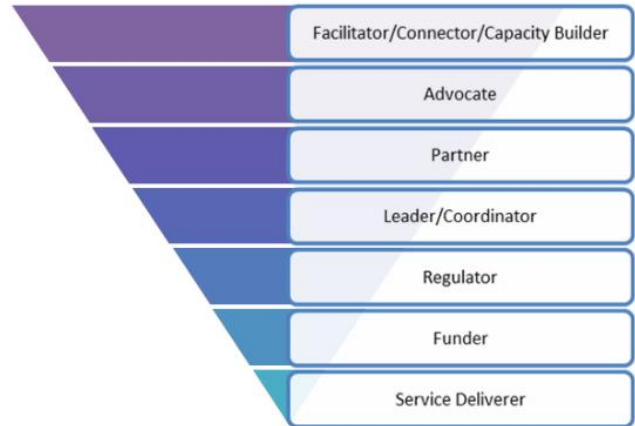
Community groups, residents, business owners, not-for-profits, volunteers, private enterprise, and federal and state government agencies all play an essential role within community development by supporting key priorities areas that enhance the health and wellbeing of our community.

Social Change Model

Town Community Development staff support both internal and external stakeholders to develop and deliver initiatives by utilising the **Social Change Model**. Irrespective of the topic or theme, this model can be used to progress social change at local and systems levels without the need for a specific action plan or strategy. This model embraces the previously outlined roles, by simply shifting function and focus to suit the stage of the Social Change Model, aligned with where the stakeholder is at any time.
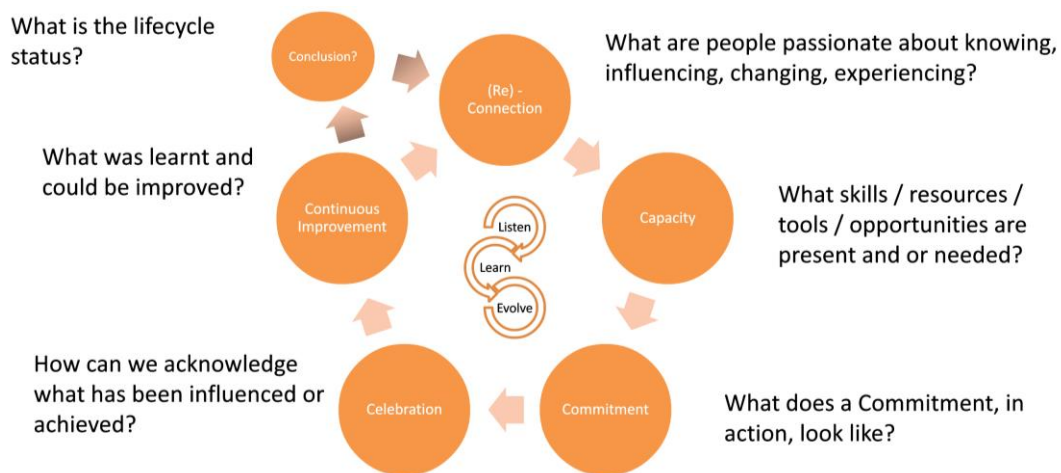
KEY PILLARS

In response to reviewing recent engagement, community health profile data and Town plan/strategies, the following three pillars have been created which will guide our Public Health & Wellbeing Strategy. Whilst aligning with the WA Public Health Plan and Sustainable Development Goals, the pillars capture gaps and opportunities where the Town can have the greatest influence on community health and wellbeing.

Alignment of Town of Victoria Park & WA Public Health Plan		Town of Victoria Park Public Health & Wellbeing Strategy Pillars		
		Pillar 1: Healthy & Active A Town that empowers and enables its community to achieve optimal mental, physical, and social wellbeing.	**Pillar 2: Empowered & Connected** A Town that enables social connection and embraces equity, diversity, and inclusion in the community.	**Pillar 3: Safe & Resilient** A Town that is adaptable and resilient to change and dedicated to a safe and sustainable community.
WA Public Health Plan	**Objective 1:** Empowering & enabling people to live healthy lives	✓	✓	✓
	Objective 2: Providing health protection for the communtity			✓
	Objective 3: Improving Aboriginal health and wellbeing	✓	✓	✓
Sustainable Development Goals*		3 GOOD HEALTH AND WELL-BEING	4 QUALITY EDUCATION / 5 GENDER EQUALITY / 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE / 10 REDUCED INEQUALITIES / 11 SUSTAINABLE CITIES AND COMMUNITIES	11 SUSTAINABLE CITIES AND COMMUNITIES / 13 CLIMATE ACTION

*For more information on the Sustainable Development Goals, visit **sdgs.un.org/goals**

PILLAR 1 – HEALTHY & ACTIVE

A Town that empowers and enables its community to achieve optimal mental, physical, and social wellbeing.

WHY IS IT IMPORTANT IN THE TOWN OF VICTORIA PARK

An **active lifestyle** reduces the risk of cardiovascular disease, some cancers and Type II diabetes. On the other hand, it helps to improve musculoskeletal health, maintain body weight, and improve quality of life and well-being (WHO, 2023). Increasing physical activity will directly contribute to Sustainable Development Goal (SDG) 3, good health and well-being.

Mental health is a significant component of individual and community wellbeing and can have a substantial effect on all areas of life such as school, work, relationships, and ability to participate in the community (WHO, 2023). People with mental health conditions often experience severe human rights violations, discrimination, stigma and are at an increased risk of experiencing other conditions including physical disorders and diabetes. Mental health plays an important role in achieving global development goals, as illustrated by the inclusion of mental health in the SDGs.

Healthy choices is related to lower risk of diabetes and cardiovascular disease, stronger immune systems, and longevity (WHO, 2023). It is essential to promote healthy environments in relation to food and alcohol consumption to help support people to make healthier dietary choices.

WHAT WE KNOW ABOUT OUR COMMUNITY

Physical activity levels

1 in 3 do not meet recommended physical activity levels

More females than males do not meet physical activity guidelines

Alcohol

33.6% of males drink more than 2 standard drinks on any one day

ToVP residents drink on average, more than the State average

Mental health

Between 2015–2019, **1 in 10** ToVP residents were told by a doctor they have a mental health condition

17% females were told by a doctor they have stress-related problems which is 5% higher than the State average

6.3% ToVP residents have been told they have anxiety

Nutrition

57% males ate less than 2 serves of fruit daily

92% males ate less than 5 serves of vegetables daily

1 in 2 females, ate less than 2 serves of fruit daily

83% females ate less than 5 serves of vegetables daily

Current Town Plans, Strategies and Service Delivery that align with Pillar 1

- Community Benefits Strategy
- Funding Programs
- Leisure Facilities
- Library Services
- Public Open Space Strategy and Public Places Program
- Local Planning Strategy
- Literacy and Lifelong Learning Strategy
- Significant Dates Calendar
- Social Infrastructure Strategy
- Urban Forest Strategy and Program

Identified gaps and opportunities for Public Health and Wellbeing Strategy 2023-2028

1. OUR COMMUNITY WILL LIVE ACTIVE LIFESTYLES	1.1 Increasing access to quality spaces that support our community to be physically active
	1.2 Improving community knowledge and understanding about the importance to be physically active
	1.3 Empowering and enabling the community to be more active and remain engaged in sport and physical activity throughout their life
2. OUR COMMUNITY IS MORE MENTALLY HEALTHY	2.1 Increasing community knowledge and understanding of strengthening one's mental health
	2.2 Building community capacity to seek help and support those who need help
	2.3 Supporting and maintaining mentally healthy community spaces
3. OUR COMMUNITY MAKES HEALTHIER CHOICES	3.1 Creating and embedding healthy food and drink management practices in council funded spaces, programs, and events
	3.2 Enabling our community to access nutritious food
	3.3 Improving community knowledge and understanding about the importance of healthy choices for overall health benefits and the environment

PILLAR 2 – EMPOWERED & CONNECTED

A Town that enables social connection and embraces equity, diversity, and inclusion in the community.

WHY IS IT IMPORTANT IN THE TOWN OF VICTORIA PARK

Active transport and infrastructure play a vital role in community health and wellbeing. Lives are becoming increasingly sedentary with motorised transport and the increased use of screens for work, education, and recreation. Evidence shows higher amounts of sedentary behaviour is associated with incidence of cardiovascular disease, cancer, and type II diabetes. The adoption of increased active modes in the Town also allows for improved passive surveillance, healthier communities, and positive environmental outcomes.
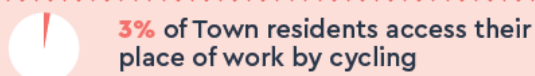
Social connection and wellbeing are important for one's individual health and community health.

When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices and have better mental and physical health outcomes. In turn, a sense of community belonging and supportive and inclusive connections, can help create and trust resilience within communities (CDC, 2023).

Volunteering opportunities and support play an important role in creating a connected, thriving, and vibrant community. Providing and supporting volunteering opportunities for community members, brings social and economic benefits to our community whilst improving a person's mental, physical, and emotional health.

WHAT WE KNOW ABOUT OUR COMMUNITY

Active transport

74% of Town resident's drive/travel by car to access their place of work

4% of Town residents access their place of work by walking

3% of Town residents access their place of work by cycling

Volunteering

16.3% of Town residents volunteer with an organisation or group
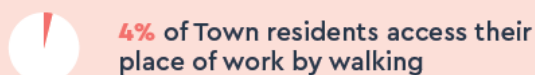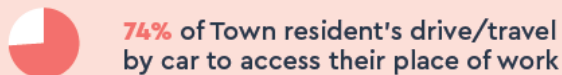
Social connection

People with stronger social bonds have a **50%** increased likelihood of survival than those who have fewer social connections

Social isolation increases your risk of:
Dementia by 50% **Heart disease** by 29% **Stroke** by 32%

The number of volunteers in the Town decreased by **175** people between 2016–2021

In Australia, women aged 35–44 are the most likely group to volunteer

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Current Town Plans, Strategies and Service Delivery that align with Pillar 2

- Access and Inclusion Advisory Group
- Access and Inclusion Plan
- Arts and Culture Plan
- Child and Family Connect Group
- Community Benefits Strategy

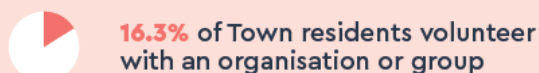- Events Calendar
- Events Strategy
- Funding Programs
- Healthy Relationships Group
- Integrated Transport Strategy and Program
- Literacy and Lifelong Learning Strategy

- Library Services
- Mindeera Advisory Group
- Reconciliation Action Plan
- Significant Dates Calendar
- Young Leaders Group
- Youth Action Plan

Identified gaps and opportunities for Public Health and Wellbeing Strategy 2023-2028

4. OUR COMMUNITY ARE LEADERS IN ACTIVE TRANSPORT AND INFRASTRUCTURE	4.1 Delivering programs and events which promote and support modes of active transport
	4.2 Creating a built environment that prioritises active transport modes around the Town
	4.3 Implementing Town strategies to enable safe, convenient, and enjoyable modes of active transport within the community
5. SOCIAL CONNECTION AND WELLBEING IS STRENGTHENED IN OUR COMMUNITY	5.1 Providing opportunities for community connection and belonging, particularly for community members experiencing social isolation and loneliness, with inclusive and safe programs and events
	5.2 Building community capacity of groups to deliver local initiatives which foster social connection and enhance health and wellbeing
	5.3 Continue to respectfully engage, include, celebrate, and promote Aboriginal and Torres Strait Islander culture and people
6. OUR COMMUNITY HAVE VOLUNTEERING OPPORTUNITIES AND SUPPORT	6.1 Encouraging, supporting, and celebrating volunteering in the community
	6.2 Improving community knowledge and understanding about the health benefits of community volunteering
	6.3 Providing opportunities for resources and initiatives for building community capacity, further education, and community upskilling

PILLAR 3 – SAFE & RESILIENT

A Town that is adaptable and resilient to change and dedicated to a safe and sustainable community.

WHY IS IT IMPORTANT IN THE TOWN OF VICTORIA PARK

Safe streets and spaces provide the platform for everyday experiences and must, therefore, be designed to support health and well-being for all people. Recent community consultation indicated community wish to be able to access and feel safe using public spaces and amenities. Furthermore, streets must offer safe and accessible sidewalks and cycle facilities to support active modes of transport within the community.

Environmentally protected and sustainable environments could prevent almost one quarter of the global burden of disease. Clean air and water, healthy and safe workplaces, preserved nature, and health-supportive community and built environments, are all prerequisites for good health and wellbeing (WHO, 2023).

Accommodation and homelessness support has a large impact on the physical and mental health of those experiencing homelessness and our community. Poor nutrition, poor dental health, substance abuse and mental health problems, are some health problems as a consequence of homelessness. Alternatively, poor physical or mental health can reduce a person's ability to find employment or earn adequate income and can cause a person to become homeless (AIHW, 2022).

WHAT WE KNOW ABOUT OUR COMMUNITY

Safe streets and spaces

Between 2016–2022, **20%** felt less safe in the Town

70% felt unsafe in the Town during 2022

4% felt very safe in the Town during 2022

Risk of death for a cyclist is **4.5 times** greater than a car occupant

decrease speed limits = decrease traffic numbers

Accommodation & homelessness

32 people in the Town experienced homelessness

In 2019, the Town received **approx. 25** homeless related requests

People experiencing homelessness have:
⇩ Decreased physical & mental health outcomes
⇩ Decreased education & employment opportunities
⇩ Decreased quality of life

Environment

1 in 4 of total global deaths are linked to environment conditions

Access to nature with street trees and landscaping can:
⇩ Decrease blood pressure
⇧ Increase emotional health
⇧ Increase psychological health

Current Town Plans, Strategies and Service Delivery that align with Pillar 3

- Climate Emergency Plan
- Economic Development Plan
- Environmental Health Services
- Funding Programs
- Homelessness Policy and Action Plan

- Integrated Transport Strategy and Program
- Local Planning Strategy
- Parks Services
- Public Open Space Strategy and Public Places Program
- Ranger Services

- Safer Neighbourhoods Plan Significant Dates Calendar
- Strategic Waste Management Plan
- Street Lighting
- Youth Action Plan

Identified gaps and opportunities for Public Health and Wellbeing Strategy 2023-2028

7. OUR COMMUNITY HAS SAFE STREETS AND SPACES	7.1 Creating a network of safe places for children and youth within the community
	7.2 Creating and activating public places and areas that are perceived as public with health and wellbeing initiatives to improve safety, crime prevention, and community perceptions of safety
	7.3 Facilitating programs and initiatives to improve perceptions of cyclist and pedestrian safety, and encourage increased modes of active transport
8. OUR COMMUNITY IS ENVIORNMENTALLY PROTECTED AND SUSTAINABLE	8.1 Delivering and supporting environmental programs and events
	8.2 Creating environments which support Healthy Streets to improve community health
	8.3 Building community capacity to make educated choices which consider the environmental impacts on community health and wellbeing
9. OUR COMMUNITY PRIORITISES ACCOMODATION AND HOMELESSNESS SUPPORT	9.1 Increasing our understanding of the barriers our community experiences when accessing accommodation and homelessness services, support, and information
	9.2 Advocating for increased services and support for housing for community members experiencing homelessness and rough sleeping
	9.3 Facilitating initiatives that connect and integrate vulnerable people into our communities.

Implementation, Monitoring and Evaluation

Theory of Change

What is a Theory of Change?

A Theory of Change (TOC) is a tool used by organisational program managers and evaluators to describe how a program is expected to work. It is a framework that visually shows how the opportunity or problem a program is expected to address, within a particular situation, and the assumptions underpinning the development of the program.

A TOC also identifies the expected pathway between various elements of a program and expected social outcomes for the stakeholders involved with the program.

With a TOC, the elements of a program are the planned activities developed by an organisation to bring about expected social outcomes.

What are social outcomes?

Social outcomes are the changes in the knowledge, skills, awareness, behaviour, level of functioning or status, experienced by stakeholders, resulting from their involvement with the planned activities. Stakeholders within the context of a TOC are those people or organisations that experience this change.

Demonstrating social impact

As a tool describing how a program is expected to work, a TOC can also show the connection between planned activities and social outcomes applicable to each stakeholder group, over the immediate, medium, and long-term. A long-term social outcome is often described as a social impact. Impact is considered as the expected fundamental change and or unintended consequences, occurring in a community, as the result of a program being delivered, or system being modified over at least five years.

The TOC model is a tool used in this Strategy as well as all associated plans.

Key stakeholders

The groups of people who are expected to experience the most significant and relevant change from the planned initiatives are:

- Residents of the Town
- Community groups and organisation in the Town
- At-risk members of the Town's community
- Vulnerable members of the Town's community
- Employees of the Town of Victoria Park

SITUATION and OPPORTUNITY

Public health planning is soon to be a mandatory requirement under Part 5 of the Public Health Act and requires each local government to produce a public health plan which is consistent with the State plan. Incorporating elements of a community development strategy into the new Health and Wellbeing Strategy reduces duplication of planning processes, elevates health and wellbeing across Council and assures our commitment to putting planning for the health and wellbeing of our community at the heart of what we do. The Strategy influences and supports several key plans within the Community Development team including the Access & Inclusion Plan, Homelessness Policy, Reconciliation Action Plan, Safer Neighbourhoods Plan, and Youth Action Plan.

MAJOR ASSUMPTIONS → PLANNED INITIATIVES → SOCIAL OUTCOMES → SOCIAL IMPACT
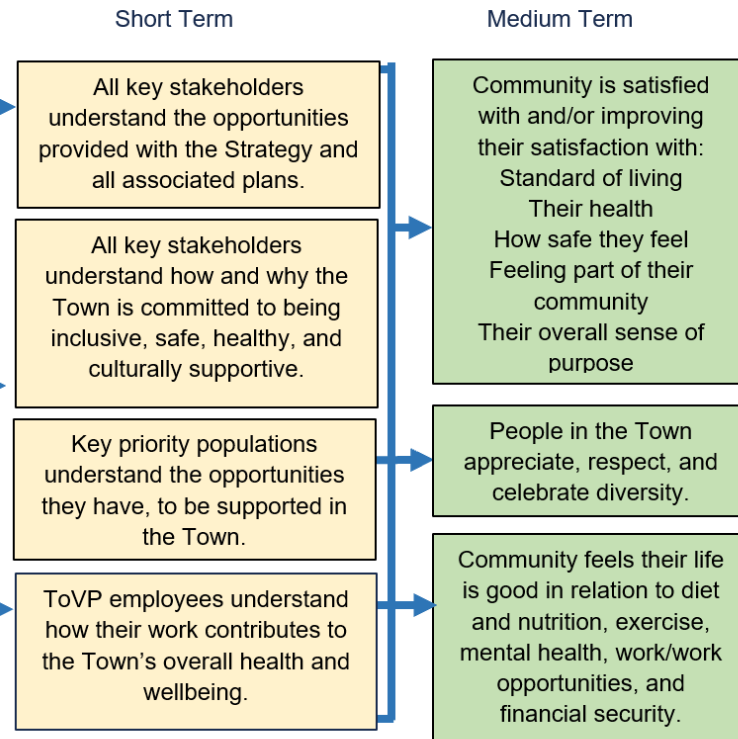
MAJOR ASSUMPTIONS

The Strategy will influence and support key plans and service delivery of the Community Development team and across the organisation to continue to provide a best practice approach to growing a healthy community.

The identified best practices and models will support the design and delivery of interventions (planned initiatives) to positively enhance the health and wellbeing of the community.

PLANNED INITIATIVES

All Community Development Plans – Access & Inclusion Plan, Homelessness Action Plan, Reconciliation Action Plan, Safer Neighbourhoods Plan, and Youth Action Plan.

Other ToVP Strategies and Plans

Advisory and Network Groups

Service Delivery aligned to target populations, established plans, and identified significant dates.

ToVP Health & Wellbeing Internal Working Group projects and collaborations.

SOCIAL OUTCOMES

Short Term

All key stakeholders understand the opportunities provided with the Strategy and all associated plans.

All key stakeholders understand how and why the Town is committed to being inclusive, safe, healthy, and culturally supportive.

Key priority populations understand the opportunities they have, to be supported in the Town.

ToVP employees understand how their work contributes to the Town's overall health and wellbeing.

Medium Term

Community is satisfied with and/or improving their satisfaction with:
Standard of living
Their health
How safe they feel
Feeling part of their community
Their overall sense of purpose

People in the Town appreciate, respect, and celebrate diversity.

Community feels their life is good in relation to diet and nutrition, exercise, mental health, work/work opportunities, and financial security.

SOCIAL IMPACT

Long Term

THE TOWN OF VICTORIA PARK IS A DYNAMIC PLACE FOR EVERYONE.

THE TOWN OF VICTORIA PARK IS A SUSTAINABLE, CONNECTED, SAFE, DIVERSE, AND HEALTHY PLACE FOR EVERYONE.

ToVP Heath & Wellbeing Stakeholder Groups: Residents of the Town, Community groups and organisations in the Town, At-risk and vulnerable members of the Town's community, Employees of the ToVP

Town of Victoria Park Public Health & Wellbeing Strategy 2023-2028 Theory of Change

Implementation

The Town will develop an annual Action Plan which defines specific actions including outcome areas, deliverables, resources, lead/partners, and the year that action will be undertaken across 2023–2028, aligned with the Town's annual budget and this Strategy.

The Action Plan will be updated each year or as required to meet the Town's available resources, while aiming to deliver on community and stakeholder expectations. Tasks may be added, removed, or modified from the annual Action Plan to reflect items that have been completed, that need to be refined, budget changes, resourcing challenges, and new priorities.

As some aspects of this Strategy are being delivered through other strategies and plans, the Action Plan will include actions around key opportunities and gaps. However, the already established Town strategies and plans will be reported on through the Corporate Business Plan as required.

The Action Plan will be delivered by officers and contractors. The Town's external stakeholders will be regularly engaged, as well as the Town's employees who share the responsibility for health and wellbeing.

The Town will continue to foster partnership and collaborations with key stakeholders, including the broader community, to successfully deliver this Strategy across 2023–2028.

Reporting

Progress on the Strategy will be reported to Council and the community on a regular basis. Reports will be shared via the Town's website, social medial platforms, and as part of the Town's annual report.

Evaluation

The Town will evaluate the implementation of this Strategy with appropriate evaluation methodologies. The impact of the annual actions at a program level will continuously be evaluated with specific evaluation plans including program logic models and will utilise *Culture Counts* where appropriate. Evaluation plans for specific programs will be aligned to the Health and Wellbeing Theory of Change 2023-2028 as well as all additional Theory of Change models created within each relevant social plan. Together, this will be used to monitor and evaluate the degree of social change arising from this Strategy in accordance with Social Value Principles and Standards (Social Value International, ND), and the utilisation of appropriate Social Impact Management methodologies, tools, and processes.

At a community population level, the Town will utilise the *Community and Wellbeing Scorecard* as well as health profile data throughout 2023-2028 to assist the Town's ongoing evaluation of the Strategy's performance. The *Community and Wellbeing Scorecard* provides the Town with the opportunity to evaluate overall community satisfaction in each key domain as well as additional wellbeing indicators including quality of life, sense of community belonging, and overall social connection.

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