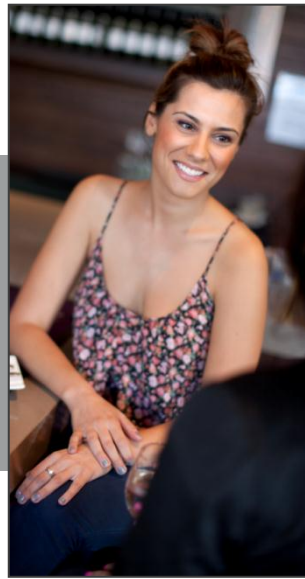


Wyndham Community Health, Wellbeing & Safety Plan 2013-2017



Acknowledgements

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- Councillor Bob Fairclough (Chairperson)
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Message from the Mayor

As a Council there are many ways we touch people's lives and contribute to the overall health, wellbeing and safety of everyone in our community. We understand the importance of our contribution and believe your health, wellbeing and safety is of paramount importance.

Our contribution is not just in the traditional areas of immunisation, food safety and keeping our environment clean and free from disease. Almost everything we do influences the health and wellbeing of the community. How we plan our City, design and maintain roads, footpaths, parks and recreation precincts, build economic prosperity and protect our natural environment all influence, and contribute to, a healthy, well and safe community.



This *Wyndham Community Health, Wellbeing and Safety Plan* continues our strong commitment to the Wyndham community and builds on the many things we achieved in the last Plan. Delivering success takes a strong team effort from all of Council, particularly in making health, wellbeing and safety a key issue for consideration in what is done and how decisions are made.

Delivering success also takes a strong collaborative effort with many others in our community – organisations that work in the community and for the community to further your health, wellbeing and safety. We can only achieve our vision for a healthy community through working together in partnership.

While we are required by law to develop a plan to protect and promote the health and wellbeing of our community, we believe it is vital that we develop and implement actions that will make a real difference to your health, wellbeing and safety. We recognise the importance of supporting those most in need – the people in our community who, for whatever reason, are experiencing lower standards of health. Targeting need not only underpins this *Wyndham Community Health, Wellbeing and Safety Plan*, it also helps us drive our valuable resources further. As we implement this important plan, we look forward to achieving even higher levels of health, wellbeing and safety for everyone in our community.

Overview

When individuals enjoy good health and feel safe, they are able to make the most of life, respond to challenges and change, have greater resilience in the face of injury, illness, pain, sadness and disappointment, have confidence in themselves and others, and participate in social and economic life. Achieving this overall sense of health, wellbeing and safety is the aim of the Wyndham Community Health, Wellbeing and Safety Plan.

Research has shown, and the World Health Organization strongly recommends, that a wide range of factors need to be considered to achieve high levels of good health, wellbeing and safety. They include ensuring a good start to life through the availability of nutritious food, clean air and water, and suitable housing; creating a strong future through education, skills, jobs and the ability to earn a reasonable income; having the access to the services we need when we need them; and enjoying the support of family, social and community connections.

The *Wyndham Community Health, Wellbeing and Safety Plan 2013-2017 (CHWSP)* provides Council, business, community partners and the community at large with a blueprint for achieving health, wellbeing and safety improvements across this spectrum of health determinants. It recognises that much of Wyndham City's work already contributes to community health, wellbeing and safety and rather than include every activity, it focuses on five priority areas where concerted effort over the next four years can make the most difference. These are: healthy environments, early childhood, safety, resilient and inclusive communities, and healthy and active lives.

These five priorities were identified through a comprehensive, three-pronged development process. First, a health and wellbeing profile was compiled for the Wyndham community using data from a wide range of reputable sources. Second, a review of key strategies and policies at the international, national, state, regional and local levels was undertaken. The review revealed important research, analysis, thinking and action already in progress, much of it concerned with improving the health of everyone – known as population health – or of specific populations, particularly to reduce health inequities. Many of the policies, programs, research and interventions are designed to protect and promote health.

Thirdly and importantly, there was extensive consultation with people and organisations across the Wyndham community. This included targeted conversations with those working in specialist areas as well as a range of opportunities for the wider community to be heard on two key questions: *A healthy Wyndham is a place where...* and *A safe Wyndham is a place where...* Delivering on the priorities is a matter for the whole community.

While Wyndham City provides leadership and advocacy, and the delivery of key services, the Plan will not be achieved without the participation of a wide range of partners. The specialist knowledge, experience and expertise of others working in the community is critical to finding and delivering the best solutions in each of the priority areas.

This Plan supports the Wyndham City Council *City Plan 2013-17* – the four-year plan that outlines Council's aims, strategies and actions across all its departments and activities. The *City Plan* provides the context for the CHWSP, particularly across the theme of *People*, and provides the platform for an intervention-based, partnership-driven CHWSP.

The CHWSP is strongly linked to the *Municipal Strategic Statement*, which guides the planning of Wyndham City and is a particularly important influence on health and wellbeing during this extended period of rapid growth. It also meets the requirements of the *Public Health and Wellbeing Act 2008* which mandates the development of a municipal public health and wellbeing plan for all Victorian councils.

This Plan will only succeed if it makes a difference to community health, wellbeing and safety as a result of its actions and strategies. An action plan will be developed each year which will provide the detail on how we will implement the objectives of the plan. The annual action plan will include details on what strategies will be carried out, by whom and by when, with clear performance indicators identified for each activity. An overall evaluation framework will be developed to ensure that the Plan is being well implemented and delivering the results it was designed to achieve. Developing opportunities for the community to be engaged with and feed back into this process will be vital.



Delivering Health, Wellbeing & Safety with the Wyndham Community

While councils are required under legislation to develop a municipal public health and wellbeing plan, improving health and wellbeing is a key focus in almost everything Wyndham City does. As a result, Council has developed a quality evidence-based Plan with a clear understanding of community needs and expectations and a strong focus on where action needs to be taken. In delivering the Plan, Council will further develop partnerships with other stakeholders in this community, through building on existing initiatives and knowledge, and establishing new opportunities for collaboration.

Your Council and its role

The *Public Health and Wellbeing Act 2008* requires councils to protect and promote the health and wellbeing of their communities. Wyndham City does this in a variety of ways, all of which are vital to improving the community's health and wellbeing:

Policy and Planning: Council develops and delivers on policies that support good health, ensuring those most in need gain access to the help and support they require. We also play a pivotal role in planning the growth and development of the municipality to maximise long-term health for all in the Wyndham community.

Partnerships: Council recognises that gaining the best health and wellbeing improvements for the Wyndham community needs more than just its own work. We need to work with other organisations – private, community and government – to build an even bigger contribution to community health. There will be much greater benefit for the community from joint planning and coordination of effort from all these stakeholders.

Leadership and Advocacy: Council does not always have direct influence over all aspects of health, wellbeing and safety in our community. Other organisations make decisions that directly affect the people of Wyndham. To ensure those decisions are as favourable as possible, we provide leadership and advocate for the best results for all.

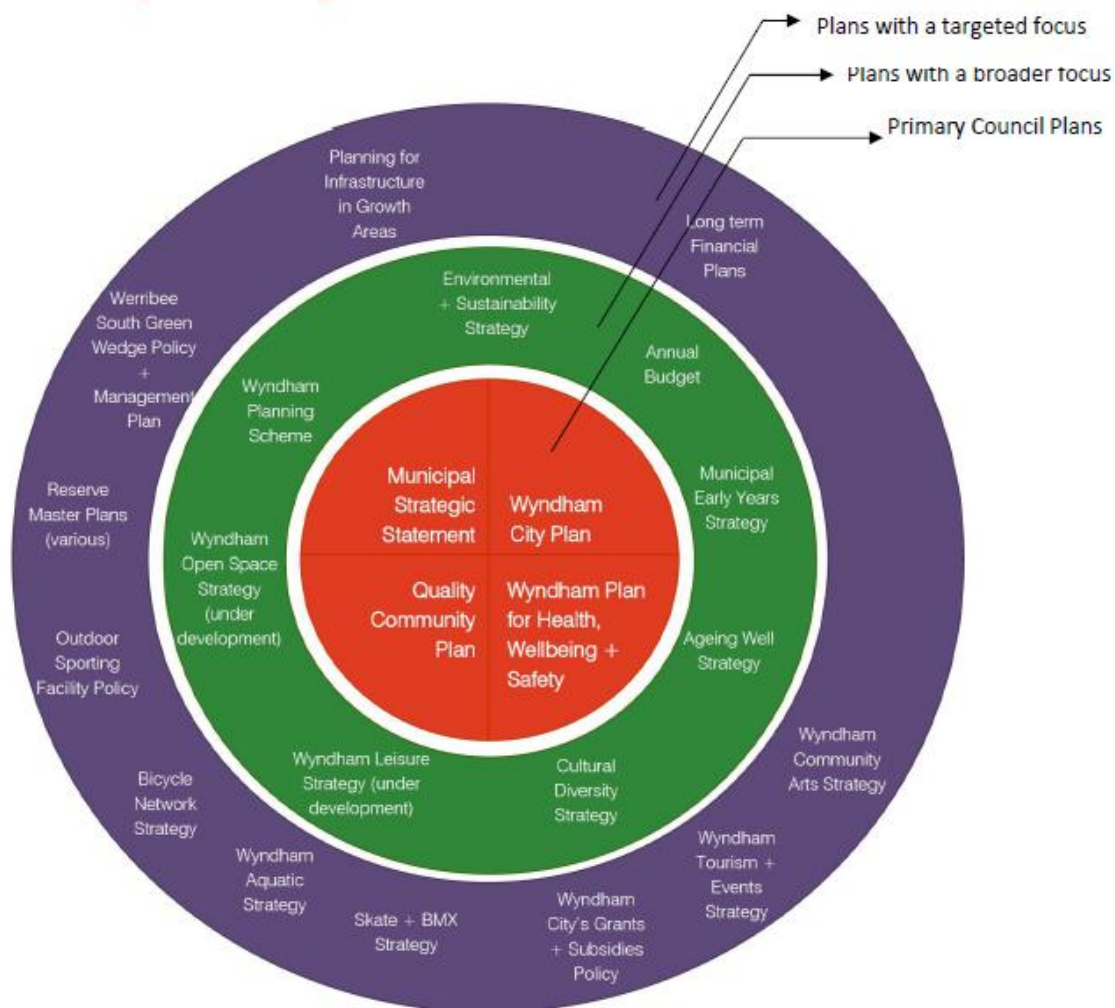
Service Delivery: Wyndham City directly supports its community through a wide range of services – including regulatory services like food safety and environmental health and community services like Maternal and Child Health Centres and Home and Community Care services. These, and the other services we run, underpin many aspects of community health, wellbeing and safety.

Coordinated Planning

The Wyndham *Community Health, Wellbeing and Safety Plan* is one of the primary Council plans, together with the *City Plan*, *Quality Community Plan* and *Municipal Strategic Plan*. These four plans provide strategic guidance for the activities of Council, and are aligned and harmonised to ensure that our scarce resources are used to the maximum benefit of the community.

The CHWSP is supported by a range of plans with a more specific area of focus such as the *Municipal Early Years Plan* and the *Wyndham Leisure Strategy*. The CHSWP also connects with broader Council strategies and plans, including the *Economic Strategy* and the *Environment and Sustainability Strategy* that address key determinants of health such as local employment, and clean air and water. These and other Council strategies and plans span activities across all Directorates at a more detailed level. Their connections with the CHWSP will be more fully drawn out in the CHWSP action plan which will be developed annually.

The diagram below illustrates how the *Community Health, Wellbeing and Safety Plan* intersects with other Council policies, strategies and plans.



Working with partners and targeting need

Working in partnership with others active in our community is the key to achieving the improvements in health, wellbeing and safety we are seeking. There are many organisations in Wyndham that have specialist knowledge, experience and expertise in areas where a particular focus is needed. Council's partnerships with these organisations need to deliver on the five priorities for the benefit of the whole population. The partnerships also need to address the needs of specific groups such as young people, people from culturally diverse communities, Aboriginal and Torres Strait Islander people and people with disability among others. We will actively work to cooperate with these organisations that have the specialist skills and experience to lead the improvements; to coordinate resources, expertise and effort for the best results; and to truly collaborate on developing and delivering new strategies and actions that harness all efforts to meet shared goals.

The Wyndham community is also an essential partner in the delivery and success of the Plan. Council has a strong commitment to continuing community involvement in the planning and implementation of the CHWSP to ensure improvements to health, wellbeing and safety are relevant to, and reaching, communities in need.

Priorities for everyone

It is an important factor in health and wellbeing planning that all people have equal access to, and support for, their health and wellbeing to reduce or eliminate health disparities. The rich diversity of people living in Wyndham range from the very young, through youth and adulthood into older age; come from a wide variety of cultural backgrounds; vary in their experience of gender, sexuality and ability, and in their access to educational, employment and life opportunities. All these factors can impact on their health and wellbeing.

Within this rich diversity of people there are groups who, for various reasons, experience greater challenges to their health and wellbeing. These challenges may include access to housing, employment; not feeling socially connected; lacking knowledge and understanding to prevent ill-health and build good health; or having poor access to services and support when the need arises. All the diverse groups in Wyndham will be actively considered to determine their particular needs so that appropriate action is taken across the five priorities of this Plan to achieve improved health, wellbeing and safety for everyone in Wyndham.

An Annual Action Plan

Council is committed to delivering on the priorities and objectives of this CHWSP. This will be achieved through the development of an annual Action Plan that will provide detailed strategies and actions to be implemented. The annual Action Plan will include who is responsible for each action, the timeframe, and clear performance indicators on what is to be achieved. There will be a strong focus on evidence-based strategies – developed in collaboration with the community – which we know are both feasible and achievable. Some of these strategies will be existing commitments, articulated in the *Wyndham City Plan 2013-2017* and other related Council strategy documents, while others will be new initiatives identified through the development of this Plan. Through this process of strategy development, further partnerships will be developed with other stakeholders in the community. Existing initiatives and knowledge will be built upon, and new opportunities for collaboration will be established.

Understanding the impact

This Plan outlines the aim of Council to make positive changes in community health, wellbeing and safety in areas where we can have significant influence either alone, or in collaboration with partners. Council is committed to measuring progress in a way that makes us publicly accountable for this work and will develop an evaluation plan that assesses the effectiveness of our actions both directly and in partnership with the community. This will focus primarily on the outcomes of each annual Action Plan.

Council is also uniquely placed to measure and monitor the overall health, wellbeing and safety of the community beyond those under its direct influence. We recognise that there is a wide range of factors that influence our health and not all of them fall within the scope of this *Plan*. However, we believe it is important to get a clear picture of the community's health, wellbeing and safety and use that information to make informed decisions about what is done, who we work with and key areas where we can make a difference.

Health, Wellbeing & Safety Priorities

The Council, its many stakeholders and the wider community have all participated in a comprehensive process to develop a set of priorities that will be addressed through the strategies and actions of Council and its partners over the next four years. The shared priorities have been developed through examination of the evidence, knowledge of key policy directions and a broad understanding of the community experience.

The Health, Wellbeing & Safety Profile of our Community

Data gathering, analysis and interpretation are the first steps in the priority setting process. Council prepared a comprehensive profile of the Wyndham community's health and wellbeing status so that there was clear understanding of where the community was experiencing lower standards of health, wellbeing and safety, and what needed to be addressed.

This evidence revealed the need to consider and further explore interventions across five priority areas:

1. Planning and building for long-term community health and wellbeing – *A City Built for Health, Wellbeing and Safety*
2. Giving babies and children the best start in life – *A City for the Best Start in Life*
3. Being confident to move freely around Wyndham City and to feel safe and secure in our homes – *A Safe and Confident City*
4. Creating a resilient community that supports good mental health and emotional wellbeing – *An Inclusive and Resilient City*
5. Strengthening the health of our community by overcoming risk factors that contribute to preventable chronic illnesses – *An Active and Healthy City*

This draft set of priorities was considered within the wider policy context and through engagement conversations with stakeholders and the community to reveal further information to inform strategies and actions that will make a difference.

Policies of Influence

Many factors combine to affect the health and wellbeing of individuals and communities. These are known as the “social determinants of health” and include income, education, employment, housing and the built environment, the natural environment, early childhood experiences, social support, health choices, access to preventive health services, and the extent of empowerment people have to control decisions in their own lives.

This thinking underlies the philosophy of the *Plan*, which seeks to address these broad factors either directly or by influencing action with partners within Council or through partnerships with stakeholders and the community. It focuses on the circumstances within which people are born, grow up, live, work and age and seeks to address the health disparities that arise across diverse groups in our community. It aims to create the conditions that make it easier for people to make healthy choices; and to build community connections that sustain physical, mental and social health and wellbeing.

The national policy conversation is significantly influenced by the Commonwealth Government's health reform agenda, which seeks to establish a health system and approach that:

- Is shaped around the health needs of individuals, families and communities
- Focuses on prevention of disease and keeping well
- Works across the promotion of healthy lifestyles, prevention of injury, and diagnosis and treatment of illness
- Provides all Australians with timely access to quality health services based on their needs, not ability to pay, regardless of where they live.

The National Partnership on Preventive Health aims to halt and reverse the rise in overweight and obesity, reduce the prevalence of daily smoking and harmful drinking and to target mental health (among other areas) – all priorities for Wyndham. There are also eight national priority areas for chronic disease including diabetes, mental health and obesity. Through the *Victorian Public Health and Wellbeing Plan 2011-15 (VPHWP)*, the State Government also supports many of these policy directions including healthy eating, physical activity, tobacco control, alcohol and other drug use and mental health promotion. The VPHWP encourages health promotion in local communities and early childhood and education settings.

Western Regional strategies and plans reinforce the focus on the social determinants of health and on building service system capacity. These plans generally encourage health promotion, disease prevention and empowering communities. The North and West Regional Management Forum was established to support government departments and local governments work together more closely at a Regional level. Its focus to improve health through taking a lead role in the areas of housing, transport, employment and education are congruent with this Plan.

Wyndham strategic plans, particularly the *City Plan* and draft *Municipal Strategic Statement* both explicitly address the health, wellbeing and safety of the community. There are also a number of Wyndham City strategies and plans focused on particular target groups or community activity that support the implementation of this Plan.

The review of policies not only revealed alignment with the five priorities, but also provided insight and guidance on the way in which they could be addressed.

The Policy Review: Global, National, State and Regional Context for Municipal Public Health and Wellbeing Planning in Wyndham (2013) provides more detailed information on the policy context

What our Community told us

The community was engaged to gain a broader understanding of the evidence – what does the data *really* tell us about life in Wyndham and how can we improve it? There were many conversations held in developing this plan. Some of those conversations were with organisations and individuals with specialist knowledge and expertise who contributed their experience to the development of the *Plan*. Others were at community activities where diverse members of the community were asked: *A healthy Wyndham is a place where...and A safe Wyndham is a place where* This was designed to gain community feedback on how well the priorities match the ‘lived experience’ of Wyndham residents.

The consultation process identified major pieces of strategic work Council is already committed to and generated opportunities to develop new work that we can deliver either by ourselves or with partners.

The program of engagement included:

Funded service providers: Two forums were held for funded service providers in Wyndham. Council staff also attended meetings with existing networks to gain feedback. These included the Wyndham Workers with Young People Network, Wyndham Family Violence Committee and Wyndham Humanitarian Network.

A Community Reference Group, chaired by Councillor Bob Fairclough and comprising the Department of Justice, the Department of Health, Victoria Police, South Western Melbourne Medicare Local, Western Region Health Centre, Women’s Health West and ISIS Primary Care met three times during the development of the *Plan* and provided targeted strategic advice.

General community: The Wyndham community was engaged through Council’s Community Engagement project. This enabled conversations to occur at a number of events including the opening of the Wootten Road Reserve Upgrade, the Amazing Magical Adventure and the launch of the Give Peas a Chance campaign. An online survey was also made available on the Council website.

Council staff: Five groups were established across Council – one for each of the priority areas. These groups considered and validated the priorities from their perspectives and contributed their thoughts about achievable and feasible strategies and action. More than 50 staff were involved. An Internal Project Reference Group was also established.

Five priorities for the future

The five priorities that emerged from the evidence, the policy review and the consultation will positively influence the health and wellbeing of the community as a whole as well as groups that need specific attention. The strategies and actions for each priority will consider the particular and diverse needs of people and communities in Wyndham City.

On the following pages, the background to each priority is provided, including some of the evidence and the community's views. They describe where work will be done and who we will be involved. A four-year goal has been set for each priority area, supported by what will be done to achieve it. Importantly, a range of indicators have been identified which will provide insight into changes occurring in the community for each priority area.

While five distinct priorities have been identified, it is important to note that many of the strategies and actions under each priority will influence health, wellbeing and safety outcomes in other priority areas, and that many issues could sit comfortably in more than one priority area. We know, for example, that good mental health is influenced by access to open space, good nutrition, jobs and social connections; and that risky levels of alcohol consumption contribute to increased risk of family violence and to poorer mental and emotional health. Taking an integrated approach to these important priority issues will lead to improvements across many aspects of community health, wellbeing and safety.



What the evidence tells us:

The Health Profile gave an understanding of the current health, wellbeing and safety status of the Wyndham community. A summary of key data for each priority is provided. A key source document for this Plan, *Population Profile: Health, Wellbeing and Safety in Wyndham (2013)*, provides more detailed information.

What the community told us:

The extensive consultation undertaken with the community provided important insight into what needs to be done. Some of the comments received from the community are provided for each priority to give a sense of the key issues raised.

Where we will work:

Health and wellbeing programs delivered at a local level make a significant contribution to improved health and wellbeing. This “settings” approach is supported by the *Victorian Public Health and Wellbeing Plan*. Key settings where health and wellbeing strategies and actions will be delivered are identified for each priority.

Who we will work with:

Working together on addressing inequities in health, wellbeing and safety will produce greater results than working alone. The key types of agencies and organisations that contribute to improved health and wellbeing are identified for each priority.

What we want to achieve:

Each priority has a high level outcome that we aim to achieve over the life of the *Plan*.

What we will do:

There are a number of areas under each priority that must be addressed if the goals are to be achieved. These have been identified in collaboration with stakeholders and the community and presented in summary in this Plan. They will be addressed through the strategies and actions that will be detailed in the annual action plan.

How we will know what is changing:

This section identifies a set of key indicators that provide information on how Wyndham is progressing in improving health and wellbeing across each of the priority areas. They provide a snapshot of progress across the four year term of the *Plan*. Any changes seen will reflect a broad range of factors that influence overall health, wellbeing and safety. It is understood that the effort of those working in Wyndham to improve health, wellbeing and safety, including the work of Council, will only be part of that influence, with broader environmental influences and contexts also playing a part.

A summary of the priorities

The five priorities, and what we want to achieve over the life of this four-year plan, are presented here in summary:

Priority	What we want to achieve
A City Built for Health, Wellbeing and Safety	<i>A city that is planned and built to support long-term community health, wellbeing and safety</i>
A City for the Best Start in Life	<i>A city that provides babies and young children with the best start in life</i>
A Safe and Confident City	<i>A city in which people feel confident to move freely and where they feel safe and secure in their homes</i>
An Inclusive and Resilient City	<i>A resilient community that supports good mental health and emotional wellbeing</i>
An Active and Healthy City	<i>The health of the community is strengthened by overcoming risk factors that contribute to preventable chronic illnesses</i>



Priority 1: A City Built for Health, Wellbeing and Safety

Planning, developing and building Wyndham City's environment to support the long term health, wellbeing and safety of the community are vital investments that will pay dividends further down the track. The approach taken to buildings, parks, facilities, transport links and infrastructure like footpaths and cycle ways all have the capacity to influence how we go about daily life and how easy it is to stay healthy and well – now and into the future. Recognising these links between planning and health is particularly important during this period of exceptional growth. Understanding the risks that climate change poses on the municipality is critical to the future health and wellbeing of our communities. This includes identifying opportunities for adaptation and mitigation.

What the evidence tells us

- There is a strong link between our urban infrastructure and whether people choose to walk, cycle or drive to their destination.
- The natural environment – trees, parks and nature – is an essential part of healthy living in terms of physical and mental health
- Community centres provide a physical and social hub for the community through the provision of various programs, activities and information and facilitating social contact through the development of friendships and social support networks.
- The design of neighbourhoods is associated with levels of walking, cycling and use of public transport and influences our sense of community, positive mental health, and susceptibility to depression and asthma.
- Transport planning, housing and public open space design are associated with health and wellbeing at the individual and community level.
- How our environment is designed impacts on access and inclusion in our community, including for older people and people living with disability

What the community told us

A healthy Wyndham is a place where...

- “We have good spaces to use – with BBQs and toilets”
- “There is greater housing diversity – not having areas with lots of cheap housing”
- “We have reliable transport”
- “Lots of trees are planted”
- “There is more public transportation and walking”
- “Fantastic facilities like Wootten Reserve take pride of place”

Where we will work

- Planning for future development
- New subdivisions and developments
- Existing neighbourhoods
- Local settings and environments

Who we will work with

- Government departments
- Property developers
- Planning and service authorities
- Peak bodies
- Public and community transport providers
- Community groups
- Insurance agencies
- Universities

What we want to achieve

A city that is planned and built to support long-term community health, wellbeing and safety

What we will do

- Improve transport in Wyndham
- Ensure local design and development supports community health and wellbeing
- Provide community infrastructure that responds to needs (e.g. community centres, sporting and aquatic facilities, service hubs, shared trails)
- Support the development and availability of a variety of affordable housing options
- Ensure open spaces are flexible to meet the needs of the community now and into the future
- Ensure infrastructure supports a range of local employment opportunities
- Retain natural corridors that support walking and cycling
- Continue to green our parks and open spaces with street trees, trees in parks and massed plantings along our waterways
- Sustain and enhance the natural environment and provide opportunities for conservation, education and recreation
- Increase understanding of the climate risks for Wyndham and investigate and undertake Wyndham appropriate adaptation and mitigation action

How we will know what's changing

- % of people who feel their area has easy access to recreational and leisure facilities
- % of people who feel they have good facilities and services like shops, childcare, schools and libraries
- % community satisfaction with the public transport network in Wyndham
- % resident satisfaction with the appearance of public areas
- Hectares of protected natural vegetation on Council managed land
- Number of trees and shrubs planted annually



Priority 2: City for the Best Start in Life

Experiences in early childhood are particularly critical to future health and wellbeing. Without the right opportunities at the beginning of life, there is an elevated risk of poor nutrition, poor literacy, heart disease, mental health issues and involvement in crime. The importance of this period in our lives is recognised by Wyndham City, which has a dedicated *Municipal Early Years Plan 2013-2017*, which aims to bring the community together to support children's futures. It sets out a vision for children aged from birth to 12 years and how that vision will be achieved. This section integrates the strategic objectives of the *Early Years Plan*.

What the evidence tells us

- Wyndham City is experiencing significant growth in birth notifications. In 2012-13 3933 children were born in Wyndham; almost triple the 1274 born in 2000-01.
- Forecasts predict that those in the 0-4 age group will continue to be more common in Wyndham than in Victoria through to 2021.
- There are low rates of breast-feeding in Wyndham
- Immunisation rates are low for aboriginal children
- 16% of new mothers in Australia will experience postnatal depression
- 25% of Wyndham children are developmentally vulnerable in one or more domains of the Australian Early Development Index, with 13.2% vulnerable in two or more domains.

What the community told us

A healthy Wyndham is a place where...

- **"There are more parks for kids to play with lots of things to do"**
- **"Kids can play outside and walk to school in a safe community"**
- **"Families grow through more community events, health facilities, better roads and transport"**
- **"There is anti-bullying in schools"**

Where we will work

- Schools
- Maternal and Child Health Centres
- Kindergartens and Childcare Centres
- Local communities and environments

Who we will work with

- State government departments
- Children's and early years services
- Local children's settings (e.g. family day care, playgroups)
- Peak bodies
- Primary health services, including Medicare Locals and GPs
- Non-government organisations
- Education providers
- Libraries

What we want to achieve

A city that provides babies and young children with the best start in life

What we will do

- Plan and develop services and facilities that respond to the changing needs of children and families
- Create environments and services that enhance the health, wellbeing, learning and development of all children
- Develop systems to connect and build strong communities
- Ensure children and families have opportunities to socialise, play and learn in a range of places and spaces in the community

How we will know what's changing

- % of children with development on track
- % of children who are developmentally vulnerable in one domain
- % of children who are developmentally vulnerable in two or more domains
- % of children immunised
- % of children screened
- % of children participating in Maternal and Child Health assessments



Priority 3: A Safe and Confident City

Health and safety is created and lived within the settings of everyday life. Safely designed neighbourhoods where people look out for each other, show concern and nurture confidence, provide a stronger and healthier future for all members of the community. Being safe at home and amongst family builds greater physical, mental and emotional health and wellbeing.

When people feel safe, there is a greater enthusiasm for civic participation and social engagement. Experiencing safe and secure housing is also a part of this. Feeling safe also means the community being able to effectively respond and adapt to the effects of climate change and other adverse events. Events like heatwaves and less water availability may create vulnerable groups who need special care and attention.

What the evidence tells us

- When walking at night alone, only 54.2% of Wyndham residents felt safe or very safe – a smaller proportion than the Victorian average (70.3%). Only 34.8% of the adult female population felt safe compared to the Victorian average (55.5%).
- Crime rates in Wyndham are slightly above the metropolitan average – crime against property rose by 9.6% in 2011/2012 while the Victorian rate rose 3.3%. Crime against the person declined by 7.4%.
- Reported family violence rates increased by 8%, although these data needs to be considered in the context of Wyndham's population growth and increased levels of reporting.
- Only 41.1 % of sexually active adolescents in Wyndham practice safe sex with a condom – this is lower than the Victorian average, at 58.1%.

- The number of people experiencing homelessness in Wyndham has increased by 300% over the last ten years; and an increasing number of Wyndham residents are vulnerable to housing stress and housing crisis.
- Between 2004 and 2008, road users aged 17-25 recorded the highest proportion of deaths and serious injuries in Wyndham.

What the community told us

A safe Wyndham is a place where...

- "Police patrol regularly and keep people safe"
- "There is more community policing"
- "Kids can play outside and walk to school in a safe community"
- "People can go out of their homes and feel safe"
- "I can walk the streets with my children safely"
- "There are safe parks for kids to play that are cleaned regularly"
- "There are lights around roads so I can walk, run and play"
- "There is more safety on the trains. PSOs need to be more visible"
- "You can cross the streets safely"

Where we will work

- Schools
- Workplaces
- Local communities, neighbourhoods and environments
- Parks and reserves

Who we will work with

- State government departments
- Victoria Police
- Primary Health Services, including Medicare Locals and GPs
- Non-government organisations
- Family violence and women's health services
- Community groups
- Housing services
- Emergency service providers
- Local businesses and employers

What we want to achieve

A city in which people feel confident to move freely and where they feel safe and secure in their homes

What we will do

- Design and maintain Wyndham City, its infrastructure and neighbourhoods taking into account safety design principles
- Reduce the harms arising from alcohol and other drug use, and the incidence of injury, particularly among young people
- Strengthen community perceptions of safety in public places
- Reduce the incidence of family violence including intimate partner and elder abuse
- Promote gender equity to prevent violence against women
- Improve sexual and reproductive health, particularly among young people
- Increase community awareness and use of safety and crime prevention strategies
- Reduce the number of accidents on Wyndham roads – especially those that result in death and/or serious injury
- Build community and service capacity to respond to emergency and adverse events

How will we know what's changing

- % of people who are satisfied with safety in Wyndham
- % of people who feel safe walking alone down your street after dark
- Rate of recorded offences for crimes against the person
- Rate of recorded offences for crimes against property
- Rate of recorded incidents of family violence per 100,000 people
- Community attitudes to violence against women
- Number of hospital admissions as a result of accidents
- Number of non-admitted presentations to emergency departments due to unintentional injury
- % of people at long-term risk of alcohol-related harm



Priority 4: An Inclusive and Resilient City

A resilient community is better able to adapt to the changes and challenges that life throws up and to bounce back when things don't go so well. Being part of a thriving community supports individual resilience which in turn supports better mental and physical health. This kind of social resilience reduces isolation and the risk of mental health disorders such as anxiety and depression.

Wyndham City is focused on meeting the needs of all of its community, including those most at risk through developing strong social connections that help all people feel safe and part of a community. Ensuring there are opportunities for Aboriginal and Torres Strait Islander people and people from new and emerging communities to participate in all aspects of community life is of particular importance at this time of growth and change.

What the evidence tells us

- The leading cause of loss of a healthy life in Wyndham is mental disorders.
- Depression is the top cause of loss of healthy life in females and the second top in males.
- Social connection is a strong factor in emotional health.

What the community told us

A healthy Wyndham is a place where...

- **"There is no racism"**
- **"There is help for disengaged youth – more things for young people to do"**
- **"Everyone looks after each other"**
- **"Good to see people involved in different activities building community together"**
- **"There is better education about different cultures to improve understanding"**

- **"We hear and see our youth given opportunities to grow and lead"**
- **"People have access to mental health services"**
- **"Everybody gets along in harmony and everyone has respect for each other"**
- **"Multiculturalism is welcomed"**

Where we will work

- Schools
- Local communities, neighbourhoods and environments

Who we will work with

- Government departments
- Victoria Police
- Primary health providers, including Medicare Locals and GPs
- Libraries
- Youth service providers
- Settlement service providers
- Service providers working with Aboriginal and Torres Strait Islander people
- Community groups and leaders
- Mental health services
- Community organisations, including those focussed on arts and culture and sport and leisure
- Local employers and businesses

What we want to achieve

A resilient community that supports good mental health and emotional wellbeing

What we will do

- Advocate for increased availability of mental health services
- Provide early support to children and young people experiencing mental and emotional health challenges, and to those who care for them
- Improve access to and the delivery of coordinated services for key population groups
- Increase meaningful opportunities for engagement including employment, education and lifelong learning
- Increase community awareness and capacity to understand and respond to mental health issues and strengthen emotional wellbeing
- Increase community connectedness and engagement
- Increase cultural awareness and inclusion across the community
- Decrease racism, homophobia and discrimination across Wyndham City

How we will know what's changing

- % of people who think Wyndham City is an active community, people do things and get involved in local issues/activities
- % of people who feel that there are opportunities to volunteer in their local area
- % of parental participation in schools
- % of goals achieved in Council's strategies for "at risk" groups annually
- % of female residents living with a low level of psychological distress
- % of male residents living with a low level of psychological distress
- % of residents living with high and very high levels of psychological distress
- % of people who feel there is a wide range of community and support groups
- % of people who are members of organised groups



Priority 5: An Active and Healthy City

We know that what we eat and drink, and how much daily exercise we do, contributes to our overall health and wellbeing. Eating enough fruit and vegetables, being moderate in our consumption of alcohol and stopping smoking all help to strengthen the health of the community and prevent chronic disease – among them diabetes, heart disease and cancer.

Preventing chronic disease is an individual and community responsibility. It is important to ensure there is access to affordable healthy food, and that Wyndham is well-planned and easy and safe to get around – for walking, cycling and to catch public transport. Working together is also vital to encourage healthy eating, increase physical activity, reduce the amount of alcohol consumed and to quit smoking.

What the evidence tells us

- 23.9% of males and 18.9% of females in Wyndham were obese.
- In 2008, only 8.4% of females and 2.5% of males ate enough vegetables.
- Almost 6% of people living in Wyndham had run out of food in the previous 12 months and could not afford to buy any more (2008).
- Between 2004 and 2007, there was an increase in tobacco related hospitalisations.
- In Wyndham, 13.1% of avoidable deaths can be attributed to smoking.
- 44.1% of Wyndham residents consume alcohol at risk or high risk levels on one or more occasions per year. 12% did so on a weekly basis.

What the community told us

A healthy Wyndham is a place where...

- “We walk a small distance instead of using the car”
- “People grow lots of vegies”
- “There are lots of activities for people so they can take part and keep their lifestyle healthy”
- “There are lots of opportunities for kids to be involved in physical activities”
- “Being active is easy with great built environments and parks within 10 minutes’ walk of every home”
- “People are encouraged to explore the outdoors e.g. Werribee River, beach, You Yangs etc.”
- “There is an outdoor lifestyle – need to create beautiful environments with good footpaths and bike paths etc.”

Where we will work

- Schools
- Workplaces
- Local communities and environments

Who we will work with

- State government departments
- Early childhood and children's services
- Primary health providers , including Medicare Locals and GPs
- Community organisations and sporting clubs
- Health promotion agencies
- Libraries
- Local employers and businesses

What we want to achieve

The health of the community is strengthened by overcoming risk factors that contribute to preventable chronic illnesses

What we will do

Build the capacity of communities to address the underlying causes of chronic disease by:

- Increasing healthy eating
- Increasing physical activity
- Reducing harmful consumption of alcohol
- Reducing smoking

How we will know what's changing

- % of people with sufficient time and sessions of physical activity
- % of people undertaking incidental physical activity
- % of people with school age children walking or cycling with children to school
- % of people who did not meet the guidelines for consumption of fruit and vegetables
- Prevalence of diabetes
- Rate of hospital admissions for ambulatory care sensitive conditions for chronic diseases
- Rate of avoidable deaths per 100,000 people



Finding more information

The *Wyndham City Plan for Community Health, Wellbeing and Safety* has been developed using a number of source documents. These include:

- *Population Profile: Health, Wellbeing and Safety in Wyndham (2013)*
- *Policy Review: Global, National, State and Regional Context for Municipal Public Health and Wellbeing Planning in Wyndham (2013)*

The *Plan* will also be supported by a comprehensive *Evaluation Plan* which will set out the program of evaluation to be undertaken over the four-year life of the *Plan*.

These documents are available online at:

[http:// www.wyndham.vic.gov.au](http://www.wyndham.vic.gov.au) or by requesting a copy from Wyndham City at mail@wyndham.vic.gov.au