



November 2025

MUNICIPAL PUBLIC HEALTH AND WELLBEING IMPLEMENTATION PLAN



Acknowledgement of Country

For thousands of years before European settlement began, the area that is now the City of Wyndham was a place of particular importance to local Aboriginal people. In the Aboriginal world the boundaries between different social groups were commonly marked by natural features such as streams or mountain ranges.

The Werribee River was one such feature, and was a border between the estates of Aboriginal clans of three different language groups. More than 10 sites that indicate social and economic activity by Aboriginal groups have been recorded between the Werribee river and Skeleton Creek.¹ All clans of the Wadawurrung, Woi wurrung and Boon wurrung language groups were part of the Kulin nation.

Wyndham City Council pays respect and acknowledges the Bunurong and Wadawurrung People's as the Traditional Custodians of the land on which Wyndham Council is being built.

First Nations Health and Wellbeing

Wyndham City is committed to recognising Aboriginal self-determination and promoting cultural safety in the implementation of our Municipal Public Health and Wellbeing Plan. We are guided by the agenda of the Victorian Closing the Gap Implementation Plan.

¹ du Cros, H [1989] The western region: Melbourne metropolitan area. An archaeological survey. [Melbourne, Victoria Archaeological Survey & the Western Region Commission]. Retrieved 12 September 2025: [https://catalogue.wyndham.vic.gov.au/client/en_AU/wycl/search/detailnonmodal/ent:\\$002f\\$002fSD_ASSET\\$002f0\\$002fSD_ASSET:301565/one?te=ASSET](https://catalogue.wyndham.vic.gov.au/client/en_AU/wycl/search/detailnonmodal/ent:$002f$002fSD_ASSET$002f0$002fSD_ASSET:301565/one?te=ASSET)

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The Victorian Public Health and Wellbeing Plan 2023-2027.

This Implementation Plan supports the following priorities of the state plan.

- Reducing harm from smoking and vaping
- Increasing healthy eating and active living
- Reducing harm from alcohol and drug use
- Tackling Climate change health impacts
- Preventing all forms of violence and reducing injury

Wyndham Municipal Public Health and Wellbeing Implementation Plan 2025-2026

Introduction

Wyndham City Council works with service providers across the municipality, forming regional alliances with neighbouring municipalities, community health organisations, state government health entities and others to improve the overall health and wellbeing of the community.

This Municipal Public Health and Wellbeing Implementation Plan outlines what we will do together with our partners to achieve improved health and wellbeing outcomes across our five Health Focus Areas, outlined in the Wyndham Council Plan incorporating the Municipal Public Health and Wellbeing Plan (Health Plan) 2025-2029, and illustrated below.

Our Health Focus Areas were informed by analysis of municipal data drawn from the [Wyndham Health Status Report 2025](#), together with findings of the [Wyndham Health Forum 2025](#) community consultation as well as the broader Future Wyndham community engagement that informed the refreshed [Wyndham 2050 Community Vision](#).

Health Focus Areas



Determinants of health

Public health is concerned with the determinants of health and their management. The focus on determinants clearly delineates public health from clinical health services which are designed to manage episodes of illness or disease.

Healthy built environments are those that support people being healthy in their everyday lives. As Wyndham, along with much of Australia, faces increasing health costs from rising rates of obesity, diabetes and other lifestyle diseases, influencing the design of our city to be more supportive of healthy ways of living is an aim of our urban planning.

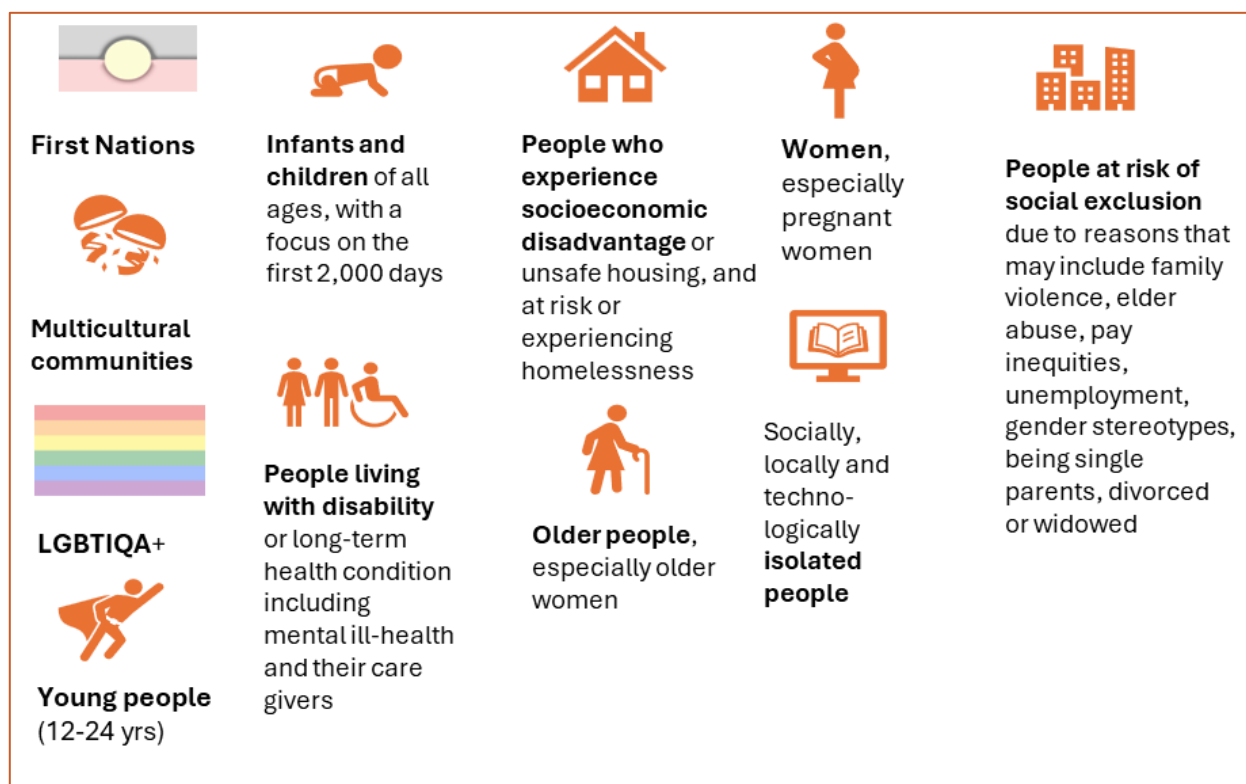
Public health and wellbeing

Broad contextual factors are integral to determining community health, many lying outside of health system and individual control. These wider determinants of health include the social, environmental, structural, economic, cultural, biomedical, commercial and digital environments in which we live, work, play and age.

(Wilkinson & Marmot, 2003)

Car-dominated transport, reduced opportunities for exercise, increased fast food availability and lack of social connection are all interconnected.² Increasingly the health sector focus is on prevention and to be effective we all need to work collaboratively, bringing diverse expertise to implement solutions.

Priority Populations



² (Thompson, 2025)

Implementation Plan

While all Priority Populations are important for each Health Focus Area (HFA), to better focus implementation, each HFA will target selected groups.

1. Accessible Services

We have equitable access to culturally safe services that support our health and wellbeing needs.

Why this is a Health Focus Area

- In 2022-23, more than 5,000 hospitalisations of Wyndham residents were potentially preventable.
- 28.9 per cent of Wyndham residents were unable to visit a general practitioner (GP) due to cost.
- Over a third (33.1%) were unable to get an appointment when needed or waited longer than was acceptable to see a GP in the last 12 months (34.5%).
- Unhoused individuals face severe physical and mental health challenges³. Homeless numbers in Wyndham have risen by 30 per cent (2,599 people), the majority aged 20-29 years.⁴

This Health Focus Area supports UN Sustainable Development Goals



What we can do

- Health equity - people's health and wellbeing is affected by the things that impact their daily lives including access to the services they need. Council is committed to creating environments that support equitable access to services and working with our health sector, state and federal government partners.
- Health literacy - access to reliable information is vital for informed decisions on matters of health. Health literacy facilitates access to information providing benefits to overall health and helping people to navigate the health system.
- Unhoused individuals - strategies to address health care access barriers include embedding specialist homelessness services staff in the health system and prioritising outreach approaches.

³ (Hartley, et al., 2025)

⁴ ABS Census 2021

Our main target groups

- First Nations
- Young people (12-24 yrs)
- Multicultural communities
- Socially, locally and technologically isolated people
- Women, especially pregnant women
- People living with disability and or long-term health condition
- People who experience socioeconomic disadvantage or unsafe housing

Key activity 2025-2027	Action	Partner/s
Deliver the Accessibility and Inclusion Plan 2026-2029	Improve equitable and culturally safe access via the Accessibility and Action Plan 2026-2029	Community Health Sector WCC Community Connection and Care Services and cross Council collaboration
Promote health literacy including digital health literacy	Reduce barriers, i.e. translated materials, bilingual workers, improve access to free wi-fi at community facilities	Community Health Sector WCC Community Connectors; Maternal & Child Health; Wyndham Libraries; Neighbourhood Hubs
Advocate to attract specialist health services	Define priorities and coordinate activities	Community Health Sector WCC Advocacy; Service Planning; City Life
Advance our commitment to reconciliation First Nations	Support development of Wyndham City's Reconciliation Action Plan 2026-2029	WCC Community Strengthening and Inclusion; First Nations Unit
Other public health and wellbeing activity supporting this Health Focus Area		
Deliver the Affordable Housing Strategy 2026-2036	Deliver the first year of the new strategy 2026-2028	Health, Homelessness and Housing (H3) Alliance WCC Community Connectors; Urban Transformation; Town Planning
Inform the new Wyndham Integrated Transport Strategy	Provide health related input to review of the Wyndham Active Transport Strategy.	Community Health Sector WCC Community Strengthening and Inclusion

2. Healthy Living

We are supported to make choices that improve our health and wellbeing, including healthy eating, tobacco and vape free living and being physically active.

Why this is a Health Focus Area

- Following a sensible, balanced diet helps to maintain good health throughout life. Over half (57.4%) of Wyndham residents did not eat the recommended serves of fruit and vegetables.
- Most of the population (89.1%) is overweight or obese, including children, which is why our priority populations include infants (the first two thousand days). Childhood obesity is higher in Wyndham than Victoria and Australia wide.
- Many Wyndham households (28.8%) worried about running out of money to buy food. Almost ten per cent (9.7%) ran out of food in the last 12 months.
- A third (33%) of Wyndham residents are sedentary, sitting for long periods of time and many (68.7%) are not physically active at all.
- Almost a fifth (20.7%) of Wyndham residents smoke or vape daily.

This Health Focus Area supports UN Sustainable Development Goals



What we can do

- Healthy choices – healthy living involves making healthy choices, important for every life stage to improve overall health and wellbeing.
- Healthy living - daily this means meeting fruit and vegetable guidelines (two serves of fruit, five of vegetables), drinking water instead of sugary drinks or alcohol, and choosing not to smoke or vape.
- Advertising – Council minimises the impacts of advertising in its planning policy. Commercial advertising can have both positive and negative impacts on health including unhealthy products such as tobacco, alcohol, and discretionary foods.
- Food system - a sustainable food system provides food security and nutrition. Council works to improve the food system in the west with partners including:
 - ✓ the Western Public Health Unit (WPHU), implementing and embedding the INFANT program and connecting locally produced fresh food to families, and
 - ✓ Sustain Australia to build capacity in the local food system.⁵

⁵ A food system includes all the people, animals and activities involved in producing, processing, distributing, retailing, consuming and disposing of food, and the interactions between them, including the infrastructure, natural resources and other inputs that support those activities, and their outputs. Carey, R., Murphy, M. and Behen, T. (2024) Planning a resilient food system for Victoria. The University of Melbourne. <https://doi.org/10.46580/124375>

- Active living - being physically active strengthens bones improves mood, sleep, and boosts energy levels, important at all life stages as we grow and age. It also helps to maintain a healthy weight, lower blood cholesterol level, mitigate the risk of type 2 diabetes and some cancers.

Our main target groups

- First Nations
- Multicultural communities
- Young people 12-24 yrs
- Pregnant women and older women
- Infants and children of all ages
- People at risk of social exclusion

Key activity	Goal	Partner/s
Food Systems in Wyndham	<ul style="list-style-type: none"> • Connecting Local Food to Families Project • Support community gardens 	Sustain; WPHU; Community Strengthening Unit WCC Climate & Resilience
Tobacco and vape free living	<p>Increase the number of 'No Smoking or Vaping' signs displayed across Wyndham.</p> <p>Expand smoke-free and vape-free areas</p>	WPHU WCC Environmental Health
Vape-free West Project	<p>Increase ability of</p> <ul style="list-style-type: none"> • multicultural young people to reject vaping • and among parents and guardians to support their children to reject vaping. 	WPHU, Melton Council, VicHealth
Other public health and wellbeing activity supporting this Health Focus Area		
Food First in the West	Support community access to fresh food markets, including via The Community Grocer	WPHU; Sustain WCC Climate and Resilience
INFANT Program	<ul style="list-style-type: none"> • Support families with healthy eating, active play and reduced screen time from the start of their baby's life. • Improve diet and reduce sedentary time 	WCC Maternal Child Family Health & Wellbeing
Alcohol and other drugs	Reduce the impact of alcohol and other drugs	IPC Health WCC Community Strengthening & Inclusion

3. Climate Change Health Impacts

We are a resilient community that can adapt to the health impacts of climate change

Why this is a Health Focus Area

- Victoria's climate has changed over recent decades, becoming hotter and drier. In future Wyndham can expect double the number of very hot days, longer fire seasons, and more intense downpours.
- Negative aspects of climate change that impact health and wellbeing include extreme weather events (flood, heatwave), poor air quality (i.e. bushfires), and infectious disease (due to temperature change); all impacting mental wellbeing.
- Direct health impacts include heat stress, injury and trauma while indirect impacts include vector and foodborne diseases (i.e. via mosquitos, salmonella) and worsening of existing chronic diseases (i.e. cardiovascular, respiratory diseases).
- Climate change can also adversely impact households and the local economy with the potential to cause underemployment, unemployment and stress.

This Health Focus Area Supports UN Sustainable Development Goals



What we can do

- Mindful consumption - contributes to environmental sustainability such as by:
 - ✓ eating more fruit and vegetables,
 - ✓ sourcing locally produced and less packaged foods, and
 - ✓ increasing active transport by walking and cycling more; activities that contribute to improved air quality through reduced transportation and traffic flows.
- Reduce emissions - Wyndham City is certified carbon neutral for operational emissions (since 2023). Council also leads in the reduction of emissions through collaboration with 51 other Victorian Councils. Solar PV panels are installed across 75 Council owned and managed buildings to reduce energy demands and greenhouse emissions. Council's activities in sustainability help to increase community access to cooler and cleaner air spaces.

Our main target groups

- | | |
|---|--------------------------------------|
| • First Nations | • Infants and children of all ages |
| • Women, especially pregnant women | • Young People (12-24 years) |
| • Socially, locally and technologically isolated people | • People at risk of social exclusion |

Key activity	Goal	Partner (if known)
Open access to community infrastructure during extreme weather events	Mitigating urban heat for vulnerable groups	Community Health Sector WCC Wyndham Libraries; Neighbourhood Hubs; Recreation Centres
Support collaborative networks and projects	Build capacity across Wyndham by effective <ul style="list-style-type: none"> • cross-sector collaboration with key stakeholders to address the health impacts of climate change • promoting climate change health impacts across Council 	Community Health Sector WPHU WCC Community Strengthening; Climate & Resilience
Support integrated and streamlined planning for climate events	Build community capacity to prepare, respond and recover from associated health impacts related to extreme weather events	WCC Emergency Management; Environmental Health; Community Support
Other public health and wellbeing activity supporting this Health Focus Area		
Buy Local Spend Local	Source local to reduce carbon footprint with services and products sourced and consumed local	WCC Cross-Council collaboration
Wyndham's Tree and Urban Forest Policy	Plant trees in new development and established areas to deliver canopy, coverage of 25% in streets and 35% in open space across the municipality	WCC Open Space/Environment & Water
Climate & Community Education Series	<ul style="list-style-type: none"> • Series of sustainable living workshops and events to build skills, providing tips for greener living 	WCC Open Space/Environment & Water; Climate & Resilience; Waste
Open Space Adopt-a-Park Policy	<ul style="list-style-type: none"> • Support for people to join in the stewardship of our open spaces via Memorandum of Understanding (MOU) with Council • Enabling community groups to help in the upkeep of parks, helping them to learn new skills and create new local connections 	WCC Open Space

4. Mental Wellbeing and Social Connection

We are supported to maintain good mental wellbeing and are an inclusive, connected and socially cohesive community

Why this is a Health Focus Area

- The COVID-19 lockdowns exposed how isolating many living environments can be, particularly for vulnerable populations.
- Our community identified improving social connection and mental wellbeing as a priority for Wyndham.
- Evidence consistently shows that social isolation and loneliness are linked to serious mental and physical health risks, including depression, anxiety and early mortality.⁶
- At least 1 in 3 of us feel lonely, and 1 in 6 of us feel very lonely at any given time.
 - ✓ Young people, carers, people who have poorly met financial needs, those who live alone, have chronic disease and poor mental health, are particularly vulnerable to loneliness.⁷
 - ✓ Almost a quarter (23.5%) of Wyndham residents experience loneliness.
- A quarter of residents (24.7%) experienced moderate psychological distress with more than a fifth (21.5%) experiencing high or very high levels of psychological distress. 17.2 per cent experienced discrimination and 12.4 per cent experienced racism.

This Health Focus Area supports UN Sustainable Development Goals



What we can do

- Build social capital - by encouraging more frequent social contact, promoting mental wellbeing and better overall health.
 - ✓ Council provides many opportunities to link people in with others including via community groups meeting at neighbourhood community centres, activities at libraries and recreation centres, local walking groups and community gardens.
 - ✓ Councils Community Connectors can help people to be included and find a suitable activity or group.
 - ✓ Wyndham parks and open spaces provide opportunities to encounter neighbours.
 - ✓ Council also offers many free social and festival events throughout the year providing opportunities to mingle with other residents in safety.
- Improve the urban environment - around one in three Australians report feeling lonely in their own homes. Housing and planning policy can engage with the problem of social isolation. This is

⁶ (Ziaesaeidi, 2025)

⁷ (Ending Loneliness Together, 2023)

particularly important for people living in high-density but poorly designed apartments, or in suburbs with limited community infrastructure.⁸

- Liveability - a key consideration in housing policy is transit-oriented development (TOD). This planning approach concentrates housing, jobs and services around high-quality public transport. When implemented well, it supports walkable, mixed-use and inclusive neighbourhoods.⁹

Our main target groups

- Older people, especially older women
- Young people (12-24 yrs)
- People living with disability and or long-term health condition
- LGBTIQA+
- People who experience socioeconomic disadvantage or unsafe housing

Key activity	Goal	Partner
Advocate for Youth Mental Health supports	Improved access to mental health programs	Mercy Mental Health; IPC Health Mental Health Service; North Western Melbourne Primary health Network WCC Youth Services
Engage young people (12-24 yrs)	Increase participation in <ul style="list-style-type: none"> • Youth Services programs • Sports and recreational activities • Employment Pathways 	WCC Youth Services; Sport & Recreation; Social & Economic Inclusion Wyndham Community & Education Centre
Encourage youth-led initiatives, i.e. climate change and other common interest activities through safe and inclusive spaces	Build <ul style="list-style-type: none"> • sense of purpose and connection • civic participation and other socially inclusive strategies (i.e. Q Program) 	WCC Youth Services; Wyndham Libraries; Sport & Recreation.
Increase opportunities for social connection and meaningful participation in the community	Improve local opportunities for people of all ages to socialise, including through social prescribing	WCC Arts Culture & Events; Community Support; Neighbourhood Hubs; Wyndham Libraries
Wyndham Community Grants	Connect people across the lifecourse into community groups with funding opportunities	WCC Community grants; Community Support

⁸ Ibid

⁹ Ibid

Other public health and wellbeing activity supporting this Health Focus Area		
Gambling Harm Prevention Policy	Reduce the harms from electronic gaming machines	IPC Health/Gamblers Help WCC Community Strengthening & Inclusion
Increased support for carers	Via delivery of the Accessibility and Inclusion Plan 2026-2029	WCC Community Strengthening & Inclusion; Community Support

5. Gender Equality

We promote gender equality with zero tolerance for violence in all its forms

Why this is a Health Focus Area

- Gender equality is important for health and well-being. Women and girls represent half of our community.
- Gender equality is a fundamental human right and essential for the prosperity and wellbeing of our community.
- Gender inequality sets the context that underpins family violence and is a driver of violence in the home. Men continue to hold most of the power in society and this inequality filters down into personal relationships at home.
- The number of reported family violence incidents in Wyndham are some of the highest in Victoria - 4,390 recorded incidents (June 2024).
- More females than males aged 40 to 49 years and 0 to 9 years were unhoused on the night of the 2021 census. High rates of women and children escaping family violence may have contributed to these statistics.
- The presence of The Orange Door in Werribee has improved service responses. In 2023-2024:
 - ✓ the rate of incidents (per 100,000) fell by 6 per cent
 - ✓ 2,137 clients received homelessness services because of family violence¹⁰



What we can do

- Social cohesion - Council plays an important role in enhancing the health, connectedness and safety of everyone in our community. This includes zero tolerance for all forms of violence. The

¹⁰ (Crime Statistics Agency, 2025)

safety of women and their children at home is especially important, as are denouncing racism and other forms of discrimination.

- Community support - our partner The Orange Door, Werribee, supports all people experiencing difficulties in Wyndham connecting them into services to help, including support groups, services for children and young people, family violence support, counselling, financial help, and legal assistance.
- Gender Impact Assessments - conducted in accordance with the Gender Equality Act 2020 to ensure that all Wyndham City public policy, services and programs comply with legislative requirements.
- This Girl Can - as a community leader Wyndham City leads by example investing in local programs to empower women and girls including through increasing the participation of women and girls in sport through playing, coaching and officiating on club committees.

Our main target groups

- Young people (12-24 yrs)
- Women, especially pregnant women and older women
- LGBTIQ+
- Multicultural communities

Key activity	Goal	Partner (if known)
Action for Equity: A sexual and reproductive health strategy for Melbourne's West 2024–2030.	<ul style="list-style-type: none"> • Strengthen the sexual and reproductive health literacy of communities • Build community capacity to take action on the sexual and reproductive health priorities that matter to them 	GenWest; LGBTIQ+ educators Queer Town; Community Health Sector
Increase accessible inclusive space for women in Wyndham's sports facilities	Increased participation of women and girls in organised sport	Sport and Recreation/Inclusion and Participation
Other public health and wellbeing activity supporting this Health Focus Area		
Gender Impact Assessment	Ensure policies, programs and services provide fair and equal consideration to needs of women, men and gender diverse individuals.	WCC Cross-Council collaboration
Wyndham Family Violence Network & Western Integrated Family Violence Committee	Working together to raise awareness, coordinate supports and advocate for needs in Melbourne's West	

Monitoring and Reporting

Health and wellbeing activities are reviewed annually as we report on progress of this plan through councils Annual Report. This Implementation Plan will be reviewed in 2026 and updated as necessary in light of work conducted and reported on in 2025-2026.

The indicators in this plan will also help demonstrate progress against the Sustainable Development Goals (SDGs) that align with our Health Focus Areas.

Health Focus Area	Sustainable Development Goal	Indicator	Target
1. Accessible Services	SDG3 - Good Health & wellbeing SDG10 – Reduced Inequalities	Number of programs that are inclusive and respond to the needs of people with a disability	Increase
2. Healthy Living	SDG1 – No Poverty SDG2 – Zero Hunger	Proportion of people reporting food insecurity Proportion of adults reported running out of food and not being able to afford to buy more in past 12 months Proportion of trips made by public transport, bicycle or on foot.	Decrease Decrease Increase
3. Climate Change Health Impacts	SDG12 – Responsible Consumption & Production SDG13 – Climate Change	Tree canopy cover in the public realm Number of trees planted in the municipality Hospital admissions in relation to extreme weather events.	Increase Increase Decrease
4. Mental Wellbeing & Social Connection	SDG3 - Good Health & wellbeing SDG16 – Peace, Justice & Strong Institutions	Participation in Wyndham Youth Services programs and events Community Grants that promote and support social connections Proportion (%) of adults experiencing loneliness	Increase Increase Decrease
5. Gender Equality	SDG10 – Reduced Inequalities SDG5 – Gender Equality	Female membership of sports clubs Rate of recorded family violence incidents.	Increase Decrease

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