

## Public Health and Wellbeing Priority Areas and Strategies

The Town of Bassendean (Town) Community Health Profile highlighted a number of public health challenges for the Town. The findings from the collation and analysis of local data and from the consultation process has resulted in the identification of various health risk areas that the Public Health Plan will seek to address which include:

- Overweight and obesity
- Mental health and wellbeing
- Nutrition
- Physical inactivity
- Environmental health protection
- Community safety
- Alcohol and drug use

These health risk areas were streamlined and grouped into five key priority areas. The *draft* Action Plan identifies objectives and actions for implementation to address the key priority areas.

<b>Priority Area One</b>
<b>Active and Healthy Lifestyles</b>
<i>Objective: Create opportunities that encourage people to be active and healthy</i>
A community that is able to make healthy and active lifestyle choices
A community that has good health and is able to make healthy active lifestyle choices
A community that lives healthy, eats healthy and is active
A Town that enhances the health and wellbeing of all residents
<b>Priority Area Two</b>
<b>Social Wellbeing and Community Connections</b>
<i>Objective: Support priority populations to achieve better social and health outcomes</i>
A strong and connected community for all generations
A community which is socially connected and able to participate in and contribute to community life
Community members are engaged in the community
An inclusive, healthy, creative community where people can feel safe, connected and engaged
Inclusive and accessible environments that promote participation in community life by all
Healthy, strong and resilient people and connected communities
Inclusion, diversity and uniqueness are respected, welcomed and celebrated
<b>Priority Area Three</b>
<b>Health Promotion and Advocacy</b>
<i>Objective: Community is informed to make the best choices to live healthy, be healthy and active;</i> <i>Objective: Promote mental health and wellbeing through collaborative partnerships</i>
A healthy, well informed and resilient community
A community that is able to flourish and fulfil its potential
<b>Priority Area Four</b>
<b>Built and Physical Environment</b>

*Objective: Provide and support a range of quality facilities and services that have a positive impact on health and wellbeing*

*Objective: Support the creation of environments that encourage healthy living*

A healthy community enjoying quality facilities and services

An environment that supports residents to lead active and healthy lives

**Priority Area Five**

**Regulation and Protection**

*Objective: The Town supports strategies to promote a safer community*

*Objective: To protect, promote and enhance environmental factors which impact on community public health*

A community protected from environmental and health risks

A safe and protected community

A safe community for everyone who lives in, works in and visits the district

Community health, safety and wellbeing area focus in everything the Town does

## 10. Draft Action Plan

The following details actions to implement the PHP. 'E' represents an existing program or action already undertaken by the Town, whilst 'NP' represents a new program, which will require resourcing via subsequent budget processes.

### 10.1 Active and Healthy Lifestyles

#### Objective: Create opportunities that encourage people to be active and healthy

- A community that is able to make healthy and active lifestyle choices
- A community that has good health and is able to make healthy active lifestyle choices
- A community that lives healthy, eats healthy and is active
- A Town that enhances the health and wellbeing of all residents

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
10.1.1	Continue to deliver the RELax programme and investigate opportunities to provide for increased physical activity.	Accessible and affordable health and wellbeing courses to residents and the wider community. Courses can range from physical activity to arts and craft. All courses offered aim to support the Act-Belong-Commit principles.	Community Development	E	x	x	x	x
10.1.2	Promote and encourage increased physical activity and/or wellbeing through programs and initiatives provided by key stakeholders	Support and encourage active transport wherever possible to increase physical activity.	Community Development	E	x	x	x	x
10.1.3	Provide opportunities for social connection, engagement and physical activity for older persons.	Support the community to age well.	Community Development	NP				
10.1.4	Provide regular 'physical activity' information to local schools	Support and encourage physical activity wherever possible to increase physical activity of children.	Community Development	NP				

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
10.1.5	Pursue grant funding opportunities to increase the health and wellbeing of the community through projects, activities and services.	Increase the number of healthy lifestyle initiatives within the Town.	All	NP				
10.1.6	Explore, promote and deliver local nutrition and healthy eating programs.	Improve nutrition literacy.	Health Services	NP				
10.1.7	Explore opportunities for residents to understand genetic genealogy.	People aware of their medical family history as a means to prevent ill health.	Library Services	NP				
10.1.8	Raise awareness on the risks of sun exposure and ensure sunscreen is available at Town approved events.	Improved community education and awareness.	Health Services	NP				
10.1.9	Provision of healthy meals and snacks at Youth Service facility.	Young people provided with healthy meals and fruit as an alternative to fast food and unhealthy snacks, improving physical health outcomes; Increase food literacy.	Youth Services	E	x	x	x	x
10.1.10	Develop and implement a nutritious food policy for all youth services events and programs.	Contribute to health eating and access to affordable food.	Youth Services	NP				
10.1.11	Participate in studies and implement programs such as the KIDDO program to help improve the fundamental movement skills of children.	Support children's wellbeing and mental health.	Children Services	E	x	x	x	x
10.1.12	Review data on alcohol and drug related harm to establish the extent of issues within the Town.	Change culture on alcohol consumption and drug consumption.	Health Services	NP				

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
10.1.13	Examine opportunities to implement partnerships and programs to reduce alcohol and other drug use issues.	Change culture on alcohol consumption and drug consumption. Improved community education and awareness.	Health Services Community Development Library Services Youth Services	NP				

## 10.2 Social Wellbeing and Community Connections

### Objective: Support priority populations to achieve better social and health outcomes

- A strong and connected community for all generations
- A community which is socially connected and able to participate in and contribute to community life
- Community members are engaged in the community
- An inclusive, healthy, creative community where people can feel safe, connected and engaged
- Inclusive and accessible environments that promote participation in community life by all
- Healthy, strong and resilient people and connected communities
- Inclusion, diversity and uniqueness are respected, welcomed and celebrated

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
10.2.1	Continue to provide and facilitate events, workshops and programs that bring community together (e.g., Craft Groups, Book Clubs, games, literary events and other extension activities)	Enhanced opportunities to socialise, be active and connected in welcoming, accessible and all-inclusive environment.	Library Services	E	x	x	x	x
10.2.2	Continue to provide information to facilitate historical guided and self-guided walks.	Increased walking.	Library Services Community Development Health Services	E	x	x	x	x
10.2.3	Support / facilitate the delivery of the markets in the Town.	Provision of fresh produce. Increasing community connection.	Community Development	E	x	x	x	x
10.2.4	Implement public art projects using developer contributions.	Arts and culture to be more visible in the Town of Bassendean, activating spaces, build community pride and sense of place and actively engaging local artists.	Community Development	E	x	x	x	x
10.2.5	Encourage residents to connect with community groups through organisations/services such as libraries, neighbourhood houses, sports clubs and local shopping strips.	Support and facilitate actions that build community pride and sense of place.	Community Development	NP				
10.2.6	Work with stakeholders to make information available to the community regarding local services, programs and facilities available to them.	Improved community education and awareness.	Customer Services	NP				

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
10.2.7	Provide and promote lifelong learning, digital literacy and encourage social inclusion.	Lifelong learning is the ongoing, active pursuit of knowledge that enhances social inclusion, active citizenship and personal development.	Library Services	E	x	x	x	x
10.2.8	Delivery of case management services to disadvantaged and/or at-risk young people.	Effective support relationships developed, and referrals to specialist services undertaken when appropriate.	Youth Services	NP				
10.2.9	Delivery of Open Access 'Drop-In' Program.	Disadvantaged young people aged 12-25 years are provided appropriate support, opportunities and leisure spaces. Relationships built in these environments are leveraged into referrals, informal counselling and ongoing support, decreasing marginalisation and disadvantage.	Youth Services	E	x	x	x	x
10.2.10	Provide support to young Learner Drivers to assist them obtain a Driver's License.	Improved access to social, educational and vocational opportunities.	Youth Services	E	x	x	x	x
10.2.11	Provide a community transport service that meets the needs of an ageing population.	Assisting eligible residents to attend medical appointments and community activities.	Community Development	E	x	x	x	x
10.2.12	Continue to actively support and encourage volunteering programs in the community.	Working with local community groups for capacity building, promotion of volunteering, recruiting and engaging volunteers for mental and physical health.	Community Development Library Services Sustainability & Environment	E	x	x	x	x
10.2.13	Support and promote inclusion of diverse groups including people with disabilities, people who identify as Aboriginal or Torres Strait islander people, culturally	Providing inclusive community services that recognise the needs of LGBTIQ communities and individuals.	All	NP				

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
	and linguistically diverse communities and LGBTQIA community members.							
10.2.14	Partner with professionals including Speech Therapists to share information with families on family information evenings.	Build capacity of parents and carers as the primary educators in a child's life.	Children Services	E	x	x	x	x
10.2.15	Established relationship with Be You and utilise many of their resources such as Behaviour, Emotions, Thoughts, Learning and Social Relationships <a href="#">(BETLS)</a> tool.	Assess and support children's wellbeing and mental health.	Children Services	E	x	x	x	x
10.2.16	Promote opportunities for older residents, to remain living independently at home.	Support wellbeing and mental health.	Health Services Community Planning	NP				
10.2.17	Facilitate opportunities for active ageing.	Remain connected and engaged in community life which contributes to positive health and wellbeing.	Health Services Community Development	NP				



### 10.3 Health Promotion and Advocacy

**Objective: Community is informed to make the best choices to live healthy, be healthy and active**

**Objective: Promote mental health and wellbeing through collaborative partnerships**

- A healthy, well informed and resilient community
- A community that is able to flourish and fulfil its potential

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
10.3.1	Promote programs to increase physical activity levels in children and teenagers via organisations/clubs.	Increase in the number of healthy lifestyle initiatives within the Town.	Community Development Youth Services	NP				
10.3.2	Build the capacity of local clubs, groups and organisations to deliver health and wellbeing activities and initiatives.	Improved community education and awareness.	Community Development	E	x	x	x	x
10.3.3	Administer the Town's Sponsorship and Grants Program.	Opportunity for the Town to adopt an <i>Assets Based Community Development</i> approach to enable and empower community to run programs, local gatherings and initiatives etc., with the outcome of increased community connection, mental health and wellbeing.	Community Development	E	x	x	x	x
10.3.4	Implementation of the Town's Community Awards.	Opportunity for Town residents to identify and recognise fellow community members making a significant contribution with the outcome of increasing community connection, mental health and wellbeing.	Community Development	E	x	x	x	x
10.3.5	Continue to source, provide and promote information resources in variety of formats to educate and	Increase awareness and use of Health and Wellbeing resources that educate and inform the community of relevant resources for the community.	Library Services	E	x	x	x	x

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
	inform our community about health issues.							
10.3.6	Introduce a series of workshops addressing living with and preventing chronic disease and to promote the services of support groups through the provision of workshops and information sessions.	Health and wellbeing section of library collection is current and well used. Increase health literacy amongst the community.	Library Services Community Development Health Services	NP				
10.3.7	Identify opportunities to promote state and federal health promotion bodies and campaigns such as Quit (smoking), Cancer Council WA (LiveLighter) that will facilitate and help to promote health and wellbeing.	Informed community better equipped to make lifetime choices.	Health Services	NP				
10.3.8	Work with local partners to promote healthy eating and oral health across the life stages with Maternal and Child Health, Early Years and primary schools.	Healthy eating messages are embedded into oral health promotion activities.	Children Services	NP				
10.3.9	Continue to promote mental health awareness through Act Belong Commit and increase community engagement and understanding of mental wellbeing and social inclusion.	More community members get involved with mental health campaigns. Raising awareness of how to stay mentally healthy.	Community Development	E	x	x	x	x
10.3.10	Investigate collaboration opportunities to deliver Mental Health First Aid (MHFA) to adults,	Improved community education and awareness.	Health Services	NP				

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
	teens and Aboriginal communities.							
10.3.11	Collaborate with and/or promote key stakeholders such as HeadSpace and Helping Minds to identify and implement / support mental health promotion initiatives with community groups and schools.	Improved community education and awareness regarding wellbeing and service access. Utilise existing campaigns (e.g., RUOK day and Mental Health Week) to support schools and community organisations raise the awareness regarding mental health supports for youth.	Community Development Library Services Health Services Youth Services	NP				
10.3.12	Collaborate with the Midvale Hub Parenting Service to provide a Parenting Champion who delivers parenting workshops for families.	Families have access to a number of programmes to support them including Protective Behaviours, Circle of Security, 1, 2, 3 Magic and Emotion coaching, tuning in to Kids and Tuning in to Teens.	Children Services	E	x	x	x	x
10.3.13	Support and advocate for ongoing improvements to the experiences of children and their families who experience educational disadvantage in their transition from early years services to primary schools.	Support children's wellbeing and mental health.	Children Services	NP				
10.3.14	Promote support services provided for those sleeping rough, by disseminating information relating to community showers, food access, medical services.	Minimise health inequalities across groups within the community.	Health Services	NP				

## 10.4 Built and Physical Environment

**Objective: Provide and support a range of quality facilities and services that have a positive impact on health and wellbeing**

**Objective: Support the creation of environments that encourage healthy living**

- A healthy community enjoying quality facilities and services
- An environment that supports residents to lead active and healthy lives

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
10.4.1	Planting trees and providing shade structures throughout the district.	Increased tree canopy and shade to create a cooler and more liveable community.	Infrastructure	NP				
10.4.2	Implement connected footpaths and cycleways throughout the Town ensuring adequate seating, shade, lighting, drinking fountains, and bins are provided.	Walking trails, paths and cycleways are well used and safe.	Infrastructure	NP				
10.4.3	Creating and maintaining sporting fields to the requirements of multiple sporting clubs allowing community to easily participate in organised sport.	Community have access to facilities that promote physical activity and wellbeing.	Infrastructure	E	x	x	x	x
10.4.4	Provide, maintain and encourage the use of accessible and affordable community facilities, ovals, walking routes and reserves for community use.	Community have access to facilities that promote physical activity and wellbeing.	Community Development Infrastructure	E	x	x	x	x
10.4.5	Promote and activate environmental assets and existing infrastructure provided by the Town, to enable people to be more active, enjoy nature and promote mental health.	Accessible public open spaces for passive recreation, active transport and connection with nature.	Community Development Sustainability Environment	& NP				

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
10.4.6	Develop and implement Public Open Space Strategy.	Provision of desirable, accessible and multipurpose spaces that encourage physical activity and passive recreation.	Planning Services Community Development Environment & Sustainability Infrastructure	NP				
10.4.7	Incorporate public health principles (including Healthy Active by Design) into local planning frameworks.	To influence the planning, and development of the built environment so as to support the community to age well.	Planning Services	NP				
10.4.8	Implement the Asset Management Strategy.	Facilities meet the needs of the community to recreate and socialise easily such as picnic tables, BBQ's and toilet facilities.	Infrastructure	E	x	x	x	x
10.4.9	Provide affordable medium term housing options for disadvantaged young parents.	Reduction of risks surrounding homelessness, and improved connections with support services.	Youth Services	E	x	x	x	x
10.4.10	Provide youth specific facilities and programs.	Improved support and peer networks. Increased exposure to personal development opportunities.	Youth Services	E	x	x	x	x
10.4.11	Respond to the data provided in the Australian Early Development Census (AEDC).	Improve outcomes for children by enhancing environments such as the play equipment etc.	Children Services	E	x	x	x	x
10.4.12	Promote initiatives and campaigns designed to reduce injury and falls prevention.	Reduce injury from accidental falls.	Health Services	NP				
10.4.13	Develop a Community Emissions Reduction Strategy	Enabling residents, schools and businesses to lead healthier and more sustainable lives by engaging in new habits and achieving lasting positive change in areas such as waste reduction to landfill, reduction in greenhouse	Sustainability & Environment	NP		x	x	x

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
		gas emissions, active transport, sharing resources, growing food locally, renewable energy generation, increased food waste composting, and opportunity for community connection.						

## 10.5 Regulation and Protection

**Objective: The Town supports strategies to promote a safer community**

**Objective: To protect, promote and enhance environmental factors which impact on community public health**

- A community protected from environmental and health risks
- A safe and protected community
- A safe community for everyone who lives in, works in and visits the Town
- Community health, safety and wellbeing are a focus in everything we do

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
10.5.1	Promote the availability of free food safety training for local food businesses to enhance skills and knowledge in food safety.	Safe handling of food and adequate skills and knowledge of food handlers.	Health Services	E	x	x	x	x
10.5.2	Ensure all food businesses submit a Food Business Registration / Notification form as required under the Food Act 2008, and work with food businesses to provide safe and suitable food.	All food prepared, stored, handled, distributed, manufactured within the Town are by approved food businesses.	Health Services	E	x	x	x	x
10.5.3	Ensure all food businesses servicing vulnerable populations submit verified Food Safety Plans as required under the Food Standards Code.	All food safety plans completed and verified with regular monitoring and reporting.	Health Services	E	x	x	x	x
10.5.4	Conduct microbiological and chemical food sampling.	Food manufactured in the Town is safe and compliant with Food Standards Code.	Health Services	E	x	x	x	x
10.5.5	Implement and manage the Town's Mosquito Monitoring and Control Program.	Effective mosquito monitoring and control program to reduce mosquito nuisance levels in the community and mosquito-borne diseases.	Health Services	E	x	x	x	x

Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
10.5.6	Disseminate information when the Department of Health considers local waterways pose a risk to people.	Safe waterways for community to recreate in.	Health Services	E	x	x	x	x
10.5.7	Protect the community from illness through education and enforcement of public health standards at skin penetration premises.	Protect the community from disease and illness.	Health Services	E	x	x	x	x
10.5.8	Continue to implement the Town's statutory responsibilities for protecting the community as legislated by the <i>Public Health Act 2016</i> , <i>Food Act 2008</i> , <i>Tobacco Products Control Act 2006</i> , <i>Environmental Protection Act 1986</i> , and the <i>Health (Miscellaneous Provisions) Act 1911</i> and subsidiary legislation. This includes public health complaint services (such as odour, noise, dust, asbestos handling, food safety, pollution control), food safety assessments, public building assessments, events safety assessments, industrial premises audits for pollution protection measures, and on-site effluent disposal approvals.	Recognise the Town's statutory role and its contribution to community safety and increase community awareness about minimising public health risks in and around the home. Maintain amenity in the community.	Health Services	E	x	x	x	x
10.5.9	Continue to develop and review management plans for Emergency Risk Management (ERM), Emergency Management	Ensure the Town is well prepared to respond effectively to and recover from major	BLEMC Director Community Planning Services	E	x	x	x	x



Action		Outcome	Responsibility		Timeframe			
					2022-2023	2023-2024	2024-2025	2025-2026
	Arrangements (LEMA), Local Recover Plan (LRP).	emergencies, disasters or serious public health incidences.						
10.5.10	Comply with the local government requirements details in State Hazard Plan / Pandemic Plan, Emergency Management legislation when enacted.	Improve staff skills and knowledge regarding emergency management and pandemic planning.	All	E	x	x	x	x
10.5.11	Administer and enforce Council's Local Laws.	Recognise Council's statutory role and its contribution to community safety.	Ranger Services Health Services Building Services Infrastructure Sustainability & Environment	E	x	x	x	x
10.5.12	Continue to provide waste services and education to residents and businesses	Protect the community from disease and illness. Encourage better waste management practices.	Sustainability & Environment	E	x	x	x	x
10.5.13	Continue to monitor the health and quality of water in the Swan River and in urban waterways	Safe waterways for community to recreate in.	Sustainability & Environment Health Services	E	x	x	x	x