



# COMMUNITY HEALTH AND WELLBEING INFORMING STRATEGY

2020  
/2025

# What's It All About?

The role local government plays in community health and wellbeing



## Message from the Shire President

The Western Australian Government's new *Public Health Act 2016* legislation requires that each local government develops a local health profile and strategic plan based on evidence and community expectations.

The Shire has developed this Community Health and Wellbeing Informing Strategy (CHWIS) 2020 - 2025 in response to this legislative requirement.

The role of local government is to ensure compliance with Public Health regulations and to initiate a range of activities, programs, assets and services, intended to protect and promote the health of its communities on behalf of ratepayers.

It is the responsibility of all of us, as individuals and as families, to make choices that provide us with optimum health.

This strategy provides a framework that is reflective of current Shire practice in public health and identifies opportunities for the future.

Goals have been developed based on local health statistics and on health priorities recognised by the State government. Importantly, these goals were informed by our community's aspirations. Thanks to the many hundreds of residents who participated in the process of creating this strategy.

We all want to stay healthy and live our best lives in order to do the things we enjoy most, with the people we love. The Shire of Mundaring is a place with the capacity and commitment to deliver a healthier life opportunity for us all. I encourage you to take advantage of these opportunities and to work with the Shire to initiate new opportunities.

**Cr John Daw**  
President

## Executive Summary

The strategy is a five-year plan that links to the Shire's strategic objectives as outlined in the Strategic Community Plan and Corporate Business Plan. This ensures commitments within the strategy are achieved within the Shire's current service levels and resourcing capability and are aligned to community's vision for the future, including aspirations and service expectations.

The CHWIS consolidates the Shire's existing practice intended to protect and promote the health of the community and provides a foundation on which the Shire can build.





## Acknowledgement of Country

Shire of Mundaring respectfully acknowledges the Whadjuk people of the Noongar Nation, who are the traditional custodians of this land. We wish to acknowledge Elders past, present and emerging and respect their continuing culture and the contribution they make to the region.

## Commitment to Deliver Community Health Outcomes

Shire of Mundaring recognises that a whole of organisation approach, along with partnerships with other government and non-government agencies, local organisations and the broader community, are essential for the delivery of community health and wellbeing outcomes.

Strongly aligned to the Shire’s Strategic Community Plan, this CHWIS involves a holistic approach to community health, which is achieved through the Shire’s interconnecting priorities in governance, community and the natural and built environment.

Throughout the planning and implementation of these priorities, the Shire engages with organisations, community groups, and individuals to hear their perceptions of health and wellbeing in the places in which they live, work, and play.

The Shire is committed to the following goals to promote and support a healthy community:

- Supporting a mentally and physically healthy community
- Empowering and enabling our people and community to make healthy lifestyle choices
- Fostering an age-friendly community
- Preventing and controlling infectious disease
- Building and maintaining safe places to live, work, and play
- Protecting the community by encouraging a healthy environment
- Regulating and managing the built and natural environments to encourage sustainable and healthy living.

## Our Community Health and Wellbeing Vision

A healthy and connected community, which empowers each of us to take control of our wellbeing.

## Shire of Mundaring’s Role in Public Health



# Our Nation's Health

A National overview of health priorities and their determinants

In response to burden of disease and injury within the Australian community, the Federal government has established nine National Health Priority Areas based on our most significant diseases and conditions. By adopting this approach, the focus is on addressing the factors affecting each of the nine diseases and conditions to improve our nation's overall health and wellbeing.

The *Public Health Act 2016* recognises the partnerships between state government, non-government agencies and local government, and the contributions they make in supporting and promoting the health and wellbeing of the Western Australian population.



**National Health Priority Areas**



**Empowering and enabling people to live healthy lives**

**Providing health protection for the community**

**Improving Aboriginal health and wellbeing**

### **Western Australia's Priority Areas**

To address health at a state level, the Western Australian government acknowledges our state has a varying degree of health outcomes across population and demographic groups. Within the state, poor health outcomes are more commonly faced by those of low socio-economic status and communities in rural and remote regions. Subsequently the State government has identified the need to support public health programs in three priority areas.

# What makes us a Healthy Community?

Today, health is seen as much more than the lack of disease. Modern public health takes a broader approach that considers and values the factors which determine community health.

These determinants have a significant impact on everyday life and affect each person differently.

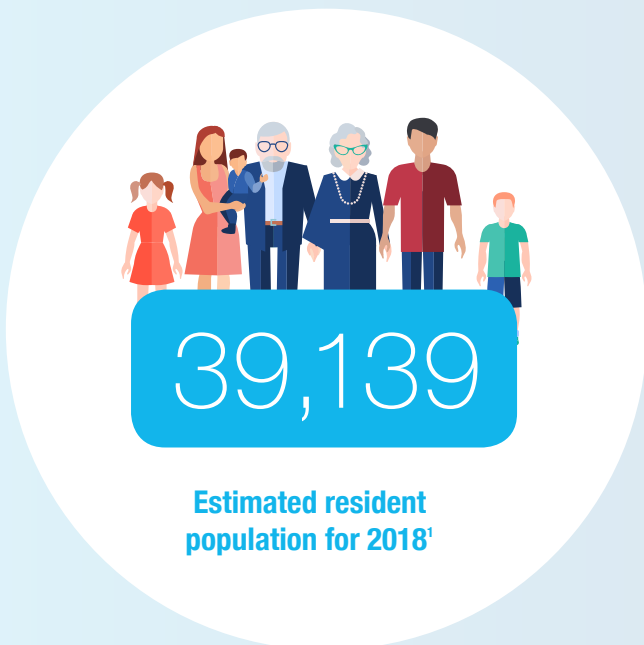
Being at the level of government closest to community, the Shire is in a unique position to guide the social, economic and environmental determinants, which ultimately support our community in achieving good health.



# Our Community

A snapshot of Shire of Mundaring community demographics based on 2016 Census data

Shire of Mundaring is located on the eastern fringes of Perth. The shire is predominantly peri-urban, with residential areas throughout its many townsites. It encompasses a total land area of 644 sqkm, of which nearly half is national park, state forest or water catchment.



Our five largest \*ancestries<sup>1</sup>

ENGLISH



AUSTRALIAN



SCOTTISH



IRISH



ITALIAN



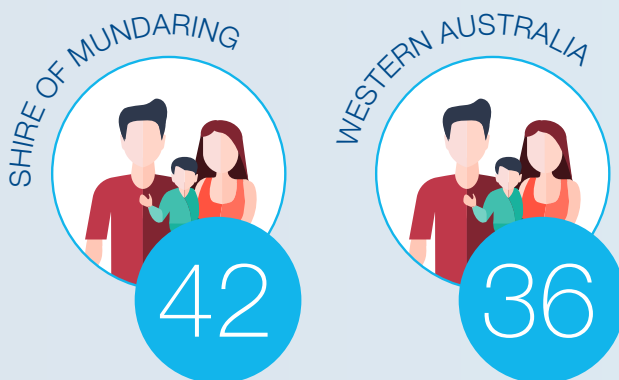
\*Ancestry defines the cultural association and ethnic background of an individual going back three generations.

## Aboriginal and Torres Strait Islander (ATSI) population

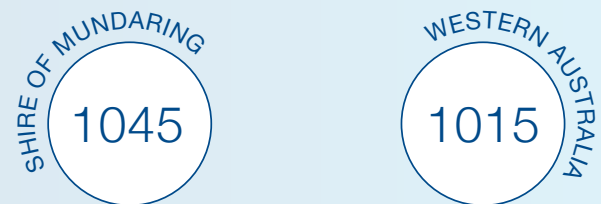


There are two male prisons located within the shire, Acacia Prison and Wooroloo Prison Farm. Community groups partner with Wooroloo Prison Farm under section 95 of the *Prisons Act 1981*, to enable prisoners, both Aboriginal and non-Aboriginal, to participate in external activities for the promotion of their health and wellbeing.

## Average Age<sup>2</sup>



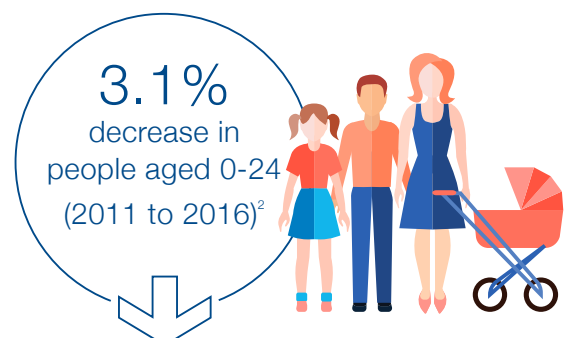
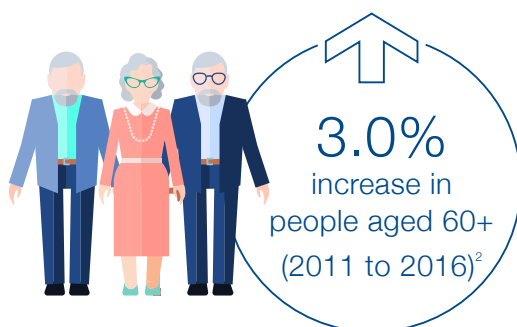
## \*SEIFA Index of Disadvantage<sup>2</sup>



\*The Socio-Economic Index For Areas (SEIFA) is a scale that measures the relative level of socio-economic disadvantage based on a range of characteristics, including income, education, employment, occupation, and other indexes. A higher SEIFA score means a lower level of disadvantage.

## Ageing population

Shire of Mundaring has an ageing population, meaning the population aged 60 and over is growing faster than all other age groups. By comparison, the younger generation is decreasing.



<sup>2</sup> Source: Australian Bureau of Statistics, Census of Population and Housing, 2011 and 2016. Compiled and presented by id, the population experts.



# Support for Diverse Cultures within the Community

Understanding the impact of culture on health and wellbeing

## Programs and Services for Diverse Cultures

The journey through early childhood is known to affect a person's health and wellbeing during their later years. Our Midvale Hub Centres deliver a suite of early education and care services, parenting programs and adult study programs that focus on empowering adults and children to strive for a brighter future. The Hub team has gained a community-wide reputation for being approachable and friendly and takes pride in maintaining strong relationships with local Aboriginal and culturally and linguistically diverse communities. One of the Midvale Hub Centres is the Child and Parent Centre – Swan, which supports the wellbeing of children from pre-birth to 8 years old through a range of integrated services. During a visit to the Centre, we asked participants of the Moordidjabing (Becoming Strong) program “What does health and wellbeing mean to you?” These are some of their responses:

Natasha

“ For me it's about keeping mentally healthy by exercising and eating healthy food, cooking together and keeping relationships. ”



Amanda

“ Health for me is about fitting in, being comfortable and feeling equal. I go to a study class every week where I feel I belong and I'm treated the same as everyone else. I also find peace through art and craft. ”

Rachael

“ I think it's important to have a safe space like here at the Centre where me and my kids can be with other people. It helps me to keep motivated. ”





# Engagement Opportunities

Methods used to gather information and feedback to inform the strategy

## Community Engagement

This strategy has been developed using information and feedback gathered from government departments, local organisations, service providers and community.

Through communication with the Western Australian Department of Health and East Metropolitan Health Service, the Shire gathered and analysed health data, which was used to determine the priorities and objectives for this strategy.

An internal working group was established with staff members from each service area. Their role was to identify public health practices the Shire currently has in place and to help communicate a greater consideration of public health across the organisation.



We invited you, the community, to give feedback on perceptions of community and individual health and wellbeing and to prioritise local health issues. We consulted with community through a number of community engagement opportunities, resulting in **440** responses:

- **326** individual responses to a Community Health and Wellbeing survey
- **9** Resident and Ratepayer groups provided feedback during a workshop activity
- **77** young people participated in an interactive survey activity
- **28** Aboriginal people engaged in yarning opportunities.

The following documents and the associated community feedback have been used in the development of this strategy:

Strategic Community Plan 2016-2026

Corporate Business Plan 2019/20–2022/23

Local Planning Scheme No 4 (LPS4)

Local Planning Strategy

Mundaring Activity Centre Plan

Public Open Space Strategy

Bush Fire Area Access Strategy 2016

Environmental Management Plan 2012-2022

Seniors Informing Strategy 2013-2017

Disability Access and Inclusion Plan 2017-2021

Youth Informing Strategy 2017-2022

Recreation Facilities Informing Strategy

# Health of our Community

## Healthy Eating



### Community Health and Wellbeing survey results:

- 58% of respondents said they consumed two or more serves of fruit per day
- 16% of respondents said they consumed five or more serves of vegetables per day
- 57% of respondents said they did NOT eat fast food during an average week

### Department of Health statistics for Shire of Mundaring<sup>3</sup>:

- 48% actually consumed two or more serves of fruit per day
- 13% actually consumed five or more serves of vegetables per day
- 70% fast food during an average week

## Physical Activity

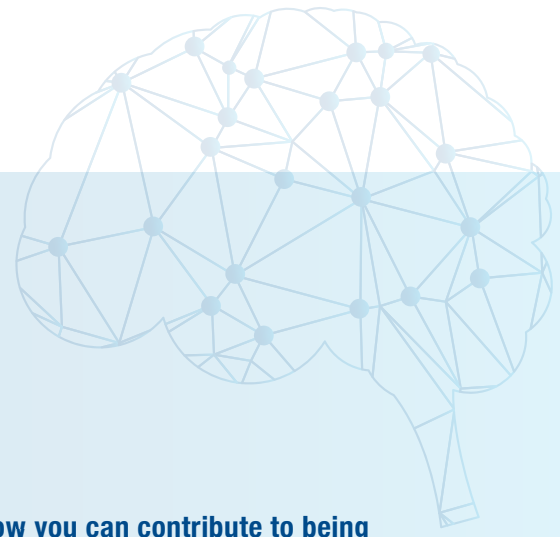


### Community Health and Wellbeing survey results:

- 48% of respondents rate their physical activity level as MODERATE
- 22% of respondents rate their physical activity level as ACTIVE
- 10% of respondents rate their physical activity level as VERY ACTIVE

### Department of Health statistics for Shire of Mundaring<sup>3</sup>:

- |                    |                   |                                                          |
|--------------------|-------------------|----------------------------------------------------------|
| 41%                | 37%               | Have less than 150 minutes of physical activity per week |
| Shire of Mundaring | Western Australia |                                                          |
| 34%                | 33%               | Spends 21+ hours per week in sedentary leisure time      |
| Shire of Mundaring | Western Australia |                                                          |



## Being mentally healthy

Mental health is defined as ‘a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community’ (WHO, 2014).

### How local governments can contribute to mental health:

Provide facilities and support events, activities and programs which encourage social connection

Provide mental health education to the community

Partner with mental health organisations to provide wellbeing programs

### How you can contribute to being mentally healthy:

Be physically, mentally, socially and spiritually active

Participate in groups, clubs and attend community events

Challenge yourself and learn something new

## Prevalence of current mental health problems for adults aged 16 years and over, 2012-2016<sup>4</sup>

### Shire of Mundaring

8% high or very high psychological distress

9.8% stress-related problems

9.1% anxiety

8.7% depression

### Western Australia

8% high or very high psychological distress

9.2% stress-related problems

8.3% anxiety

8.3% depression

<sup>4</sup> Epidemiology Branch, 2017, Health and Wellbeing Surveillance System, Mundaring (S), Adults 16 and Over 2012-16 HWSS, WA Department of Health: Perth

## How you keep mentally healthy

70%  
said you feel

**There is a strong  
community spirit in  
my local area**

**I belong  
in my local  
community**

**Valued and  
appreciated  
by others**

**My life has  
a sense of  
purpose**

## How you connect



56%

Volunteered in the past  
12 months



82%

Belong to a club or  
organisation



40%

Attended more than one  
community event in the past  
12 months

## Being mentally healthy is different for each and every one of us

We asked local students what three health issues they feel affect young people in our community the most:

- ✓ Alcohol and drug use
- ✓ Lack of things to do and places to hang out
- ✓ Mental health

We asked 326 survey respondents what changes they would make to improve their quality of life:

- ✓ Get more exercise
- ✓ Get more sleep
- ✓ Lose weight



# Chronic Disease/ Conditions and What You Can Do About It

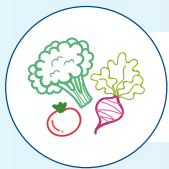
The impact of lifestyle  
choices

## Lifestyle behaviours that impact health and wellbeing

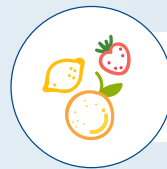
Chronic diseases/conditions such as cardiovascular disease, dementia and Alzheimer disease, cancer, diabetes and mental health conditions are the leading cause of death and disability both in Western Australia and Shire of Mundaring. The lifestyle choices we make everyday can impact our risk of developing these disease/conditions. In Shire of Mundaring, the biggest lifestyle choices that we can focus on are:

- increasing fruit and vegetable consumption
- improving physical activity levels
- reducing smoking and alcohol use
- building our mental wellness

## Lifestyle Risk Factors<sup>5</sup>



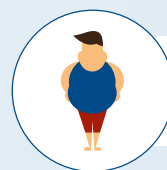
**Almost 1 in 10 eat enough vegetables daily**



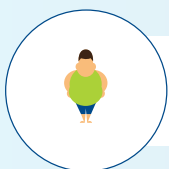
**1 in 2 eat enough fruit daily**



**2 in 5 are not physically active enough**



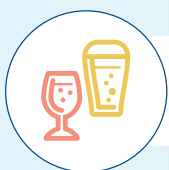
**Almost 2 in 3 adults are overweight or obese**



**1 in 4 children are overweight or obese**



**Almost 1 in 10 people smoke**



**1 in 4 drink at high risk levels**



**Almost 1 in 5 have a mental health problem**

<sup>5</sup> Epidemiology Branch, 2017, Health and Wellbeing Surveillance System, Mundaring (S), Adults 16 and Over 2012-16 HWSS, WA Department of Health: Perth

# Current Shire Public Health Commitments

This strategy consolidates the Shire's existing public health practices. The ongoing commitments detailed below reflect our goal to achieve positive community health and wellbeing outcomes.

## Our People, Our Community

### Goal: Proactively support positive mental health promotion in individuals and the community

Objective 1: Increase awareness and knowledge about activities that strengthen and retain mental health and wellbeing

#### Commitments

- 1.1 Promote national and state mental health awareness campaigns
- 1.2 Provide opportunities that facilitate positive mental health for the local community, such as programs run through the Midvale Hub

Objective 2: Increase participation in activities that yield mental health benefits

#### Commitments

- 2.1 Promote participation in volunteering opportunities
- 2.2 Acknowledge and celebrate the efforts of volunteers
- 2.3 Support groups and organisations that host community events

## Goal: Empowering and enabling our people and community to make healthy lifestyle choices

### Preventing harm and promoting a safer community

Objective 3: Minimise the risk of harm from falls

Objective 4: Increase awareness of road safety campaigns

Objective 5: Increase water safety awareness and minimise associated risks

#### Commitments

3.1 Investigate and deliver opportunities for people to participate in skill, education and recreation based programs aimed at falls prevention e.g. Stay On Your Feet®

4.1 Promote national and state road safety campaigns

4.2 Share road safety information with community and visitors

5.1 Conduct private swimming pool and spa inspections and provide community education

5.2 Support and promote Department of Education Interm and VacSwim swimming programs

5.3 Provide public aquatic facilities to create opportunities and encourage participation in swimming lessons and a range of other aquatic programs

### Objective 6: Facilitate a more active community by increasing participation in physical activity

#### Commitments

6.1 Provide a broad range of recreation and leisure facilities across the district

6.2 Promote and encourage participation at local recreational places

6.3 Promote and support local organised recreation and sporting clubs and groups

6.4 Build and maintain partnerships to implement national, state and local physical activity programs

6.5 Provide physical activity opportunities within our natural environments

- Lake Leschenaultia: canoeing, paddle boarding, swimming, walking and cycling trails
- Other walking and cycling trails e.g. Railway Reserves Heritage Trail, Bilgoman Well Heritage Trail and Munda Bididi Trail

### Objective 7: Foster healthy eating in our community

#### Commitments

7.1 Promote national, state and local nutrition programs

7.2 Support events that encourage and provide healthy eating options

7.3 Action the Shire Community Gardens policy

## Objective 8: Prevent harms associated with smoking, alcohol and drugs in the community

### Commitments

- 8.1 Promote and encourage facilities, environments and events which are free from smoking, alcohol and other drugs
- 8.2 Provide support to the Mundaring Local Drug Action Group (LDAG)

## Fostering health and wellbeing of our ageing population by creating an age friendly community

Objective 9: Engage older people to participate in activities and events

Objective 10: Strengthen access to facilities, services and information for older people

Objective 11: Facilitate appropriate housing for older people

### Commitments

- 9.1 Provide facilities that cater for activities attractive to older people
  - 9.2 Manage the activity and event program at The Hub of the Hills and Brown Park Recreation Centre
  - 9.3 Promote and encourage participation in local activities and events
  - 9.4 Build and maintain partnerships to promote and deliver national, state and local initiatives for older people
- 
- 10.1 Manage and deliver library services available for older people
  - 10.2 Support community groups that provide initiatives for older people
  - 10.3 Build and maintain partnerships with organisations that provide information and services relevant for older people
- 
- 11.1 Through the current Local Planning Scheme, respond to development proposals in relation to housing opportunities for older people

## Goal: Prevention and control of infectious diseases

### Objective 12: Promote, raise awareness and increase knowledge about immunisation

#### Commitments

- 12.1 Partner with stakeholders to provide and promote an immunisation program in accordance with the National Immunisation Program Schedule



## Objective 13: Manage and maintain the risks associated with infectious disease

### Commitments

13.1 Utilise a range of media to increase community awareness about:

- the risks associated with infectious disease
- actions to prevent infectious disease

13.2 Monitor emerging environmental health risks

13.3 Provide guidance and advice to the body art and personal appearance industry operating within the shire, regarding health and hygiene practices

## Our Space, Our Place

### Goal: Building and maintaining safe places to live, work and play

#### Emergency management and bush fire preparedness

Objective 1: Manage and control risks associated with emergency events

Objective 2: Enhance bush fire preparedness

### Commitments

1.1 Support and actively participate in District and Local Emergency Management Committees

1.2 Periodically review the Local Emergency Management Arrangements (LEMA)

1.3 Promote heatwave community education campaigns in partnership with Department of Health

1.4 Action policy and guidelines related to building in bush fire prone areas

2.1 Undertake Bush Fire Safety and Firebreak Management Program

2.2 Implement a range of treatments to manage bush fire risk on lands owned or managed by the Shire

2.3 Engage residents to effectively manage bush fire risk on private property

2.4 Establish and maintain volunteer bush fire brigades in accordance with the requirements of the *Bush Fires Act 1954*.

## Recreation, leisure and community assets

Objective 3: Protect the community by managing safety of public buildings, recreation facilities and events

### Commitments

- 3.1 Administer maintenance programs for public buildings, leased community facilities, footpaths, trails, aquatic facilities, parks, reserves and Lake Leschenaultia camp ground to ensure safety of facilities
- 3.2 Facilitate the Playground Safety Inspection program and ensure equipment is constructed and maintained in accordance with Australian standards
- 3.3 Request and evaluate risk management plans, emergency management plans and traffic management plans for Shire and community run events
- 3.4 Ensure aquatic facilities meet all relevant regulations and standards

## Access and inclusion

Objective 4: Support people with disability and their families, friends and carers to feel welcomed, valued and included in the Shire community

### Commitments

- 4.1 Administer strategies outlined in the Shire Disability Access and Inclusion Plan 2017 - 2021 to enhance access and inclusion within the community

## Transport

Objective 5: Minimise congestion and advocate for improved public transport

### Commitments

- 5.1 Partner with key stakeholders to work towards improving traffic control and congestion at key intersections
- 5.2 Advocate to maintain and improve existing public transport options
- 5.3 Consider transport and movement networks in any planning advice, approvals or strategies prepared by the Shire

## Youth engagement and support

Objective 6: Engage with and support our young people and wider community to become more connected

### Commitments

- 6.1 Provide affordable and accessible facilities for junior sports programs
- 6.2 Facilitate partnerships with community groups and organisations that deliver programs and activities for young people
- 6.3 Provide grant funding to community groups and organisations that deliver programs and activities for young people

## Goal: Protecting the community by encouraging a healthy environment

Objective 7: Maintain and enhance environments supportive of public health

### Commitments

- 7.1 Administer the *Food Act 2008* which governs the registration and inspection of all food businesses within the Shire
- 7.2 Assess applications for on-site effluent disposal, carry out inspections of installation and monitor routine service reports for aerobic treatment units to ensure that they are performing satisfactorily
- 7.3 Co-ordinate and resource solid waste collection and solid waste disposal services in accordance with the *Waste Avoidance and Resource Recovery Act 2007*, including: domestic and commercial bin collection; waste transfer stations; and bulk verge collection
- 7.4 Provide and maintain a stormwater drainage system that mitigates foreseeable risks to public health and safety
- 7.5 Administer legislation as it relates to animals, pests, noise, air quality, litter/dumping and environmental health nuisance



**Goal: Regulate and manage the built and natural environments to support sustainable and healthy living**

Objective 8: Build capacity for safe and sustainable water management by shire and community  
Objective 9: Identify health risks and adaptation options for climate change impacts  
Objective 10: Facilitate sustainable land use and development

Commitments

8.1 Work in partnership to:

- use Water Sensitive Cities benchmarking to improve water management within the shire and community
- promote and deliver Waterwise programs and activities for community

9.1 Administer a range of climate change adaptation and mitigation measures in order to better prepare, protect and inform residents of impacts on climate change

9.2 Partner with and support community groups that promote environmental awareness and engagement with nature - Environmental Advisory Committee, Catchment Groups, Friends Groups and Mundaring in Transition etc

10.1 Action the Local Planning Strategy and Local Planning Scheme No.4



# Evaluation of Our Plan

The Shire of Mundaring CHWIS is managed by the Shire Health Services Department and supported by senior management. Commitments identified are implemented and evaluated by Service Areas across the organisation.

A review of the strategy will be carried out annually as required under the *Public Health Act 2016*. The Shire's internal working group will assist with the review. The strategy and associated action plan may be amended or replaced in response to changes in State government policy and/or in consideration of statistical updates, new trends and/or evidence.

A formal review will be undertaken at the end of the five-year period as part of the process to develop a new strategy that will set the direction for the next five years. This process will include: a review of the health status of our local area; a review of the State Public Health Plan; a review of current Shire plans/policies/strategies; and consultation with local community to better understand community needs and expectations.

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