WYNDHAM 2040

Municipal Public Health and Wellbeing Plan

2021-25



wyndhamcity

Contents

A Community Vision for Wyndham in 2040 3
Acknowledgement of Country 4
Message from the Mayor 5
Foreword 6
Introduction 8
Wyndham population and health status 16
Health care in Australia 19
Emerging priorities 23
Lifecourse rationale 28
Working together 29
Wyndham Health Priorities 31
Thriving Wyndham 31
Liveable Wyndham 33
Safe Wyndham 34
Healthy Wyndham 35
A word on indicators and monitoring 36
Appendix 1: Wyndham City Council Strategic Planning Context 37
Sources 38

A Community Vision for Wyndham in 2040

Wyndham – a community of possibilities

The Wyndham 2040 Community Vision reflects Council's and the community's aspirations for Wyndham over the next four 20 years. Council is committed to working and advocating to achieve the community vision in partnership with stakeholders and the community.

"A safe, connected and inclusive community. We respect, acknowledge, value and celebrate the First Nations people, our heritage, cultural diversity and multicultural strengths.

Our community has the infrastructure and services it needs to support holistic health and wellbeing for all. Local employment and education facilities are plentiful, and there are a variety of recreational, leisure, tourism, art and cultural opportunities for everyone to experience throughout the municipality.

We preserve our natural environment and rural lifestyle; we are able to get around easily and get to where we want to go efficiently. We are self-sufficient and pride ourselves on being green and sustainable."

Council works to realise the Wyndham 2040 Community Vision through its Council Plan, Health Plan and other adopted strategies

Wyndham 2040 Community Vision	The Wyndham Health Plan
Themes	**Domains**
People & Community	Thriving Wyndham
Places & Spaces	Liveable Wyndham
Earning & Learning	Safe Wyndham
Leadership & Participation	Healthy Wyndham

Acknowledgement of Country





Wyndham City Council recognises Aboriginal and Torres Strait Islander peoples as the First Custodians of the lands on which Australia was founded.

Council pays respect to the wisdom and diversity of past and present Elders. We share commitment to nurturing future generations of Elders in Aboriginal and Torres Strait Islander communities.

Wyndham has a rich Aboriginal history. For tens of thousands of years, the Werribee River has been a significant meeting place for Aboriginal people to build community, exchange resources, and share responsibility for its lands.

The area that is now the City of Wyndham was inhabited by the tribes of the Kulin Nation, comprising five different language groups. Council acknowledges the Wathaurung, Woiwurrung and Boonwurrung peoples of the Kulin Nation as the Traditional Owners of the lands on which Wyndham City is being built.

The cultural determinants of health are incorporated into the Health Plan in recognition of the cultural factors that shape, support and protect traditional cultural practice, kinship, connection to land and Country, art, song and ceremony, dance, healing, spirituality, empowerment, ancestry, belonging and self-determination. These determinants have a strengths-based perspective, acknowledging that stronger connections to culture and Country promotes and leads to stronger health and wellbeing and improved outcomes across the other determinants of health.



Councillor Message

Our community's wellbeing is one of Wyndham's greatest assets. The pandemic demonstrates just how important health is to our quality of life and overall wellbeing. Our health and wellbeing enhance our ability to participate in society and our productive capacity.

Together we have faced a major public health crisis that needed large-scale government intervention. Throughout the COVID-19 pandemic Council has demonstrated a flexible capacity to respond to the public health needs of our community.

This public health crisis has affected every aspect of our lives. Most would agree that we will all be changed by living through this experience which has taught us to expect the unexpected and to remain flexible and adaptable. The spread of COVID-19 has changed how we all live and work.

Some in our community lost employment and income with repeated lockdown measures. Young people, women and workers in hospitality and tourism were especially impacted. Children's learning was interrupted, together with their social development. Staying connected became a remote experience, via online platforms.

However, there were also positives. We regained time from long commutes, spent more time together with family and friends, and appreciated life's simpler pleasures, enjoying Wyndham's many parks and open spaces. Many of us enjoyed greater levels of physical activity for the first time, improving our overall health and wellness. While the pandemic remains however, we must continue to manage ongoing public health risks and support our community through these challenging times.

Wyndham is a community of possibilities and achieving the outcomes of this Health and Wellbeing Plan calls for us to work together- across Council and with our partners in community health, many of whom have contributed to the development of this Health Plan. Together we will work to further your health and wellbeing.

As your Council we worked alongside State Government partners in containing our country's biggest COVID-19 outbreak in 2020. Our experience demonstrates the value that local government brings in our preparedness and capacity to respond to local need. Going forwards there will be short term priorities to which we will continue to respond. This Health Plan starts with the longer-term view however with an overall focus on wellbeing, and a long term focus on supporting our communities' improved health and wellbeing.

Community wellbeing is about improving health, safety, education, and environmental outcomes. As your Council we are committed to supporting improved health equity and community wellbeing.

Commitment from Wyndham Councillors
Cr Adele Hegedich (Mayor), Cr Susan McIntyre, Cr Jasmine Hill, Cr Sahana Ramesh, Cr Josh Gilligan, Cr Marcel Mahfoud, Cr Jennie Barrera, Cr Robert Szatkowski, Cr Mia Shaw, Cr Heather Marcus and Cr Peter Maynard.



Foreword from CEO



Close alignment of the Wyndham Health Plan and the Wyndham Council Plan through the Wyndham Community Vision acknowledges the importance of integrated strategic planning to Wyndham's future. Improving amenity and health and wellbeing is our primary objective.

In this Health Plan, four interrelated domains are tied together, Thriving, Liveable, Safe, Healthy, each essential to promote health and wellbeing. In collaboration with our health sector and non-government partners we will drive this Health Plan to ensure that our community has the infrastructure and services it needs to pursue optimum health and wellbeing.

It is our role as Council to provide good governance for the benefit and wellbeing of the community, with a responsibility to protect, promote and improve residents' health and wellbeing. In progressing public health and wellbeing however, Wyndham City Council is one of many service providers and with limited capacity for supporting infrastructure.

While Council will drive implementation of this Health Plan, the importance of our partnerships (health sector, non-government organisations and community) cannot be underestimated. Success depends on our joint efforts in providing the conditions and environments that support healthy living.

Council has and will remain responsive to the changing needs of our community. During the COVID-crisis for example, our roles and responsibilities have expanded to meet growing community expectations around leadership, management and the regulation of measures to ensure community safety.

This Health Plan responds to pandemic impacts, acknowledging that measures vital to stop the spread of the virus have adversely impacted individual and community wellbeing.

Wyndham is a community of possibilities, and working together we can rethink, reorient and reshape our community to enable everyone to reach their full potential.

Chief Executive Officer
Stephen Wall

Wyndham – a community of possibilities

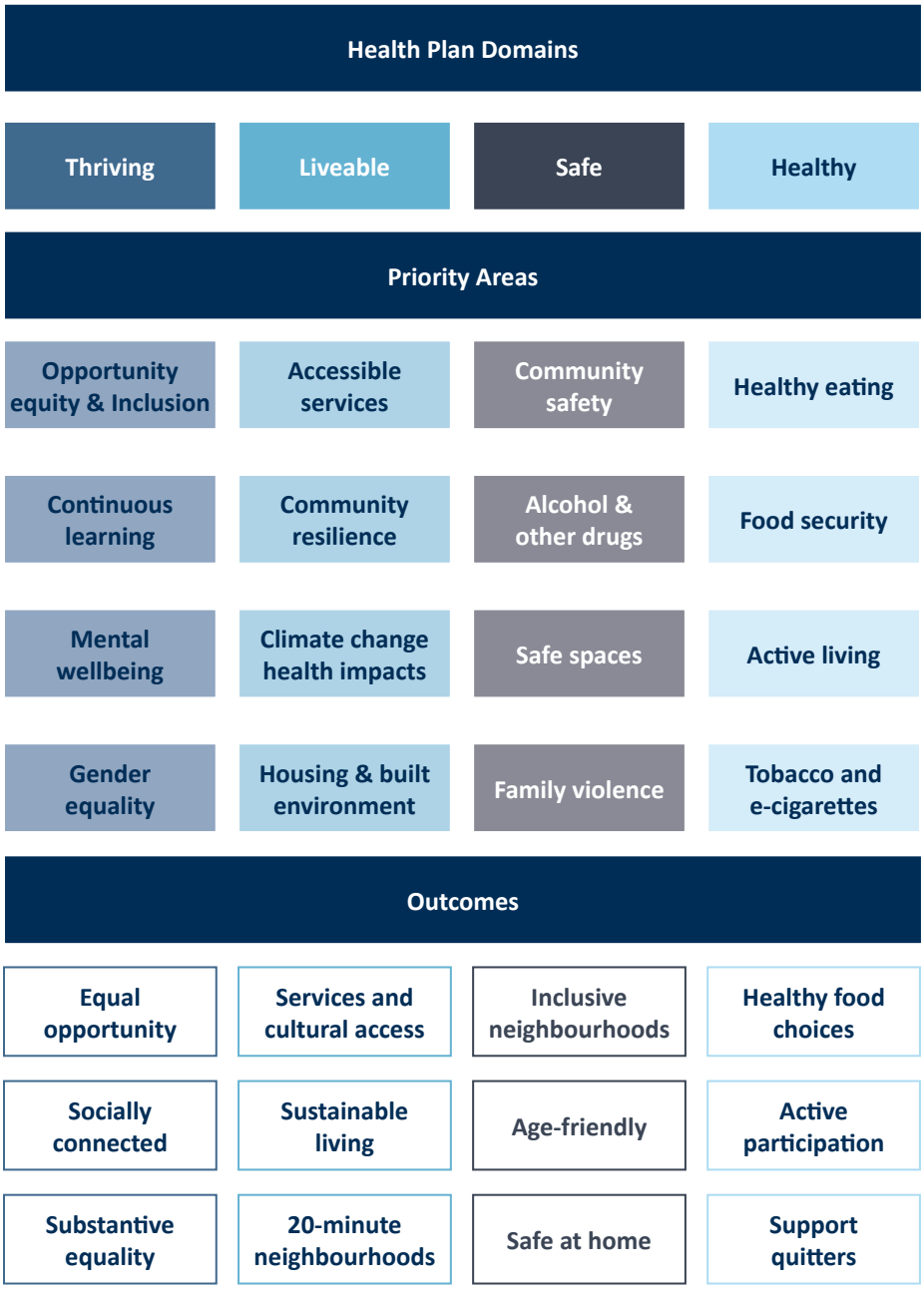


Introduction

The Wyndham Municipal Public Health and Wellbeing Plan (Wyndham Health Plan) begins and ends with wellbeing. The Health Plan domains are driven by the principle of health equity to ensure that the Wyndham community can thrive in socially just and ecologically sustainable ways living within our ecological boundaries.

Council has a role as a direct service provider and as a facilitator to connect people to our various service delivery partners in order to meet the needs of our diverse community. Through the Health Plan, Council has a major role in protecting, improving and promoting the health of residents to ensure everyone is provided with an environment in which they can achieve the best possible personal health and wellbeing.

Working with our community stakeholders we have developed the following four domains and priority areas. We will continue to work together with our partners to achieve our health and wellbeing outcomes.



Council is committed to inclusive practice



The importance of wellbeing

Individually and collectively our health and wellbeing can be great assets for Wyndham. Having good health improves wellbeing, our productive capacity and ability to participate in society.

The Wyndham City Municipal Public Health and Wellbeing Plan (the Health Plan) helps Council to direct contributions and advocate towards ensuring every community member's right to the fundamental social, economic and environmental conditions which underpin good health and wellbeing.

Wyndham has been one of the largest population growth areas in Victoria and Australia. Over 65,000 people came to Wyndham from 2013 to 2018. With such momentous growth also come challenges in meeting residents' needs as the community grows.

Together we have faced a major public health crisis that needed large-scale government intervention. The COVID-19 pandemic has highlighted just how important health is to our quality of life and overall wellbeing.

While Wyndham has experienced economic growth and development in recent decades, some in our community have been 'left behind', a situation deepened by the COVID-19 pandemic.[1] The loss of livelihoods in the wake of the pandemic has been strongly driven by socioeconomic status, often compounded by gender, ethnicity and minority status.

Council is committed not only to inclusive practice so that none are left behind, but also to health equity recognising that our health is also influenced by social support mechanisms; our social capital. When we recognise that our safety and success depend on the success of all others, our community wellbeing is assured.

Council has primary responsibilities to:

- provide good governance in its municipal district for the benefit and wellbeing of the its community;
- prioritise achieving the best outcomes for the community, including future generations; and
- promote the economic, social and environmental sustainability of the municipal district, including mitigation and planning for climate change risks.[2]

Our own subjective wellbeing is related to our perceptions of how others around us are doing. Pandemic measures, including lockdowns and physical distancing, while vital to stop the spread of the virus, also create conditions that have negative impacts on us as individuals and on our overall community wellbeing. It is hard to be a cohesive community when we are separated and fearful.

Wellbeing also involves the broader systemic influences that affect communities and individuals. It is about residents civic engagement, their relationships with others including organisations, social cohesion, integration, trust and social capital, sustainability and the urban fabric of neighbourhoods and suburbs.

> "Community offers the promise of belonging and calls for us to acknowledge our interdependence. To belong is to act as an investor, owner and creator of this place. To be welcome, even if we are strangers. As if we came to the right place and are affirmed for that choice." **Peter Block, 2009**

1. The coronavirus disease (COVID-19) pandemic is a major health threat; it is highly infectious and has a higher death rate than many other infectious diseases. The World Health Organization classified COVID-19 as a pandemic in March 2020.

2. Local Government Act 2020, sections 8 & 9.

"Wellbeing is the idea that we can judge a society by how much the people are thriving."

Therefore, it is vital to our wellbeing as a community to rebuild our social capital by building community capacity to ensure that everyone is included, and benefits are shared.

Health inequalities are not inevitable and can be significantly reduced when we attend to matters of access and the environments that determine wellbeing, key objectives of this Health Plan.

Wellbeing is the idea that we can judge a society by how much the people are thriving. Our wellbeing is heavily influenced by where we live. It encompasses the environmental factors that affect us, and the experiences we have throughout our lives, bringing together the social, economic and environmental aspects that affect people's ability to thrive.

Environmental aspects that impact our wellbeing include:

- Employment- for the working age population, employment has a large and long-lasting impact on wellbeing.
- Mental health- emotional health is what drives our wellbeing from childhood to adulthood.
- Isolation and loneliness- having someone to rely on in times of trouble positively impacts overall wellbeing; social exclusion and discrimination are damaging to the functioning of our community.
- Built environment – urban infrastructure influences our health habits by enabling walking, cycling, open space and local shops for fresh fruits and vegetables.

Community is fundamentally an interdependent human system, one given form by the conversation it holds with itself. Working together in coordinated, collaborative and innovative ways the Health Plan aims to deliver the following outcomes:

1. Thriving Wyndham
2. Liveable Wyndham
3. Safe Wyndham
4. Healthy Wyndham

Pursuing wellbeing is a collective undertaking- the lives of people, how we feel, and our lived experiences are what determines success. Community wellbeing is about producing a caring and equitable environment, improving health, safety, education, the local economy and our environment.

"Community wellbeing is the combination of social, economic, environmental, cultural and political conditions identified by individuals and their communities as essential for them to flourish and fulfil their potential." **Wiseman and Brasher, 2008.**



"Wellbeing is a measure of our social progress"

Measuring wellbeing

The primary aim of this Health Plan is to improve the health and wellbeing of Wyndham residents. To help us measure and monitor improvements we are using a flexible framework based on the outcomes that matter for health and wellbeing.

The 'outcomes' are our end goals, the change we will work towards with our partners (Victorian Government, neighbouring Councils, and non-government organisations) throughout the life of the plan. Wellbeing is a measure of our social progress and in framing outcomes we are setting the goals that help us measure progress. Through this outcomes framework we can determine where we are having an impact and whether changes in health and wellbeing are shared.

Our outcomes are high-level aspirational statements that reflect what the community has told us is important, and with COVID-normal and recovery in mind. These outcomes set the parameters for our health and wellbeing priorities and our monitoring and evaluation activities. This also means that during the life of this Health Plan we can fine-tune our activities (services, programs and policies) to better meet the desired outcomes. An outcomes framework helps Council to work collaboratively with our partners by ensuring we all know where we are heading.

"If health has stopped improving it is a sign that society has stopped improving ... health is a good measure of social and economic progress." **Sir Michael Marmot, Director UCL Institute of Health Equity, 2020.**

Health and Wellbeing Domains and Outcomes

DOMAIN	THEME	OUTCOME
THRIVING	Opportunity, equity and inclusion	1. We have equal opportunity to contribute to our community including through strong employment opportunities
		2. We can access formal or informal learning opportunities
	Mental wellbeing	3. We are a cohesive and inclusive society socially connected and able to ask for help when we need it
	Gender Equality	4. We enjoy formal and substantive equality
LIVEABLE	Accessible services	5. We can access safe and culturally appropriate services
		6. We are a resilient community and adapt to changing conditions
	Climate change health impacts	7. We are a zero carbon community consuming locally and responsibly
	Housing and built environment	8. We can meet our housing needs
		9. We enjoy our neighbourhoods
SAFE	Community safety	10. Our neighbourhoods are safe and inclusive
	Safe spaces	11. Local spaces are age-friendly and promote independence
	Family violence	12. We are safe at home
HEALTHY	Healthy eating	13. We can make healthy food choices and have food security
	Active living	14. We can access open space and participate in recreational opportunities
	Tobacco use	15. We support smokers and e-cigarette users who want to quit

This Health Plan has regard to the Victorian Public Health and Wellbeing Plan 2019-2023 especially in regard to Climate change health impacts, Healthy eating, Active living and Tobacco use.

"An equitable approach with a social foundation."

Our guiding compass

The COVID-crisis reminds us of our global connectivity, and optimising health outcomes involves connectivity- to ensure that people and nature alike can thrive in socially just and ecologically sustainable ways.

As a Council we aim to meet resident's health needs within planetary boundaries. Thus, people are at the centre of our compass orientation, living within ecological boundaries. This is imperative because we know that COVID-normal and recovery mean that we cannot return to 'business as usual'.

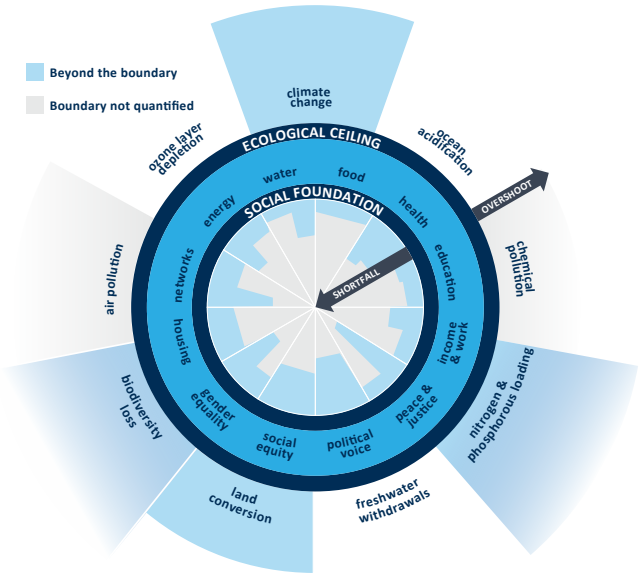
Adhering to public health measures has been vital throughout the pandemic to keep everyone safe. While working from home and home schooling has its challenges some households were able to enjoy more time together as family, valuing life's simpler pleasures.

However, disproportionate impacts were experienced by some residents based on characteristics such as gender, race, disability, age and/or socio-economic status.

In recovery therefore we must pursue an equitable approach with a social foundation that considers social equity, gender equality, health, education, housing, income and work among other matters to redress inequities that have grown during the pandemic.

To meet this challenge the Health Plan has been developed to foster a Thriving, Liveable, Safe and Healthy Wyndham.

The Doughnut of social and planetary boundaries, 2017



Source: Kate Raworth, Doughnut Economics

The Doughnut of social and planetary boundaries is a playfully serious approach to framing the challenge of meeting the needs of all within the means of the planet. It acts as a compass for human progress this century. Between social and planetary boundaries lies an environmentally safe and socially just space in which humanity can thrive.

Equitable health-promoting environments

Wyndham Health Plan principles to foster health and wellbeing include the social determinants of health and health equity. While some health and wellbeing outcomes can be determined by personal lifestyle choice, many more are the result of inequality including unequal access to resources. The evidence demonstrates that health tends to improve with advances in socioeconomic position.

While the strength of the relationship between inequality and health varies according to the health outcome in focus, research shows that life expectancy is longer, and mortality rates, mental illness and obesity are lower in more equal societies.

Further information on 'Doughnut Economics' is available at: https://www.kateraworth.com/doughnut/#

"Social determinants account for 80-90 per cent of health outcomes"



The social gradient

Health and wellbeing follow a social gradient. A person's socioeconomic position affects their health chances. There is a downward slope, produced by the conditions in which people are born, grow, live, work, and age, and their access to power, resources and decision-making. These conditions are known as the social determinants of health and include a person's education, income, access to social protection (e.g. sick pay, unemployment protection and pensions), access to quality health services and good nutrition, access to healthy housing and clean air, and to financial and judicial services.[3]

Social determinants account for 80-90 per cent of health outcomes, including health-related behaviours, socioeconomic and environmental factors. The social determinants of health also determine access and quality of medical care.

Health equity

Health is a fundamental human right. Health equity means helping those with fewer resources so that their health and living conditions can be improved.

Reducing health inequities means seeking to eliminate the inequalities that result from differences in health status, such as disease or disability, with the ultimate goal of providing the opportunity for people to enjoy life and pursue their life plans.

Health equity is the explicit ethical foundation for this Health Plan. Framing health as a social phenomenon emphasises the social justice aspects of health more broadly. Realising health equity is about empowering people, particularly our priority groups, to exercise increased collective control over the factors that shape their health.

The many conversations that took place over the development of this Health Plan demonstrated the importance of health equity to the organisation, to the community of health practitioners and to the resident community. Achieving health equity means all sectors working together to reduce inequities in social services and people's living conditions, including education, environment, infrastructure, transport, finance, and social protection.

> Equity is the absence of avoidable or remedial differences among groups of people, whether those groups are defined socially, economically, demographically or geographically. **World Health Organization, 2021.**

COVID-normal

The pandemic has created challenges to daily life. Wyndham residents identified the following aspects of the pandemic as immediate concerns:

- Pandemic recovery – Council to play a central role in relief and recovery.
- Mental wellbeing- isolation and disconnection at home and in the workplace.
- Homelessness- social and affordable housing needs.
- Social connection – families more isolated and at risk of family violence.
- Technology – the digital divide affected access to support services for some residents.
- Medical care – delays in seeking assistance for existing conditions.[4]

3 For example, many New Zealand citizens who arrived in Australia after 26 February 2001 are not Australian residents for social security purposes. Retrieved 19 April 2021: https://www.servicesaustralia.gov.au/individuals/topics/residence-descriptions/30391#scvholder

4 Community Roundtables conducted Sep-Dec 2020.

"COVID-19 remains a major health threat"

COVID-19 remains a major health threat and the Australian community has implemented many changes to reduce the spread of the disease. Wyndham recorded the highest number of cases of any local government area in Australia and was one of the communities hardest hit by the pandemic in 2020.

During Melbourne's second wave Wyndham residents were disproportionately impacted due to the high number of confirmed COVID-19 cases. To assist with the crisis Council created a localised contact tracing system, partnering with 42 local General Practitioners (GPs). State government partners have since moved to a model that includes localised hubs, similar to the system established at Wyndham.

The public health measures in this Health Plan are vital to our ongoing pandemic response over the life of the plan. There are no easy answers on a return to normal. This Health plan will assist Council, local primary health care organisations and residents to manage the broader impacts of the pandemic. For example, the Werribee Mercy Hospital including the Emergency Department has been significantly impacted during the pandemic.

We know for instance, that the pandemic generated feelings of anxiety and distress for many people. At the same time the health system has been disrupted with resulting uncertainty in help seeking for other medical conditions. Having access to reliable information is vital so that we can make informed health decisions.

Pandemic control measures aimed to protect all parts of the health system from being overwhelmed and to protect health care workers. The public health sector was of particular concern, such as GPs. Due to the speed of infection, and the development of vaccines there are still knowledge gaps that make it challenging to develop policy or make predictions about what will happen next. The disease emerged so recently, and vaccines developed so quickly, that there are still many unknowns.

However, the pandemic showed that people will support even difficult policies if decision-making is transparent, evidence-based, and inclusive, and has the clear aim of protecting their health, their families and their livelihoods. The evidence demonstrates that social inequalities in health have profoundly, and unevenly, impacted COVID-19 morbidity and mortality across the world.

Many of the social determinants of health- including poverty, physical environment (e.g. smoke exposure, homelessness), and ethnicity- affect COVID-19 outcomes. Homeless families for example, are at higher risk of viral transmission because of crowded living spaces and scarce access to COVID-19 screening and testing facilities.

> Neglecting human rights comes at a deep human cost. In a just society, human rights are not a convention to be ignored during a crisis, but a framework for how we will treat and be treated as the crisis unfolds. **Victorian Ombudsman, 2020.**



"the key to controlling the pandemic includes vaccination"

COVID-recovery

In Australia, pursuing a 'no community transmission' strategy via tight border restrictions and quarantine has been very effective, but it has also been at the expense of our global engagement. It is anticipated that most high-income countries will have populations vaccinated by early 2022.

However, poorer countries may have to wait until 2023. Thus, global travel, trade and supply chains may not be back to normal before 2024. For example, new infections in Papua New Guinea and India (B1617 Indian variant) rose alarmingly in the first half of 2021.

It is unlikely that a single 'silver bullet' will return Australia and the world to what we now consider as pre-COVID 'normality'. Instead, the anticipated scenario is one in which the vaccines, anti-viral therapies and other tools that become available will reduce the impacts of the virus.

While the key to controlling the pandemic includes vaccination and government regulations, each one of us must also play our part in how we perceive the risk of disease and respond with our actions. Our future health is also dependent on strong and equitable social, economic and environmental conditions.

COVID-normal means that until we achieve high levels of population immunity via vaccination, we must maintain individual and societal measures, including masks, physical distancing, hand hygiene, good indoor ventilation and strong outbreak responses (testing, contact tracing and isolation).

COVID-normal and recovery requires continuing public engagement and communication of information, and continuing public health measures such as:

By Organisations	By Individuals
effective border controls	personal hygiene
waste water sample testing	physical distancing
contact tracing	the cautious use of face masks
effective test sampling	isolation and quarantine



Wyndham population and health status

IF THE CITY OF WYNDHAM WAS 100 PEOPLE, THESE WOULD BE

50 Males

50 Females

30 children and young people under the age of 18 years

62 aged between 19-64 years

8 aged 65 years and over

46 families with children

32 years median age

4 need assistance with core activity

96 children are immunised by 5 years of age

1 identifies as Aboriginal or Torres Strait Islander

FIRST NATIONS

Aboriginal and Torres Strait Islander population 1,738

42 are 17 years or under

57 participate in the labour force

36 attend an educational institution

22 years median age

MULTICULTURAL COMMUNITIES

58 have ancestry other than English or Australian

42 were born overseas (representing 119 countries)

26 arrived in the last 10 years

17 are aged 30-34 years

EDUCATION

6 attend TAFE or University

24 have a Bachelor degree or higher

HOUSING

21 own their home

50 have a mortgage

28 are renting from a private owner

1 is in social housing

1 is homeless

HEALTH AND ACTIVITY

49 are at increased risk of alcohol-related harm

58 are overweight (including 25 who are obese)

16 have soft drink each day

4 ate enough vegetables

37 ate enough fruit

44 are physically active every day

15 smoke

74 feel satisfied about their life

26 are going through a period of depression and/or anxiety.

COVID-19 IMPACTS

Gross Regional Product (GRP) down by **13%**

Local job change **-3.6%** (**-14.8%** without the JobKeeper scheme)

Employed resident change **-8.6%** (**-14.3%** without the JobKeeper scheme)

OUR COMMUNITY

General population
Total Population- 270,478.
Forecast to grow to 512,591 by 2041.

SECTOR IMPACTS:

Total local jobs affected-5,239. Top three (without the JobKeeper Scheme)

- Retail Trade (-2,375 local jobs)
- Accommodation and Food Services (-1,914 local jobs)

Construction (-950 local jobs)

Wyndham population and health status



Population growth

Population growth places pressure on existing infrastructure and services as our suburbs grow. Wyndham's population growth has continued despite the pandemic. Wyndham experienced the largest population increase in Victoria in 2020, growing by 12,687 people (4.7%) to 283,294; third in terms of growth only to Brisbane and the Gold Coast.[5] Wyndham's population is forecast to grow to 512,591 within the next twenty years (by 2041).

Recent growth was strongest at Manor Lakes, Wyndham Vale and the western growth areas which grew by 20.5 per cent to 49,649; Point Cook grew by 9.4 per cent (64,682); Truganina by 8 per cent (35,816); and Tarneit by 6.8 per cent (49,896).[6]

Such extraordinary population growth can affect health and wellbeing outcomes, impacting access to affordable health care and burdening existing health systems. Wyndham is designated as an area of workforce shortage for secondary care (specialists), but not for primary care. However, that situation can change as population growth continues.[7]

Population growth can also create constraints in the ways that people are able to get around in order to shop, work, travel to visit friends and to participate in sports, cultural and community activities. The shape of our built environment can make it easier or harder to get around and ease of access to parks and open space impacts our ability to be physically active.

Lifestyle and the influence of place

Overall, our health has improved over the decades although there are noted variations depending on where people live. This Health Plan has a dual focus on lifestyle and place. The lifestyle factors that affect health outcomes include people's access to health services, education, income and employment. The influence of place includes the availability and accessibility of places to pursue healthy recreation and enjoy a pleasant and safe housing and urban environment.

Through this Health Plan we seek to prevent and reduce instances of disease and disability and foster environments in which our residents, workers and visitors can lead productive and rewarding lives. As a Council it is our job to improve environments for health. Our residents can play their part through their lifestyle choices.

5 In comparison Melton, Geelong and Hobsons Bay grew by 4.6%, 2.3% and 0.4% respectively.

6 Australian Bureau of Statistics (ABS) Estimated Resident Population Report.

7 Wyndham City, Health Modelling and Service Planning Report (2020)



The lifestyle factors that affect Wyndham residents include:

Wellbeing

- more Wyndham residents reported low life satisfaction levels (23.9%) when compared with the Victorian average (20.5%)
- anxiety and depression rates are slightly higher in Wyndham (26%) than the Victorian average (24.2%)

Mental wellbeing

- residents aged 0-44 years' experience mental ill-health as a comorbidity with back pain (3.3%), Asthma (2.7%) and Cerebral Vascular Diseases (1.7%).[8]

Healthy living

- residents eat fewer fresh fruits and vegetables (36.6% meet daily fruit consumption guidelines compared with 43.2% all of Victoria), and
- exercise less (daily physical inactivity is higher in Wyndham, 55% compared with 44% for Victoria)

Healthy weight

- more residents are overweight and obese (58% compared with 51% for Victoria), and
- consume more sugary drinks daily (15.8% compared with 10.1% for Victoria)

Alcohol:

- residents had lower risk of alcohol harm from lifetime drinking and binge drinking (49.2% compared with 59.5% all of Victoria).

Smokers:

- Wyndham has a higher proportion of daily smokers (15.4% compared to 14.7% for Victoria) with 21% of residents as current smokers (compared with

Electronic Gaming Machines:

- Every year $100 Million is lost to the Wyndham community in EGM ('pokies') gambling.
- Wyndham City is a leading member of the Alliance for Gambling Reform and active contributor to the Pokies Play You campaign.

All Wyndham City Health data is derived from the Wyndham City Health Modelling and Service Planning Report, 2020.

8 Cerebral Vascular Diseases (CVD) Include angina, heart attack, other ischaemic heart diseases, stroke, other cerebrovascular diseases, oedema, heart failure, and diseases of the arteries, arterioles and capillaries.

Health care in Australia

The Australian health care system has multiple layers of responsibility. The Australian and Victorian Governments work together with Council to provide primary care, acute care (public and private hospitals) and a range of free and low-cost public health services (i.e. immunisation and mental health services).

While the Australian Government has a broad policy leadership and financing role in health care, the Victorian Government is largely responsible for the delivery of public sector health services and the regulation of health workers in the public and private sectors.

Council is concerned with matters close to residents' homes such as public health, local environmental issues, and community-based services such as Maternal Child Health Centres and Recreation Centres. The table below illustrates the main responsibilities that sit with each level of government.[9]

Australian Government	Shared Federal and State Responsibilities	Victorian Government	Wyndham City Council
National coordination	National health emergencies	Administration of Public Hospitals	Preventing the spread of infectious diseases
Medicare	Public Hospital Funding	Immunisation programs	Public health programs and strategies
Pharmaceutical Benefits Scheme	Health Prevention Services	Ambulance and emergency services	Environmental health services (i.e. sanitation)
Aged Care Services subsidies	Health Profession Registration	Regulation, inspection, licensing and monitoring of health premises	Community based health (i.e. Maternal Child Health, Youth, Aged & Disability services)
Primary Health Networks (PHNs)	Palliative care	Patient transport	Monitoring compliance with tobacco laws
Therapeutic Goods Administration	National Disability Insurance Scheme (NDIS)		

9 Further information is available at the Parliament of Australia, Health in Australia: a quick guide https://www.aph.gov.au/About_Parliament/Parliamentary_Departments/Parliamentary_Library/pubs/rp/rp1819/Quick_Guides/HealthAust



Public health vs clinical health

Public health is an interdisciplinary approach to health which focuses on population-wide programs to prevent rather than cure disease and illness. It focuses on the entire spectrum of health and wellbeing, not only the eradication of disease.

The World Health Organization defines public health as;

> "The art and science of preventing disease, prolonging life and promoting health through the organized efforts of society".

Public health has three essential components:

Health protection: legislation and regulation support better population health, including Council's Environmental Health Unit which regulates smoking and food preparation in cafes and restaurants.

Health promotion: beyond the health sector health promotion includes lifestyle, societal and personal resources.

Disease prevention and early detection: including surveillance, screening, and prevention programs, such as Council's Maternal and Child Health Centre services.

The Wyndham Health Plan recognises health as a social phenomenon in this sense and a complexity that requires cross-sectoral engagement and collaboration. While the pandemic remains with us, the value of public health expertise as a speciality is being enhanced, and the role of local government extended.

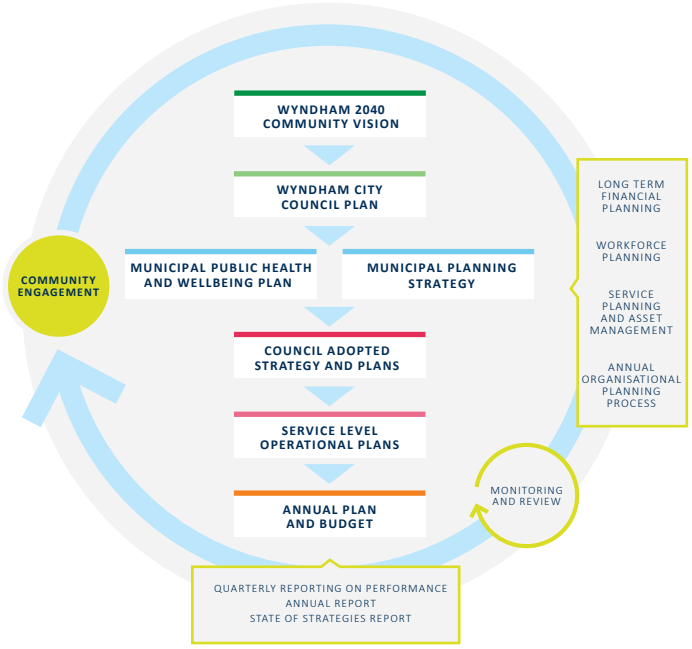
Clinical health care focuses on individual diagnosis and treatment of disease or illness, while public health services look at the health of the community, working to prevent illness and injury in the first place. Public health initiatives seek to protect and improve community health through education to encourage healthy living and conduct research into disease and injury prevention.

Public health practice recognises that health and wellbeing are important to overall quality of life and concentrate on the lifestyle factors that can prevent disease, injury and disability, and seek to maximise health promoting sustainable environments. The Wyndham Health Plan is broad, to promote health and wellbeing by taking account of individual lifestyles, as well as the community in which people live and the policies that shape their lives.

Wyndham City Council

The City of Wyndham develops a Health Plan every four years as each new Council is formed and in accordance with the *Victorian Public Health and Wellbeing Act 2008*.

Our function as a public health entity is to seek to protect, improve and promote public health and wellbeing within the municipality. This function is consistent with our Council Plan and the Wyndham Plan (Municipal Strategic Statement). It also sits within a broader policy context that includes state, national and international directives.



Victorian Government Legislation

In formulating the Health Plan, Council also considers the requirements of state legislation to incorporate the spirit and purpose of these Acts as they relate to public health and wellbeing. The following instruments are consistent with our guiding principles for the Health Plan of health equity and the social gradient.

Charter of Human Rights and Responsibilities Act 2006 People and their rights at the centre of policy development	*Local Government Act 2020* **Good governance for the benefit and wellbeing of the municipality**	*Planning & Environment Act 1987* Health promoting housing, landscapes & urban environments
Family Violence Protection Act 2008 Prevent and respond to family violence	*Climate Change Act 2017* Mitigation and adaptation of public health impacts	*Gender Equality Act 2020* Promote gender equality in policies, programs and services

National and international frameworks

Australia's Long-Term National Health Plan (2019) has four key pillars. These are to:

- guarantee Medicare, stronger primary care and improving access to medicines through the Pharmaceutical Benefits Scheme (PBS)
- support public and private hospitals, including improvements to private health insurance
- prioritise mental health and preventive health
- invest in health and medical research.

The *United Nations Sustainable Development Goals* are an international blueprint to achieve a better and more sustainable future for all, addressing global challenges such as poverty, inequality, climate change, environmental degradation, peace and justice.

Our Health Plan aligns strongly with the following sustainable development goals:



The WHOs *Healthy Cities* (1997) approach is based on key principles that also align with our Health Plan:

- health as an integral part of urban management and development
- health can be improved by modifying the physical, social and economic environment
- conditions in settings such as home, school, town, workplace and city, profoundly influence health status
- intersectoral collaboration, interdepartmental collaboration and community participation

Emerging priorities

Our public health and wellbeing priorities emerged in consultation with our many stakeholders. These priorities also relate to the *Victorian Public Health and Wellbeing Plan 2019-2023*.

The COVID-19 pandemic and associated public health response had an immediate impact across the globe affecting local economies and communities. Wyndham was the worst affected community in Australia with 2,248 confirmed cases in 2020.[10]

When we consulted Wyndham's broader community of practice, service providers identified the priorities that they regard as particularly pressing issues for Wyndham, for our COVID-recovery and the wellbeing of the community over the life of this Health Plan.

Community engagement
In accordance with the *Local Government 2020*, Council undertook a deliberative consultation process with representative community members who worked together on a consolidated vision for Wyndham in 2040 and identified priorities for consideration in development of the Council and Health Plans.[11]

Participants at place-based community conversations considered and reviewed the existing Wyndham 2040 theme statements, including the following statement revisions related to health and wellbeing and incorporated into this Health Plan.

People and Community- everyone is able to access services for health and wellbeing, and these are delivered to a high standard. It is easy to stay fit and healthy; community members are collaborative participants in creating strong, supportive and environmentally sustainable neighbourhoods.

Places and Spaces- our parks and open spaces encourage people to be active and connect them with nature and the outdoors.

Earning and Learning- there are lots of ways for people to learn and gain employment. Residents are able to share skills and build knowledge through lifelong learning opportunities.

Leadership and Participation- residents are empowered and contribute their ideas in meaningful conversations about issues and matters which affect their municipality.

Wyndham community recovery roundtables
These were conducted from Sept-Oct 2020 during Melbourne's second COVID-19 wave to identify key opportunities and challenges for COVID-recovery.

The local economy suffered significant job losses in 2020 with negative impacts on local businesses and industries. Some residents suffered greater vulnerability to stress such as food insecurity and family violence instances.

Identified health priorities include:

- Pandemic recovery
- Mental wellbeing
- Homelessness
- Social connection
- Technology (digital and health literacy)
- Medical care (ongoing chronic conditions)

10 Victorian case numbers by location. Retrieved 17 May 2021: https://www.dhhs.vic.gov.au/victorian-coronavirus-COVID-19-data

11 Help Shape Wyndham's Future Community Engagement Findings Report 2021, Wyndham City Council.



Pandemic recovery

The pandemic brought about a notable increase in inequity, particularly in relation to more vulnerable community members. Health equity means improving health and living conditions for those residents so that services are easy to locate and culturally appropriate. Residents identified a central role in relief and recovery through Council's ability to:

- strengthen the effective partnerships that were developed during the 2020 pandemic response
- close the digital divide with strategies to improve health literacy, especially among multicultural communities, and
- build community capacity to identify and navigate the services people need.

> Globally the pandemic showed that works matters: if you did not have to leave your house for work (like most white-collar workers), you were safer than those who did. In Wyndham, that meant that thousands of residents were more at risk.
> **The Guardian, 30 December 2020.**

Mental wellbeing

The importance of maintaining mental wellbeing came to prominence during the pandemic and remains an ongoing pressing issue for everyone in our community. The issue dominated our discussions with service providers in preparing this Health Plan. We heard how the pandemic and public health measures led to poorer mental health outcomes. Stakeholders maintained that increasing help-seeking behaviour was vital going forwards such as through reducing stigma, 'talking about it' and considering how Victoria's Royal Commission into Mental Health recommendations can be implemented to benefit the Wyndham community.

We heard that impacts were experienced across our community. For example, children aged 5-10 years experienced a lack of social connection, impacting their mental wellbeing. Practitioners told us that they had seen a dramatic rise in children presenting with poor mental health.

We also heard that people tended to present in crisis at emergency care. Our health sector partners suggested that Council has a key role through the Health Plan to improve health literacy and assist help-seeking behaviour to impact this trend. The need for mental health clinicians in Greater Melbourne will be greater than the need for GPs over the next 20 years.

The Victorian Equal Opportunity and Human Rights Commission report that racism and xenophobia have been a worrying trend throughout the COVID-19 pandemic. The trend was picked up via their Community Reporting Tool demonstrating that 55 per cent of reports related to racial discrimination and vilification on the street, on public transport or online.

> The Black Lives Matter movement has highlighted injustices experienced by people from culturally diverse backgrounds and by Aboriginal and Torres Strait Islander peoples.
>
> The COVID-19 pandemic has exposed ugly racism against people of Asian descent here in Australia.
> **Chin Tan, Australia's Race Discrimination Commissioner, 2021.**

People who experience racism report very high levels of psychological distress. Racism and racial discrimination cause significant harm to individuals and communities. Council recognises the fundamental importance of the right to nondiscrimination in Wyndham. This Health Plan promotes the right of equality before the law and equal opportunity to enjoy all areas of life.



Improving health literacy, especially among First Nations and multicultural communities will facilitate greater cultural safety and a system that is able to respond equitably and inclusively to all in the community.

Opportunity, equity and inclusion

For many Wyndham businesses and workers, the fallout from public health measures from the pandemic was swift, brutal and enduring due to Melbourne's second 2020 lockdown.

Certain sectors were adversely affected by pandemic measures during lockdowns which impacted tourism, hospitality, food services, arts and entertainment where the full economic effects were most severe. Numerous job losses meant people facing an uncertain future, many for the first time in their working lives.

Within the sectors that experienced the most rapid and severe declines in employment, women, young people and casuals were the hardest hit. At the same time existing gender inequities were largely overlooked in the formulation of federal stimulus measures, including the gender pay gap, the higher rates of women engaged in casual employment and ongoing accessibility of affordable childcare.

> Pandemic lockdown measures have affected employment and incomes, having a stark impact on those in lower paid jobs. The majority of those affected by deep income losses are women and young people. **UNSW Social Policy Research Centre, 2020.**

Gender equality

Achieving gender equality requires specific measures, recognising that women and men have different needs, preferences and interests, which in turn requires different treatment to ensure equality of opportunity.

The United Nations warns that the social and economic toll of the pandemic will be paid, disproportionately, by the world's girls and women. The COVID-crisis has deepened pre-existing inequalities and amplified the impacts of the pandemic exposing vulnerabilities in social, political and economic systems.

Women have suffered compounded economic impacts because, generally, they earn less and are at greater risk of job loss from casual work.[12] The health risk is heightened for female frontline workers and community volunteers. Nurses, predominately women, face risk disproportionately to men in the workplace. While employment prospects are improving, many have not caught up and indeed may not. The COVID-crisis saw women more likely to lose their jobs, more likely to do more unpaid work, and less likely to get government support.[13]

> Gender equality in health is about ensuring that women and men have equal conditions to realise their full rights and potential to be healthy, contribute to health development and benefit from the results. **World Health Organization, 2011.**

12 Under the Fair Work Act 2009 a person is a casual employee if they accept a job offer that does not include a firm advance commitment that the work will continue indefinitely with an agreed pattern of work.

13 The economic effects of time out of the workforce are magnified for women, especially mothers, many of whom are already on a 'stop/start' career path. Six months out of work can add another $100,000 to the $2 million average lifetime earnings gap between men and women. (Wood, Griffiths, & Crowley, 2021)



Many Wyndham households lost income during the pandemic. Under lockdown conditions the care burden increased as mothers, many of whom were working from home, were also required to home-school children, in some instances reducing paid working hours when working outside the home in order to cope with the additional workload.

For example, 76 per cent of Victorian mothers were primarily responsible for looking after their pre-school aged kids, compared with 8 per cent of fathers; and 72 per cent of Victorian mothers spent the most time helping children with remote learning compared with 26 per cent of fathers.[14]

> The Australian Government should have undertaken analysis of the gendered impact of the decisions it made when responding to the pandemic. **Australian Government Senate Committee on COVID-19, 2020.**

In recovery we need to capitalise on the strengths of girls and women who are also the leaders and problem-solvers that communities depend on, acting as frontline responders, healthcare workers, and community organisers and volunteers. In recovery, Wyndham must lead the municipality to greater equality in order that the community is more resilient to future emergencies.

Family violence

One in four Australian women have experienced family violence and gender inequality is at the heart of the attitudes and behaviours it perpetuates. Family violence is the leading cause of preventable death, disability and illness for women aged 15 to 44 years. Our stakeholders told us that matters have deteriorated during the pandemic. This corresponds with the evidence; family violence rates increased by 9.4 per cent during the COVID-crisis, the highest number recorded in Victoria.

The evidence shows that there are spikes in family violence which may only emerge fully following emergencies and crises, such as following bushfires. Lockdown restrictions limited people's movements meaning supports may have been more difficult to access. In response Victoria Police began a taskforce during 2020, Operation Ribbon, to conduct checks on known high-risk perpetrators and their victims. The operation monitored victim safety and ensured compliance with family violence orders. This increased monitoring of perpetrator behaviour may also have contributed to increased recording of incidents.

In its survey of family violence practitioners, the Monash Gender and Family Violence Prevention Centre (Monash University) reported that COVID-19 had increased the frequency of violence against women, the severity of violence and an increase in first time family violence reporting. In addition to violence from intimate partners, older people in the community are particularly at risk of harm due to the increased number of known risk factors for elder abuse.

14 (Victorian Health Promotion Foundation, 2020)



Attitudes and behaviours that impact family violence include:

- condoning violence against women
- decision-making by men that controls and limits women's independence
- rigid gender roles and stereotypes
- male relationships that emphasis aggression and disrespect towards women.

Women Victoria, 2021.

Community, Partnerships and collaboration
In community conversations to help shape Wyndham's future residents told us they wanted to see improvements in:

- public health in the immediate term
- hospital access through the building of more hospitals and medical facilities
- communications with Council that enable people to assist with Councils' decision making
- active transport such as walking and cycling paths that connect communities
- assistance for people experiencing homelessness

Stakeholders told us they appreciate the intrinsic value in working together through collaboration and partnership and want to assist Council in its public health priorities. We heard that Council was held in high regard, not only for the work accomplished during Melbourne's second COVID-wave, but also in its value as an organisation to connect people into services.

Council's ability to partner and coordinate to support health and wellbeing outcomes was an aspect that stakeholders want to see the organisation continue to develop.

Wyndham health priorities summary
Resulting from community consultation and Victorian Government directives our public health priorities are gathered into four intersecting domains.

THRIVING Opportunity and inclusion Mental wellbeing Gender equality	**LIVEABLE** Accessible services Built environments Climate change
SAFE Community safety Safe spaces Family violence	**HEALTHY** Healthy eating Active living Tobacco harm

Lifecourse rationale



Socio-economic conditions throughout the lifecourse shape health and the risk of disease. A lifecourse approach emphasises the social perspective by considering wellbeing across a person's life. It recognises that past and present experiences are shaped by the wider social, economic and cultural context.

Considering priorities over the lifecourse broadens the criteria in which health community services are planned and delivered, ensuring greater integration by incorporating transitional life points. Rather than a life stages approach (predominantly age cohort based), lifecourse planning ensures that individuals and families have continuous consideration and can navigate difficult life transitions.

Lifecourse considerations fit well with health and wellbeing priorities in also recognising the need for greater collaborative partnerships. Accepting the principle of the lifecourse has implications on the way health systems are developed to cater for individuals' health care needs.

Priority groups

Within their lifecourse, some groups can experience poorer health and difficulty in accessing the health care they need. To realise health equity, we need to concentrate our efforts on the municipal population while paying particular attention to certain groups. For example, 34 per cent of the health gap between Indigenous and non-Indigenous Australians is due to the social gradient.

Our priority groups are:

- young people
- older people
- people living alone
- First Nations
- homeless people
- people on low incomes
- women
- multicultural communities
- low educational attainment
- women and their children escaping family violence
- people with a long-term health condition or disability

These groups are prioritised due to economic and social inequalities that have deepened during the COVID-crisis and produce large inequalities in health. Whilst the virus itself does not discriminate, people were disproportionately impacted based on gender, race, disability, age and socio-economic.

Disadvantage imposes costs on the people and families who experience it and these impacts flow on to the broader community. Income inequality is often the basis of disadvantage, driven by an unequal distribution of earnings, worsened under the pandemic. Household wealth is generally generated by lifetime earnings from secure well-paid employment.

The experience of disadvantage is influenced by personal capabilities and family circumstances, the availability of support, the community and the opportunities it offers, life events, and the broader economic and social environment. Low wealth is a disadvantage and is associated with financial stress, including unequal access to full-time employment, inequality of hourly pay and the pay gap between women and men.

Pre-COVID the distribution of wealth in Australia was already deeply unequal, with the average wealth of the top 20% ($3,255,000) some 90 times that of the lowest 20% ($36,000).

Those in the lowest 10% held $8,000 in average net wealth, and the bottom 5% held debts of $5,000). **Australian Bureau of Statistics, 2017-18.**

Research demonstrates that while the number of part-time jobs has recovered to its pre-COVID level, only one-third of fulltime positions have been restored. The COVID-crisis and its impacts will remain with us for some time. While the economy is making a strong recovery, it is likely to be several years before we approach full employment.

Young people are highly represented in some of the most affected economic sectors, such as education, hospitality, recreation and the arts. Wyndham has a higher percentage of young people than the state or national averages. Overall, young people aged 13-17 years felt that their inability to cope declined and experienced increased levels of stress, anxiety and depression due to losing jobs, lack of certainty of the future and changes to their studies.

Working together

Partnerships and working with our communities of practice are integral to the success of our Health Plan. At Wyndham we see service delivery as a collective responsibility, bringing together sector partnerships. We will work together with our community health services and other community-based partners to provide services responsive to individual needs and prioritise prevention and early intervention.

Council's role is in working to connect our various service delivery partners in order to meet the needs of our diverse community. This approach worked particularly well during the COVID-crisis in 2020. Through the Health Plan we will grow and strengthen these partnerships to deliver our outcomes for the community.

Councils own services system includes:

- Neighbourhood hubs
- Youth services
- Family Resources
- Open space planning
- Pre-school field officers
- Early years education and care
- Community care navigators
- Community development
- Aged and disability services
- Maternal and child health nurses
- Arts and culture
- Library services
- Urban planning
- Parks and recreation
- Environmental health

Our partners

As outlined at Health care in Australia, the health system has many layers of responsibility in Australia. Council works with the Federal Government and Victorian Government departments such as the Department of Health and the Department of Families, Fairness and Housing to provide public health services and with Victoria Police to protect the community. Council also advocates regularly with Victoria Police for the justice needs of the community including Wyndham's community safety needs. Our community-based partners include the following:

Primary health networks (PHNs)

The North Western Melbourne PHNs coordinates health services in the area, supporting community health centres, hospitals, GPs, nurses, specialists and other health professionals. PHNs assess the health needs of the local area and provide extra services, such as mental health services and health promotion programs.

Primary health and hospital partnerships

These partnerships are equipped to identify shared program responses, facilities and staff resources to meet local community needs. This includes partnerships with Mercy Health and Western Health to support locally available health services and sharing of information and other resources.



General practitioners (GPs) and medical centres
These partnerships were vital during Melbourne's second COVID-wave when Council engaged with 50 local GP clinics around contract tracing and working with Council's Environmental Health unit to connect people into food relief, economic and other supports.

Community health services
IPC Health operate from six sites in Melbourne's West, providing many services including medical, dental, allied health (such as Podiatry, Occupational Therapy, and Dietetics), and psychosocial services (such as Gambler's Help, Alcohol and Other Drugs Counselling and Aged Care services).

IPC Health also provide services that contribute to wellbeing and quality of living, such as family violence, child and family services, activity groups, health promotion and community strengthening. They are currently trialling social prescribing to improve wellbeing. A social prescription provides a holistic response to wellbeing, linking people into supports such as local community groups, parenting support, legal and financial help.

Social prescribing recognises that:

- the places where people live and spend their time affect their health and wellbeing
- non-clinical services can be key to connecting people to what they need to improve wellbeing such as
  - – self-reported health and wellbeing
  - – self-management skills
  - – active living

The Health West Primary Care Partnership (PCP) works across Melbourne's western suburbs, including Wyndham, Maribyrnong, Brimbank, Melton, Wyndham and Hobsons Bay to deliver equitable health outcomes, economic and social inclusion and to prevent violence against women and their children. The Partnership builds capacity among local services and community working together, including through workforce diversity to better reflect our diverse community.

Women's Health West provides health promotion and primary prevention activities to promote women's health, safety and wellbeing across sexual and reproductive health, mental health, and prevent violence against women and their children. Their services cover Wyndham, Brimbank, Maribyrnong, Melbourne, Moonee Valley, Melton and Hobsons Bay.

Non-government organisations (NGOs)
Council also collaborates with a range including the Victorian Aboriginal Child Care Agency (VACCA); Advocacy, Disability, Ethnicity, Community (ADEC); Anglicare; Uniting Wyndham; Wyndham Community and Education Centre (WCEC); youth mental health services; Carers Victoria and many others.

Wyndham Health Priorities

Wyndham is a community of possibilities- working together we can rethink, reorient and reshape our community to enable everyone to reach their full potential with a focus on building our capabilities and strengths.

Social capital is important to our individual and community health. We build social capital when we recognise that our safety and success depend on the success of all others. High social capital builds our resilience against poor health because it gives us the social supports we need, crucial for our physical and mental wellbeing.

The Wyndham Health Plan is defined by four key domains that detail our health and wellbeing priorities and outcomes. Each domain is prefaced with key theme statements of the *Wyndham 2040 Community Vision, a Place for People* which reflect the health and wellbeing priorities sitting within that domain.

We will work together with our partners on the identified priorities to achieve the outcomes under each domain.

Thriving Wyndham

Our communities are warm, welcoming, caring, family friendly and inclusive of all.

The city, coast and country elements of the municipality continue to be protected and enhanced through thoughtful and innovative planning and appropriate development.

Growth has been managed effectively and we have the infrastructure, services, housing types, jobs, education and recreation opportunities required to support a good quality of life for residents of all ages and abilities.

Priority 1 – Opportunity, equity and inclusion

Outcome 1: We have equal opportunity to contribute to our community, including through strong employment opportunities

Social inclusion

- Improved sense of personal wellbeing
  - Sense of belonging in Wyndham
  - Recognising First Nations as cultural custodians of our land, and Indigenous culture as foundational to our identity in Wyndham
  - Respect and inclusion for diversity- lesbian, gay, bisexual, transgender, intersex, queer, and asexual (LGBTIQA+)
  - Valuing our carers and people living with disability
  - Valuing our multicultural communities cultural, linguistic and faith diversity
  - Working in harmony with our community leaders

Connected Community:

- Building strong social networks
  - Connecting newcomers and established residents
  - Valuing our volunteers and seniors
  - Supporting greater engagement with community-based networks
  - Encouraging participation in arts and cultural activities
  - Facilitating participation in government decision-making processes[15]

15 Local, State and Federal Government decision-making.

Thriving Wyndham



Priority 1 – Opportunity, equity and inclusion

Outcome 2: We can access formal and informal learning opportunities

Continuous learning:

- Assisting young people's engagement with school, higher learning and work
  - Mentoring opportunities
  - Achieving benchmarks in numeracy and literacy
  - Assisting children whose learning has been interrupted to catch up
  - Advocating for the school needs of Wyndham's residents
- Increased 3- and 4-year kindergarten enrolments
- Ensuring adults have community learning opportunities
  - Facilitating opportunities at libraries and community hubs, including technology
- Supporting local labour force participation
  - Career counselling and career transitions assistance
  - People living with a disability can access gainful employment
  - People are supported to start up small business

Priority 2 – Mental wellbeing

Outcome 3: We are a cohesive and inclusive society, socially connected and able to ask for help when we need it

Mental wellbeing:

- Assisting people to seek support when they need it
- Ensuring people can be linked in to appropriate services across the lifecourse
- Working with our partners to support particular cohorts
  - single parents
  - people who are socially isolated
  - Reducing alcohol and drug dependence
- Advocating for the needs of all Wyndham residents for local specialist units

Priority 3 – Gender Equality

Outcome 4: We enjoy formal and substantive equality

Capacity building:

- Increased participation of girls and women facilitated in sport and recreation
  - Including addressing cultural barriers to participation.
- Increased female representation in community organisation committees
- Increased availability of childcare and respite care
- Work to equal community representation of women on all Council Planning and decision-making groups
  - Gender lens applied to all Council policies, services and programs

Liveable Wyndham



Everyone is able to access services for health and wellbeing, and these are delivered to a high standard. It is easy to stay fit and healthy.

Community members are collaborative participants in creating strong, supportive and environmentally sustainable neighbourhoods.

We are responding effectively to the impacts of climate change and are working to ensure our natural environment is respected, preserved and protected.

Priority 4 – Accessible Services

Outcome 5: We can access safe and culturally appropriate services

Inclusive access:

- Improving health literacy – understanding complex health information and navigating health systems
- Improving cultural safety – through access to quality health care, respectful of Indigenous and multicultural cultural values and strengths
- Improving digital access – using available technology at home or via a public service
- High immunisation rates for 5-year olds
- High COVID-19 vaccination rates

Outcome 6: We are a resilient community and adapt to changing conditions

Drug resistant infections risk:

- Continued low-level community transmission of COVID-19
- Council facilitating help-seeking and linking services
- Ensuring that people are connected in following any initial point of contact
- Building social capital and reducing the effect of shocks and stresses

Priority 5 – Climate change health impacts

Outcome 7: We are a zero carbon community consuming locally and responsibly

Climate change:

- Reducing greenhouse gas emissions
  - – Understanding and promoting associated health benefits
- Mitigate urban heat island affects
  - – Increase community access to cooler and cleaner air spaces
  - – Maximise water use efficiency and alternative water sources to ensure water quality and security
- Improved preparedness for future weather events including storm and heat wave
- Monitoring air quality especially during bushfires
- Improving understanding of thunderstorm asthma
- Mindful consumption resulting in reduced waste and litter

Liveable Wyndham

Priority 6 – Housing and built environment

Outcome 8: We can meet our housing needs

Housing provision:

- Improved housing mix so that people can meet their housing needs
  - Increased availability of social and affordable housing options
  - Increased number of 1- and 2-bedroom housing units
  - Reduced incidents of homelessness
  - Sustainable well-designed homes for better health and wellbeing

Outcome 9: We enjoy our neighbourhoods

Urban planning:

- Improved child-friendly and age-friendly infrastructure
- Advocating for the community infrastructure needs of residents
- Health promoting environments
  - Developing 20-minute neighbourhoods with community infrastructure responsive to community needs that helps residents to socialise, learn, and engage with each other
  - Infrastructure that supports active transport
  - Increased availability of locally shops for fresh fruit and vegetables
  - Local food outlets offering good value nutritious meals

Safe Wyndham

The people of Wyndham feel safe and connected to each other. We listen to and learn from the diversity of all residents.

Wyndham celebrates its many cultures and participation in the arts and recreation is fostered. We create and share stories that challenge and inspire.

Priority 7 – Community Safety

Outcome 10: Our neighbourhoods are safe and inclusive

Outcome 11: Local spaces and places are age-friendly and promote independence

Community safety:

- Personal and road safety – safe from accidental injury and death
- Perceptions of safety – people feel safe in local neighbourhoods and parks
- Reducing local crime (personal and property crime)
  - Advocating to the Victorian Government for adequate resourcing to combat local crime
- Promoting responsible alcohol consumption, including by offering alcohol free Council sponsored events

Outcome 12: We are safe at home

Family violence

- Promoting attitudes that support healthy relationships and respect for women
- Working with sector partners to prevent family violence and reduce incidents
- Seeking to prevent and mitigate incidents of elder abuse in the community

Healthy Wyndham

People are able to move around Wyndham easily. They are able to get to where they want to go efficiently and with greater access to active, accessible and sustainable modes of transport.

Our parks and open spaces encourage people to be active and connect them with nature and the outdoors. Wyndham provides safe and welcoming destinations for residents and visitors.

Priority 8 – Healthy living

Outcome 13: We can make healthy food choices and have food security

Promote healthy eating

- Reducing rates of obesity and overweight
  - Increasing fresh fruit and vegetable consumption
  - Increased green space to cultivate local fresh produce
  - Decreasing sugary drinks consumption
  - Supporting recommended alcohol consumption rates

Outcome 14: We can access open space and participate in recreational opportunities

Promote active living

- Increasing overall participation in organised sport
- Ensuring universal access to recreation and fitness programs
- Increased participation in regular walking and cycling activities
- Increasing participation in events and art installations (in accordance with COVID-measures)

Outcome 15: We support smokers and e-cigarette users who want to quit

Support smokers and e-cigarette users to quit

- Increasing the provision of smoke-free zones in Wyndham
- Reducing smoking rates among pregnant women and mothers
- Discouraging young people from taking up smoking or e-cigarette use
- Enforcing responsible sale of tobacco products



A word on indicators and monitoring



This Health Plan is accompanied by an Outcomes Framework that will assist in monitoring and measuring progress of the Plan. The Outcomes Framework is organised in terms of domains, outcomes and indicators.

Domains

Wyndham Health Plan domains have been organised to support the Wyndham Community Vision and the *Public Health and Wellbeing Act 2008* (Vic).

The domains are organising principles, grouping together the priorities with which we seek to protect, improve and promote public health and wellbeing within Wyndham, consistent with our Council Plan, the Wyndham Plan and Municipal Strategic Statement. The domains will assist us in achieving the outcomes of the Health Plan as well as the Community Vision.

The Outcomes Framework accompanies this Health Plan to guide our monitoring and evaluation over the life of the Plan.

Outcomes

Outcomes are our goals for the community throughout the life of this Health Plan. The outcomes represent our ideals – our end goal and what we intend this Health Plan will achieve. Our external partners are vital in this endeavour as there are many aspects to health and wellbeing over which Council has little or no direct influence.

Actions that Council can take are widely dispersed throughout Council's work and permit a great measure of flexibility. The pandemic has demonstrated that public health matters and that it impacts other areas of society such as the economy and individual and community wellbeing. It has also demonstrated our need to remain flexible to changing conditions.

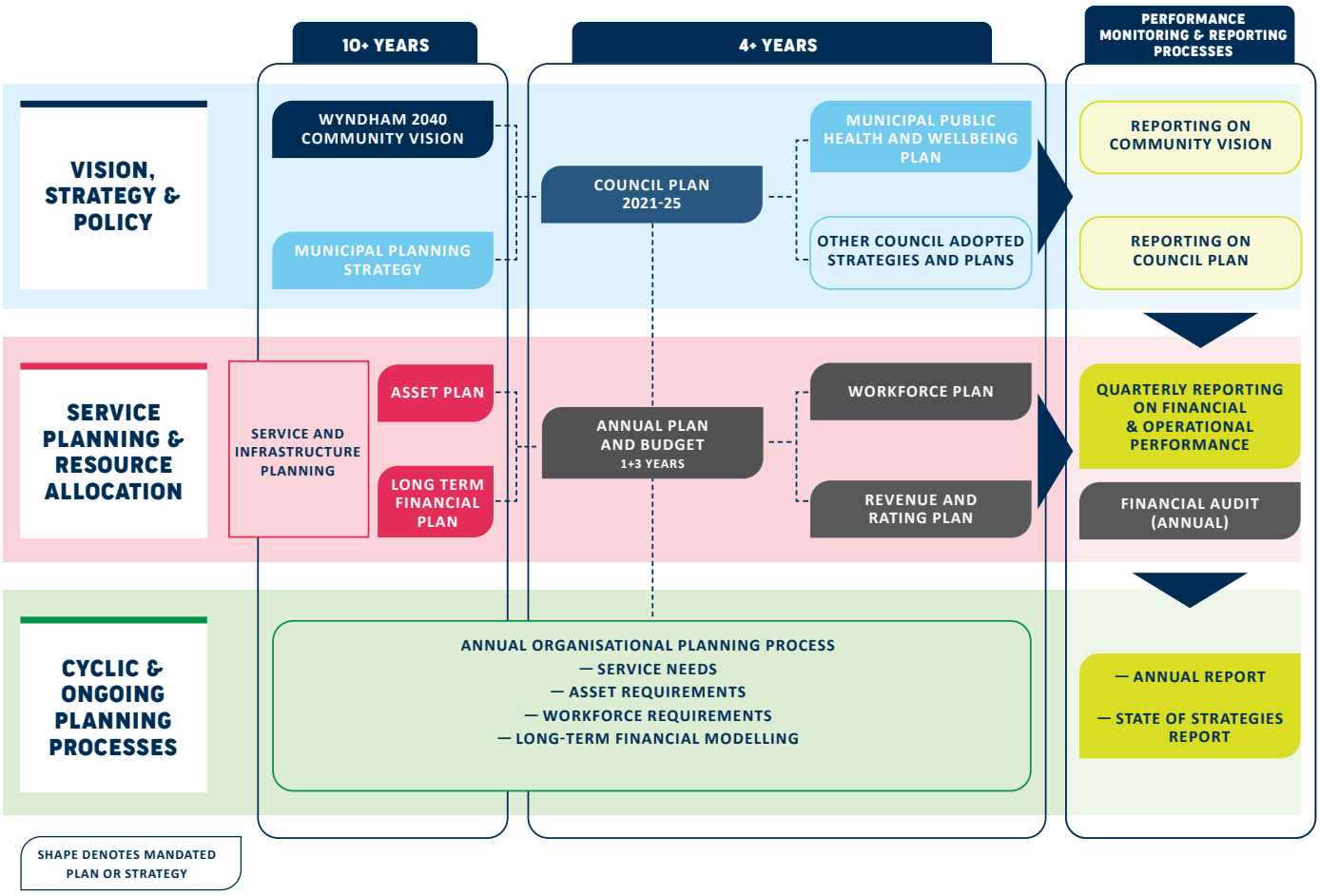
Therefore, effective prevention and management of the long-term health issues arising from the pandemic, especially mental ill health and the effects of long-COVID are vital going forwards. Having the Outcomes Framework allows us to be flexible in achieving the end point. We know what that end point is – individual and community health and wellbeing – and we can adjust our strategies in getting there to achieve our outcomes as necessary and appropriate.

Indicators

Our Health Plan indicators seek to define our direction. The indicators demonstrate the change that we need to progress in order to achieve the intended outcome.

The indicators reflect improvement and will be used for annual reporting purposes. Each year we will be able to measure improvements and adjust our strategies as necessary to achieve the final outcomes.

Appendix 1: Wyndham City Council Strategic Planning Context



Sources



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