

# Healthy and Well Action Plan

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2018 to 2021

An action plan of the City of Kingston's Public Health and Wellbeing Plan 2017-2021

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## Aboriginal Acknowledgement

The City of Kingston acknowledges the Kulin Nation as the custodians of the land on which the municipality is a part and pays its respect to their Elders past and present. Council is a member of the Inter Council Aboriginal Consultative Committee.

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# Introduction

'Healthy and well' refers to an individual's physical, mental, emotional, and social state. Health is not merely the absence of disease or infirmity. A healthy and well community is one that has an environment in which healthy behaviours have become habit because these behaviours are the default, easiest, and preferable option. A healthy community environment has established a culture, structures and policies that encourage and support healthy behaviours, and deter or limit access to unhealthy behaviours.

Kingston is a relatively healthy and advantaged municipality, however some areas are more disadvantaged and may require additional support to improve their health. This may be due to increasing income inequality in the municipality, which can result in poorer health outcomes, and less available access locally to affordable healthy activities and food.

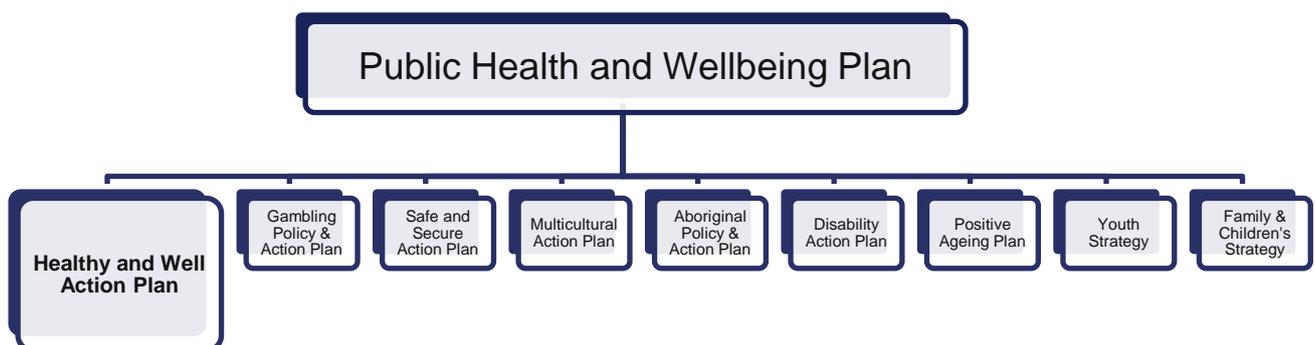
## Healthy and Well

GUIDED BY COUNCIL'S PUBLIC HEALTH AND WELLBEING PLAN 2017-2021

The 'Healthy and Well Action Plan' will deliver the first priority of Kingston's Public Health and Wellbeing Plan 2017-2021 (PHWP): A healthy and well community. By doing so, it aims to improve the physical, dietary and mental health of the Kingston community and reduce the harms associated with alcohol and other drugs, smoking and gambling. The combined outcomes of the actions will improve the overall health and wellbeing of the Kingston community.

The PHWP is an overarching strategic plan for addressing key health and wellbeing issues in Kingston. There is a range of action plans / strategies across Kingston Council that deliver the priorities of the PHWP 2017-2021, as shown below.

Figure 1: Public Health and Wellbeing Plan and its associated action plans / strategies



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## PUBLIC HEALTH AND WELLBEING PLAN 2017-2021: PRIORITIES AND OBJECTIVES

The PWHP 2017-2021 identifies priorities, objectives and performance measures as a strategic overarching direction for Council. These encompass a range of factors in our community and Council work that can impact on people's health and wellbeing. The priorities and objectives are outlined below.

### **Priority 1: A healthy and well community**

Relates to this Action Plan

Objective 1.1. Increase participation in physical activity

Objective 1.2. Increase healthy eating habits

Objective 1.3. Improve mental wellbeing

Objective 1.4. Reduce harm from consumption of alcohol and other drugs, smoking and gambling

Objective 1.5. Increase immunisation rates

### **Priority 2: A safe and secure community**

Objective 2.1. Improve community safety

Objective 2.2. Improve perceptions of safety

Objective 2.3. Reduce the prevalence of family violence

### **Priority 3: A connected community that participates**

Objective 3.1. Increase participation in community activities and volunteering; and reduce social isolation

Objective 3.2. Improve social cohesion

Objective 3.3. Ensure facilities, services and open spaces are accessible to everyone, and equitably developed and provided

### **Priority 4: A liveable community**

Objective 4.1. Improve environmental resilience and sustainability

Objective 4.2. Increase the availability of affordable housing

Objective 4.3. Increase participation in the workforce and local economy

Objective 4.4. Increase participation in learning and education

# Actions

## Priority 1. A healthy and well community

A number of Council's existing initiatives already greatly contribute towards Kingston being a healthy and well community. The following new initiatives not only complement Council's existing initiatives, but align to Council's overarching objective to develop and encourage a healthy and well community.

### Objective 1.1. Increase participation in physical activity

Participation in physical activity throughout life is important for a healthy body and mind, and contributes towards longevity. Lack of physical activity and increasingly sedentary lifestyles has contributed to poorer health outcomes in Kingston. However, Kingston is privileged to have open spaces such as the foreshore, walking trails and parks; and Council has established Kingston Active centres and outdoor exercise equipment that provide opportunities to increase physical activity.

#### Current Council Initiatives

- Working with the Dandenong Living Links Projects
- Implementing Council's Playground Strategy
- Delivering swimming programs to women in multicultural communities in Kingston
- Annual promotion of 'Active April'
- Established community gardens
- Adult exercise equipment provided in recreational spaces
- Provision of affordable physical activity programs in community centres and neighbourhood houses

#### New Council Initiatives

We will	Council's role	Lead Council Team	Timeframe
1.1.1 Promote low cost physical activity opportunities provided by Kingston Leisure Centres.	Promotion	Kingston Active	Year 1
1.1.2 Identify opportunities to increase participation in physical activity by Kingston's most at risk populations and consider how to address their barriers to participation, such as location, cost, physical accessibility and information accessibility.	Coordination & Capacity Building	Kingston Active, Sport and Recreation & Social Development	Years 1 – 4
1.1.3 Support sporting clubs to build their capacity to diversify their membership and promote healthy behaviours.	Capacity Building	Sport & Recreation and Social Development	Years 2 - 4

1.1.4 Work with community groups that meet regularly to identify opportunities to incorporate physical activity into their group activities.	Capacity Building	Social Development & Kingston Active	Year 2 - 4
1.1.5 Develop a social media campaign to raise community awareness about being healthy and well in Kingston.	Education and Engagement	Social Development & Communications	Years 1 - 4

## Objective 1.2. Increase healthy eating habits

Developing healthy eating habits provides the nutrients your body requires and contributes to your physical and mental wellbeing. The food you consume can contribute to or decrease your risk of chronic diseases such as obesity, diabetes, and cancer.

### Current Council Initiatives

- Provision of commercial kitchens in some community centres and hubs
- Supporting Central Bayside Community Health Services (CBCHS) to run community kitchen and healthy eating programs
- Provision of Ethnic Meals Grants to multicultural seniors groups in Kingston

### New Council Initiatives

We will	Council's role	Lead Council team	Timeframe
1.2.1 Explore developing a Council Policy aligning Council's food provision with the Healthy Choices Guidelines.	Research	Social Development	Years 2 - 4
1.2.2 Incorporate the Healthy Choices Guidelines into all Council tenders relating to food providers.	Review Tender Provisions	Social Development, Governance & Kingston Active	Years 2 - 4
1.2.3 Support partner organisations to engage with local café's and food vendors to implement nudges informed by the Healthy Choices Guidelines.	Partnership support	Social Development & SMPCP	Years 1 - 4
1.2.4 Educate community groups who host community breakfasts and lunches about the Healthy Choices Guidelines.	Capacity Building	Social Development	Years 1 - 3
1.2.5 Facilitate the community to grow and share healthy fresh food by providing education and by establishing knowledge sharing structures (i.e. local food summit).	Capacity Building	Social Development & Environment	Years 1-4

1.2.6 Support CBCHS food mapping project to identify food deserts in Kingston; and conduct a Healthy Food Basket Survey in select areas of Kingston.	Research	Social Development	Years 1- 2
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### Objective 1.3. Improve mental wellbeing

Mental wellbeing is greatly improved with a healthy diet, physical exercise, social connection, engagement in employment, and when required, medical intervention. Equally important to individual action is having a community that understands mental health issues and is able to create supportive environments.

#### Current Council Initiatives

- Supporting the delivery of mental health awareness education, events and activities
- Delivery of the Youth Resilience Survey in schools across Kingston
- Support provided to families and young people for help with mental health issues

#### New Council Initiatives

Actions	Council's role	Lead council team	Timeframe
1.3.1 Support services to increase links for people who have mental health illnesses with established community facilities and groups.	Capacity Building	Social Development	Year 4
1.3.2 Build capacity of community centres and neighbourhood houses, or other community facilities and groups to better engage people with mental health issues.	Capacity Building	Social Development	Years 2 - 4
1.3.3 Offer Mental Health Awareness training for Council staff, volunteers and community leaders	Training	People Support & Social Development	Years 2 - 4
1.3.4 Investigate the feasibility of implementing a Kingston My Wellbeing program for Council staff.	Research	People Support & Kingston Active	Year 1
1.3.5 Collect youth resilience data to guide the allocation of funding aimed at addressing and strengthening youth resilience.	Education and Advocacy	Youth Services	Year 1 - 4

## Objective 1.4. Reduce harm from consumption of alcohol and other drugs, smoking and gambling

A range of lifestyle activities can impact negatively on individual and community health. The impacts on the community of liquor consumption, use of illegal drugs, tobacco smoking and gambling are of most concern to Council. These activities contribute to the burden of preventable diseases, are linked to family violence and social isolation.

### Current Council Initiatives

- Community education of smoking laws
- Community education of alcohol free zones
- Partnership with the Kingston Liquor Accord
- Partnership with the Municipal Association of Victoria and South East Melbourne Council's Alliance to advocate for changes to the Victorian Town Planning Scheme
- Implement the amendment to the Tobacco Act to ban smoking at all outdoor dining areas where food is available for consumption
- Foreshore planning each summer regarding alcohol consumption on the beaches
- Implement Council's Gambling Policy and Action Plan
- Support the Alliance for Gambling Reform

### New Council Initiatives

We will:	Council's role	Lead Council team	Timeframe
1.4.1 Work with the Local Government Gambling, Alcohol and Other Drug Information Forum to explore the gendered nature of alcohol harms.	Partnership	Social Development	Years 1 – 4
1.4.2 Support expert organisations to keep the community informed about drug issues (such as ICE and Alcohol harms) as required.	Partnership	Social Development	As required.
1.4.3 Investigate the feasibility and need to expand the Kingston Liquor Accord to packaged liquor outlets and sporting clubs.	Partnership	Social Development	Year 2

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# Background information

## Legislative and policy context

The Healthy and Well Action Plan was developed with regard to the national and state plans, strategies, frameworks and guidelines listed below:

### NATIONAL

- [National Health Priority Areas](#)
- [National Strategic Framework for Chronic Conditions](#)
- [National Mental Health Policy 2008](#)
- [National Alcohol Strategy 2016-2021 \(in development\)](#)
- [Draft National Drug Strategy 2016-2025](#)
- [National Tobacco Strategy 2012-2018](#)
- [Australian Dietary Guidelines 2013](#)

### STATE

- [The Victorian Public Health and Wellbeing Plan 2015-2019](#)
- [The Victorian Health Priorities Framework 2012-2022: Metropolitan Health Plan](#)
- [Victoria's 10 Year Mental Health Plan \(2015\)](#)
- [Racism in Victoria and what it means for the health of Victorians \(2017\)](#)

## Data and demographic profile

Collation and analysis of data and demographics from a variety of sources such as the Australian Bureau of Statistics, VicHealth and the Crime Statistics Agency Victoria informs the development of the PHWP and Healthy and Well Action Plan.

This is presented in the City of Kingston Health and Wellbeing Profile and is available on Kingston Council's website: [www.kingston.vic.gov.au](http://www.kingston.vic.gov.au)

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## How we developed this action plan

The actions and partnerships detailed in this action plan were identified within the development process for the PHWP 2017-2021. Data and information was gathered during this process to inform the development of the PHWP, and its action plans. The process involved an analysis of relevant data and demographic information, policy and legislative contexts and stakeholder and community consultation.

### DATA AND LITERATURE

- Evaluation of Council's previous Public Health and Wellbeing Plans
- Review and analysis of state and federal policies and literature
- Collation and analysis of health and demographic data from a variety of government sources such as the Australian Bureau of Statistics, VicHealth and the Crime Statistics Agency Victoria

### COMMUNITY ENGAGEMENT

- Kingston Council's 2016 Health and Wellbeing Survey, which provided a representative sample of Kingston's residents and their views on health, wellbeing and safety in Kingston
- Discussions with internal Council staff to identify opportunities to improve health and safety through Council's services
- Consultation with key stakeholders and the community to gather local health and safety knowledge

### REPORTS

The following reports are available on Council's website ([www.kingston.vic.gov.au](http://www.kingston.vic.gov.au)):

- Health and Wellbeing Profile, City of Kingston Public Health and Wellbeing Plan 2017-2021
- 2016 Health and Wellbeing Survey, September 2016
- Community Engagement Report, City of Kingston Public Health and Wellbeing Plan 2017-2021

### FEEDBACK

Feedback on the draft action plan was sought between 20 November – 15 December 2017.

### ADOPTION

The Healthy and Well Action Plan delivers the objectives of Council's Public Health and Wellbeing Plan 2017-2021, which was adopted by Council on Monday 25 September 2017.

## How we will implement this action plan

This action plan outlines details about what Council commits to doing to improve health and wellbeing outcomes for the community. Each action lists what will be done, who in Council will lead the initiative, and the timeline for its implementation.

Council's Social Development Team will oversee the development and coordination of this action plan and support and guide other teams with their actions. Working collaboratively within Council and with external organisations and with the community is an important aspect of implementing the identified actions.

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## How we will monitor this action plan

Yearly tracking and reporting of the outcomes of this action plan will be undertaken. This will provide short term feedback about the successes and challenges of this action plan, shaping the next year's action plan and tracking how Council is progressing in achieving its healthy and well objectives of the PHWP.

Council will develop a new system for collating the short term outcomes related to the action plans as a part of the PHWP 2017-2021. This will provide a standard process for all teams across Council working in the health and wellbeing space and a central location for the collation of health and wellbeing outcomes data. Council will then have a comprehensive overview of how we are helping our community to be healthy and well in the short and long term.

Outcome reports will be presented to Council and posted on the Kingston website:

- Yearly – reviewing the outcomes of this action plan and the progress being made at impacting the PHWP objectives
- Four yearly – reviewing the outcomes of all health and wellbeing work across Council and its overall impact on the long term performance measures of the PHWP objectives.



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