



# Town of East Fremantle

## Public Health Plan

### 2018 – 2022

This Plan is a living document amended at any relevant time in line with changes to legislation, policy and any supporting documents.

Document control: Final Version as at 25 July 2018.

Adopted: 21 August 2018

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## INTRODUCTION

The Town of East Fremantle recognises that good health is the cornerstone of a happy and connected community and is committed to creating an environment where it is easy for people to lead safe, happy and healthy lives.

The Plan is a five year strategic document that meets the Town’s legislative obligations for the development of a local Public Health Plan under the WA Public Health Act 2016. This plan is intended to integrate with and ‘value-add’ to the Town’s core functions rather than duplicate existing plans and strategies across the organisation.

## Vision

***To protect, promote and enhance the health, wellbeing and quality of life of our community.***

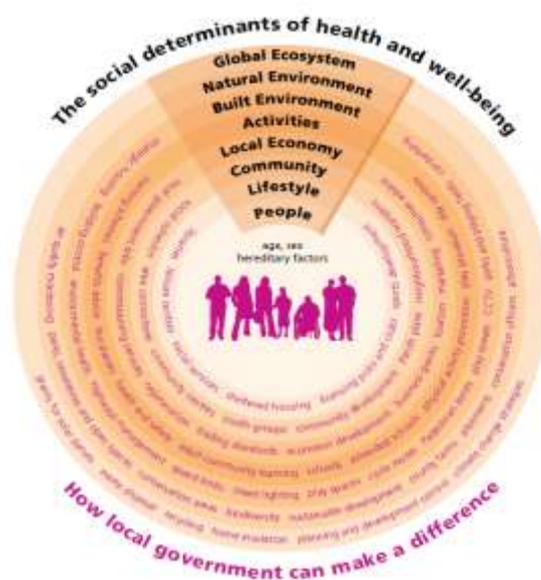
## Mission

The Town aims to enhance the health, wellbeing and quality of life for the community through:

- Assessing, reviewing and responding to current and future public health and wellbeing needs, issues and emerging trends, based on best practice, sustainability and evidence based decision making processes.
- Developing collaborative partnerships with internal and external key stakeholders.
- Integrating public health and wellbeing into existing services and programs.
- Facilitating the vision for a healthy and sustainable community through greater community participation and development on health issues.
- Aligning with and providing strategic links and relationships with local, state and national strategic plans and policies that impact on health and wellbeing.

The approach adopted in developing this Plan has been guided by the ‘Pathway to a Healthy Community’, Department of Health 2017, *Pathway to a Healthy community: a guide for councillors and local government*, South Metropolitan Health Service, Perth, and recognises local government as the tier of government closest to the community in supporting and influencing the health and wellbeing outcomes. It promotes the range of services delivered by the Town which help to establish many of the necessary conditions upon which good health and wellbeing is determined, see Figure 1 below.

**Figure 1: How local government can make a difference in health and wellbeing**



Source: Improvement and Development Agency. The social determinants of health and the role of local government, UK 2010.

## ABOUT THE PLAN

This Plan meets the Town’s legislative obligations under the WA Public Health Act 2016, which aims to establish an integrated health and wellbeing planning process that fits into existing planning frameworks and strategies within local government and can support a wider local vision for a healthier community.

The Plan aims to identify the health and wellbeing needs of the community and establish priorities and strategies for a five year period with a focus on the following key areas:

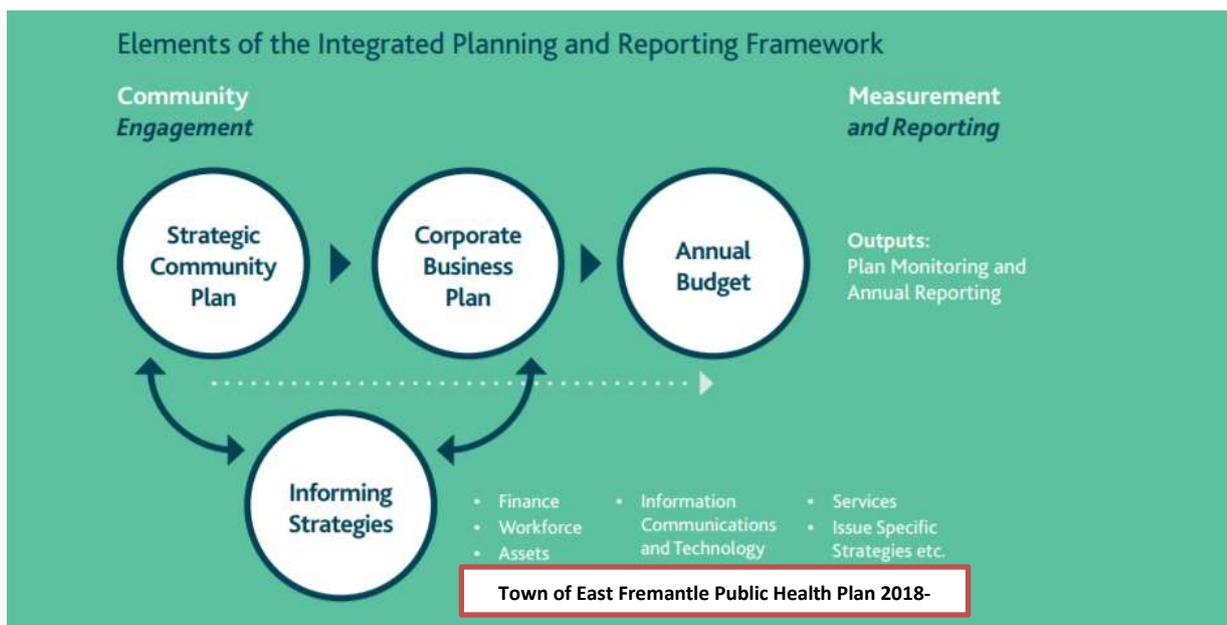
### Key Areas

1. **HEALTHY PEOPLE AND COMMUNITY:**  
To guide and encourage our community to lead healthier lifestyles through the provision of lifestyle and educational opportunities.
2. **HEALTHY PLACES AND SPACES:**  
To provide healthy places and spaces to encourage and support healthy lifestyle opportunities.
3. **HEALTHY PARTNERSHIPS:**  
To develop collaborative partnerships with community, business, government, non-government and key stakeholders to improve health and wellbeing.

### Corporate Planning Framework

The Plan aligns with and builds on the foundations of the **Integrated Planning and Reporting Framework**, as shown in the image below, and will operate as an informing strategy to the Town’s **Strategic Community Plan 2017-27**. This plan is intended to integrate with and ‘value-add’ to the Town’s core functions rather than duplicate existing plans and strategies across the organisation.( see Figure 2 below)

**Figure 2: Integrated Planning and Reporting Framework**



## **Community Engagement**

This Plan has been informed by the ideas and feedback gathered from the community, service providers, local organisations, businesses and government agencies, through various engagement processes.

The Plan has been developed following research, and taking into account the outcomes of community forums, community questionnaire and community scorecard (via CATALYSE Pty Ltd). Consultation between the South Metropolitan Health Services, local health service providers and Town staff including the PEHO, Planning and Building Services, Community Development and Special Projects Officer and Operational Services took place in 2017 to identify opportunities to optimise the health and wellbeing of the TOEF community.

The Plan provides a framework for an integrated and collaborative approach that will support and enhance the community's ability to lead healthy, active and rewarding lives. It is designed to complement rather than duplicate Council's existing planning frameworks and strategies.

The following documents have been used to inform and/or complement this plan:

- TOEF Strategic Community Plan 2017-2027
- TOEF Corporate Business Plan 2015-2019
- Recreation and Community Facilities Strategy 2016
- Foreshore Master Plan 2016
- Disability Access and Inclusion Plan 2016-2020
- TOEF Public Art Strategy 2017

## HEALTH PROFILE

### Population Overview

The Town of East Fremantle LGA covers an area of 3.2 square kilometres bordering the Swan River. Since 2004, our community has experienced steady population growth. Currently, our population is estimated at 7,831 with the Department of Planning projecting that we will grow to 8,600 by 2026. If the State Government's infill target for 890 additional dwellings in East Fremantle is met, population growth will be approximately 800 higher than this estimate.

### Socio-Economic Status

The socio-economic indexes for areas (SEIFA) scores are made up of four indices which summarise a variety of social and economic variables such as income, educational attainment, employment and number of unskilled workers. SEIFA scores are based on a national average of 1000 and areas with the lowest scores are the most disadvantaged. Based on 2011 Census data, the Town of East Fremantle had a SEIFA Index of Disadvantage score of 1088. The range of scores for this SEIFA index for LGAs within the South Metropolitan Health Service was 948 to 1088.

### Health and Wellbeing Snapshot

Health is impacted by a number of factors, often outside the control of the individual. These factors are referred to as the social determinants of health and include socio-economic status, employment, income, education, housing, social support, access to health care, drug addiction, transport, food security and community safety.

From a community perspective, the health and wellbeing of the population contributes to social interaction and the vitality of the community. For example, it enables participation in sports, volunteering, arts, culture and other activities that bring the community together. By contrast, poor health and wellbeing reduces this participation and brings with it the high costs of medical care and other community services.

The *Town of East Fremantle Health and Wellbeing Profile 2017*, published by the Western Australian Department of Health's South Metropolitan Health Promotion Service, [2017] has identified specific areas of public health relating to persons (aged 16 years and over) in the Town of East Fremantle community from 2002-2015.

This profile is the latest in a series of profiles prepared by the South Metropolitan Health Promotion Service (SMHPS) since 2012. It provides an update on the self-reported measures of the health and wellbeing in the Town of East Fremantle with data from the Western Australian Health and Wellbeing Surveillance System (HWSS). This information is based on responses from 200 adults within the Town of East Fremantle LGA (aged 16 years and older), who were surveyed over the period March 2002 to December 2015. The data collected is weighted to represent the age and sex distribution of the WA population using the 2014 Estimated Resident Population.

### Chronic diseases

Many of the health conditions included in the HWSS are chronic diseases which usually have a number of contributing factors, develop gradually and have long lasting effects. Diseases such as cardiovascular disease, type 2 diabetes, respiratory diseases and some cancers contribute significantly to the burden of illness and injury in the community. Considerable potential exists to reduce the burden of disease. It is estimated that in WA in 2011, 435,000 years of healthy life were lost to premature death or living with a disability due to a chronic disease or injury. Injuries are also an important cause of death and disability and strategies to prevent chronic disease are often linked with injury prevention.

### Lifestyle and physiological risk factors

There are many factors that can influence a person's health, including genetics, lifestyle, age, environmental and social factors. Many chronic diseases and injuries are associated with a common set of modifiable lifestyle risk factors which can have either a positive effect on health, such as a high consumption of fruit and vegetables, or a negative effect, such as smoking, alcohol use and physical inactivity. These lifestyle risk factors also impact on the physiological risk factors such as high cholesterol, high blood pressure, and being overweight which are also related to chronic disease and potentially modifiable.

**Table 1: Prevalence of physiological risk factors for adults (aged 16 years and over), Town of East Fremantle LGA, Western Australia and South Metropolitan Health Region 2002–2015**

Risk factors	East Fremantle LGA		South Metropolitan
	Persons (%)	Estimated population	Persons (%)
Current high blood pressure ( (as a proportion of adults who reported having been measured) 2003 onwards 25 years+)	14.7	810	20.1
Current high cholesterol (as a proportion of adults who reported having been measured)	14.0	770	20.3
Overweight (BMI 25<30)	42.2	2,676	39.7
Obese (BMI 30+)	15.0	954	25.7
<b>Risk condition</b>			
Injury (in the last twelve months requiring treatment)	25.9	1,641	23.0

Source: Western Australian Health and Wellbeing Surveillance System, WA Department of Health: Town of East Fremantle self-reported measures of health and wellbeing for adults 2002–2015.

**Table 2: Prevalence of lifestyle risk factors for adults (aged 16 years and over), Town of East Fremantle LGA, Western Australia and South Metropolitan Health Region 2002–2015**

Behaviour / Risk factor	LGA %	LGA (estimated population)	WA (%)	South Metropolitan (%)
Currently smokes	12.2	771	16.4	15.0
Never smoked (or smokes less than <100 cigarettes)	58.6	3,719	54.6	55.6
Eats less than two serves of fruit daily	41.8	2,649	48.2	47.8
Eats less than five serves of vegetables daily	86.9	5,510	87.3	86.9
Eats meals from fast food outlets at least weekly (2010 onwards)	30.3	1,920	30.4	44.4
Risky/high risk drinking for long term harm (a)	35.8	2,269	34.5	33.0
Risky/ high risk drinking for short term harm (b)	18	1,139	15.2	14.1
Completes less than 150 minutes of physical activity per week (adults plus 18 years)	31.8	1,962	38.9	38.4
(a) Drinks more than 2 standard drinks on any day. (b) Drinks more than 4 standard drinks on any day. Any alcohol consumption by persons 16 or 17 is considered high risk.				

Source: Western Australian Health and Wellbeing Surveillance System, WA Department of Health: Town of East Fremantle self-reported measures of health and wellbeing for adults 2002–2015.

## Immunisation

Immunisations help to prevent and limit the spread of a range of vaccine preventable diseases (VPDs). Vaccine preventable diseases are administered to certain cohorts as part of the national immunisation schedule and are carefully monitored through the Western Australian Vaccine Safety Surveillance (WAVSS) system, and nationally through AusVaxSafety and the Therapeutic Goods Administration.

During 2016, Table 4 below shows the annual immunisation data for 1 year-olds, 2 year-olds and 5 year-olds in the Town of East Fremantle. An immunisation coverage rate of 90% or more is considered the benchmark in Australia, noting that this rate is proposed to rise to 95% and above in future. **The immunisation coverage for children in the 2 year and 5 year age groups is below the 90% benchmark set for all metropolitan local governments.**

**Table 4** Percentage of children up to date in each age cohort in the Town of East Fremantle in 2016.

Age	No. of fully vaccinated children in the Town of East Fremantle	Total children in the Town of East Fremantle	Town of East Fremantle Immunisation coverage
1 year	67	72	93.1
2 years	57	70	81.4
5 years	79	90	87.8

## **IMPLEMENTATION, EVALUATION OF THE PLAN, REVIEW AND REPORTING**

Ongoing programs will continue to be implemented throughout the term of the Plan.

High priority new programs will be initiated by the financial year 2019/2020. An interim evaluation of the programs, outcomes and performance measures for each priority areas will be held in the financial year 2019/2020. Low priority new programs will be initiated between 2020 and 2022.

The Town's staff will review the Plan at least annually or as required in accordance with the *WA Public Health Act 2016* to ensure it continues to respond to the needs of the community, and that it remains current.

The Principal Environmental Health Officer will coordinate the annual review in partnership with the South Metropolitan Health Service.

An evaluation will occur at the end of the Plan cycle, in 2023, consisting of:

- Assessment of progress against outcomes for each goal within the Plan;
- Assessment of performance measures for each priority area;
- Review of key data for the Town including the social profile, health status, health risk factors, health behaviours and population risk groups; and
- Review of implementation mechanisms for the Plan including partnership terms and arrangements with key stakeholders.

The Principal Environmental Health Officer will prepare and submit an annual report on progress and evaluation findings to the Chief Health Officer of the Western Australian Department of Health.

## REFERENCES

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# Public Health Action Plan

## Key Area 1: HEALTHY PEOPLE AND COMMUNITY

**Objective:** To guide and encourage our community to lead healthier lifestyles through the provision of lifestyle and educational opportunities.

Strategies	Actions	Programs		Lead Department
		Ongoing	New (priority)	
<b>Programs, events and facilities that support and promote a physically active lifestyle</b>	Deliver and support facilities and programs that encourage the uptake of physically active lifestyles.	○		Community Development
	Conduct and support festivals and events throughout the Town that promote active living.		Low	Community Development
<b>Reduced alcohol related harm in the community.</b>	Provide a safe environment for patrons and community through the Fremantle Alcohol Accord.	○		Environmental Health Services
	Support low alcohol and no alcohol events and activities both internally and in conjunction with event organisers.		High	Community Development
<b>Reduced exposure to tobacco smoke in public areas.</b>	Consider the creation of more smoke free precincts in the Town.		Low	Operations Services
	Maintain no smoking signage at Town facilities, playgrounds and beaches.	○		Operation Services
	Develop initiatives to reduce tobacco related litter in public places.		Low	Operations Services
<b>Access to safe, sustainable and healthy food.</b>	Create opportunities that support businesses to offer healthy food options.	○		Environmental Health Services
	Investigate actions to reduce the availability of sugar-sweetened beverages at Town facilities and events.	○		Environmental Health Services
	Provide safe, healthy, good quality and culturally unique food at unique locations	○		Environmental Health Services/Community Development
	Support and promote the establishment of community gardens.	○		Operations Services/Community Development
	Investigate urban agriculture initiatives to support planting of edible gardens (fruit trees and vegetables) in the community.		High	Operations Services

	Support local food festivals, trails and recipe books that promote the local area, cultural heritage and tourism precincts.	○		Community Development
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<b>Improved mental health</b>	Encourage active, sociable, meaningful lives to promote positive mental health and wellbeing.		<b>High</b>	Community Development
	Facilitate a partnership with Act, Belong and Commit		High	Community Development
<b>A resilient, inclusive and happy community.</b>	Facilitate programs and services for young people that promote inclusiveness, participation and recognition within the community.	○		Community Development
	Support and celebrate Aboriginal heritage.		High	Community Development
	Deliver programs that support disability access and inclusiveness	○		Community Development/HACC Services
	Deliver programs for seniors and promote senior focused events.	○		HACC services
	Investigate options to deal with and facilitate support for the homeless.		Low	Community Development/Regulatory Services
	Support the delivery and promotion of volunteers in East Fremantle.	○		Community Development and HACC Services
<b>Reduced preventable communicable diseases</b>	Promote strategies to prevent and manage the spread of preventable notifiable diseases.	○		Environmental Health Services
	Support and promote the WA Immunisation Schedule to increase vaccination rates for children.	○		Environmental Health Services
<b>Support the prevention of avoidable injuries</b>	Partner with Know Injury to prevent falls in older people	○		Environmental Health Services
	Maintain and improve local roads to reduce road crashes and road trauma.	○		Operations Services
	Promote safety in, on and around water and private swimming pools.	○		Operations Services/Regulatory Services
	Support public campaigns aimed at reducing interpersonal violence.		Low	Community Development
	Reduce the number of dog attacks and promote responsible dog ownership	○		Ranger Services

## Key Area 2: HEALTHY PLACES AND SPACES

**Objective: To provide healthy places and spaces to encourage and support healthy lifestyle opportunities.**

Strategies	Actions	Programs		Lead Department
		Ongoing	New	
<b>Create great spaces for people through innovative urban and suburban design</b>	Investigate the viability of a retail/commercial CCTV network		High	Community Services
	Promote and participate in eWatch. Maintain information about eWatch on the Town's website.	○		Community Services
<b>Continue to improve asset management practices.</b>	Identify, develop and improve the built environment and facilities to support active lifestyles for pedestrians, cyclists and public transport users. This includes the footpath and cycleway connectivity plan and John Tonkin Interpretative Node.	○		Operations Services
<b>Conserve, maintain and enhance the Town's open spaces.</b>	Implement the Recommendations within the Recreation and Community Facilities Strategy adopted December 2016.	○		Operations Services
	Partner with stakeholders to actively protect, conserve and maintain the Swan River Foreshore. Plan for improved streetscapes, parks and reserves.	○		Operations Services
<b>A safer community</b>	Provide initiatives to deliver increased safety and security within Town.	○		All Departments
	Provide regular surveillance patrols by Rangers in daylight hours	○		Community Services
	Ensure the Town is appropriately prepared to mitigate any local community emergencies through the Local Emergency Management Committee (LEMC).	○		Environmental Health Services
<b>Acknowledge the change in our climate and understand the impact of these changes</b>	Maintain street planting, utilise thermal imaging data to address less hot spots and develop Urban Forest Strategy.	○		Planning Services/Operations Services
	Become a Waterwise Council.		Low	Operations Services

	Improve recycling rates and reduce landfill rates to reduce greenhouse gas emissions.	<input type="radio"/>		Operations Services
<b>A diverse and friendly community</b>	Foster a diverse and family friendly inner Town environment and in particular the night time economy.	<input type="radio"/>		Community Development
<b>Protect and enhance environmental health</b>	Implement environmental health strategies and relevant legislation to protect and enhance the health of our community.	<input type="radio"/>		Environmental Health Services

### Key Area 3: HEALTHY PARTNERSHIPS

**Objective:** To develop collaborative partnerships with community, business, government, non-government and key stakeholders to improve health and wellbeing.

Strategies	Actions	Programs		Lead Department
		Ongoing	New	
<b>Collaborative partnerships with businesses, government and service providers.</b>	Support a local network of service providers to encourage greater collaboration and partnerships for continued growth, economic prosperity and health.	○		All Departments
<b>A healthy workplace</b>	Provide a full package of support, training and engagement mechanisms to foster staff development by 2020 and to support equality in the workplace.	○		Human Resources
<b>A sustainable local economy</b>	Provide a broad range of support and incentive mechanisms to support new and existing local business including forums, development of hubs and shared office space.	○		Community Services
<b>Strong leadership and good governance</b>	Provide strong leadership through good governance to ensure health and wellbeing is central to the Town's organisational culture.	○		All Departments

