



# Manningham's Health and Wellbeing Strategy

2021-2025



## Definition of health and wellbeing

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

In comparison, *community wellbeing* is about the health and happiness of the community in which we live.

Our sense of wellbeing is affected by our physical and mental health, the natural and built environments in which we live, the economy, and our ability to be involved in all parts of community life.

Community wellbeing is about how all these things come together to support us to live happy, healthier and more meaningful lives.

### World Health Organisation

## Acknowledgement of Country

Manningham Council acknowledges the Wurundjeri Woi-wurrung people as the Traditional Owners of the land and waterways now known as Manningham.

Council pays respect to Elders past, present and emerging, and values the ongoing contribution to enrich and appreciate the cultural heritage of Manningham.

Council acknowledges and respects Australia's First Peoples as Traditional Owners of lands and waterways across Country, and encourages reconciliation between all.



Council acknowledges that our *Health and Wellbeing Strategy 2021-2025* contains some local data gaps relating specifically to people living with disability, and our multicultural and LGBTIQ+ communities. This is due to limited information being available at the time of publication (September 2021). Moving forward, we are committed to sourcing information about the health and wellbeing of these communities. This will be achieved through our Community Panel consultation, surveys and Advisory Committees. We will update this strategy over the four years as more information about these communities and their needs are known.



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# A message from our Councillors

Manningham Council is proud to present our four-year *Health and Wellbeing Strategy 2021-2025*.

This strategy outlines how we will continue to work with our community and partner organisations to ensure people living in Manningham are healthy, safe, resilient, connected and inclusive.

This strategy also identifies opportunities to enhance community health and wellbeing, and address areas that need improvement.

This strategy has been developed, and will be delivered, with our community and our partners.

Together, we will support our community to lead a healthy and active lifestyle that ultimately improves their quality of life.

Following feedback we received during recent community consultation, Council has identified seven priority areas under our Council Plan theme – Healthy Community:

- Improved social and emotional wellbeing
- Increased healthy eating
- Increased active living
- Increased adaptation to the health impacts from climate change
- Reduced injury and harm
- Prevention of family violence
- Increased connection and engagement in community life.

**When compared to other Victorian communities, Manningham is one of the healthiest.**

We know that these areas of health and wellbeing can impact people at different times across the life course of their life. The impacts can be influenced by individual circumstances or changes in their surrounding environments. The COVID-19 pandemic is an example of a significant disruption that has impacted people's health and wellbeing. It has also impacted people's social lives, connections to their community and in many cases has had financial implications.

For example, we know that employment fell by 4.1% between the start of Covid in March 2020 and August that year in Manningham, which was significantly higher than the state average of 2.1%. Only two other municipalities had a higher job fall than us.

Higher levels of JobKeeper applications are considered to be a likely indicator of greater negative economic impacts from COVID-19.

In Manningham, it is estimated that 43% of local businesses applied for JobKeeper support. This figure placed us at 36 out of 79 local government areas for most impacted local businesses at the height of the pandemic.

To support this strategy and ensure emerging trends are captured over the four years, Council will develop a bi-annual Action Plan that will include specific actions and measures we will undertake for each priority.

We thank everyone who has contributed to the development of this important strategy, your input has been valuable.



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# Our partners

We are proud to be one of the healthiest municipalities in Victoria but we know there is still work to do to ensure our community's health and wellbeing is the best it can possibly be.

There are some growing areas of concern in our community such as the rise of anxiety and depression amongst adults living in Manningham.

We are also seeing local impacts from COVID-19 and the full effects of these may not be realised for some time yet.

Manningham's *Health and Wellbeing Strategy 2021-2025* has been developed in consultation with the community, local health providers and organisations that support health and wellbeing, and key Council staff.

Together, we are strongly committed to improving the lives of people living in Manningham by delivering services, programs and activities that are targeted towards our diverse community.

## Healthy City Advisory Committee

Manningham's Healthy City Advisory Committee believes everyone has a role to play in improving the health and wellbeing of people living and working in our City.

Members of the committee include:

- Access Health and Community
- Belgravia Leisure
- Victorian Department of Education and Training
- Victorian Department of Families, Fairness and Housing
- Doncare – Doncaster Community Care and Counselling Centre Inc.
- Eastern Melbourne Primary Health Network
- Eastern Domestic Violence Service
- Haven; Home, Safe
- Inner East Primary Care Partnership
- Manningham Learns
- Manningham YMCA
- Onemda
- Whitehorse Manningham Libraries
- Women's Health East
- Community representatives

Council would also like to thank the Reconciliation Working Group, Inner East Aboriginal Area Governance Committee, Access and Equity Advisory Committee and the Manningham Disability Advisory Committee for their contributions to inform this strategy.



# Our community



Understanding the Manningham community, combined with what our health data tells us, helps Council identify priority areas to protect and enhance health and wellbeing.

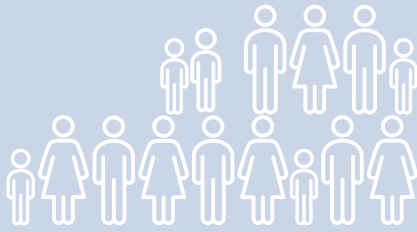
Our community profile includes information about who lives in Manningham, their age and gender, household dwellings and cultural backgrounds. It also provides an overview of our community's health and wellbeing characteristics. This helps Council to identify vulnerable groups and target services and programs effectively.

Manningham's community profile largely draws on information from the Australian Census 2016. This will be updated when information from the latest Census, which was held in August 2021, is available in mid-2022.

We also incorporate health and wellbeing information from the *State of the City 2020* report and data from the *Liveability Assessment of the Neighbourhoods of Manningham* to help us understand where our community's strengths and challenges lie.

These documents are available on Council's **[website](#)**.

# Our Community



**2021**  
**128,929**

**2025**  
**138,440**

**POPULATION FORECAST**

## AGEING POPULATION



The largest 5 year age group in 2026 is 45 to 49 years, with a total of 9,202 people.

**2.8%** GREECE



**2.9%** MALAYSIA



**3.1%** ENGLAND



**3.2%** ITALY



**5.9%** CHINA

## TOP 5 OVERSEAS-BORN NATIONALITIES

**40%** Couples with children



**26%** Couples without children



### HOUSEHOLD TYPE

**2%** Group households



**18%** Singles



**9.5%** One parent families



### LANGUAGE SPOKEN AT HOME

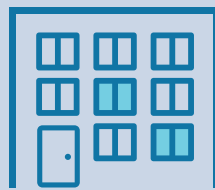
**42%** Do not use English as their first language



## HOUSING (IN 2016)



**76%** Single dwelling



**19%** Medium density



**5%** High density




213

Identify as Aboriginal and Torres Strait Islander

Median Age 34 (First Nations People)  
Median Age 43 (non-First Nation People)



106 Languages Spoken

44.3%  Born overseas

25 Religions



6.9% Increase in retirement age residents

5%

Have disabilities



# # 1 OUR HEALTH AND SAFETY

Considered safest community in the East



1 in 2 say their health is very good to excellent

FEELING SAFE



708

Family incidents (as recorded by police)



196%

Increase in dementia expected by 2050

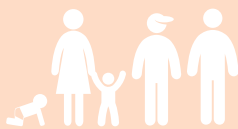
55%

Will walk alone at night

## OUR LIVES



Nearly half don't eat well or exercise enough



74%

Feel part of the community



39.8%

Live on <\$400/week



17.2%

Live alone

Growing need for health and support services

# Government Policy and Legislation Context



Council operates under the Victorian Government's *Local Government Act 2020*, which outlines the critical role all councils play in addressing the health and wellbeing of their communities.

We are also guided by the section 24 of the *Victorian Public Health and Wellbeing Act 2008* which states that all councils must prepare and endorse a Municipal Public Health and Wellbeing Plan every four years that identifies the health and wellbeing needs of people living in its municipality.

Under the *Victorian Public Health and Wellbeing Act 2008*, a Municipal Public Health and Wellbeing Plan must:

- be prepared within 12 months of the Council election
- take into account local health data and the factors that influence health and wellbeing
- identify goals and strategies that are based on evidence and that support people to achieve maximum health and wellbeing
- specify how we will partner with other agencies to create a healthier community; and
- consider the *Victorian Public Health and Wellbeing Plan 2019-2023*, which outlines a vision to reduce inequalities and improve health and wellbeing and participation for people of all ages.

Councils are also required to consider the *Climate Change Act 2017* and Recommendation 94 from the Australian Government's Royal Commission into Family Violence when planning for its municipality.

**Please note:** Manningham Council's Municipal Public Health and Wellbeing Plan is called the *Health and Wellbeing Strategy 2021-2025* (this document).

## **Our commitment to gender equality**

We are committed to ensuring that all people in our community are treated with dignity, respect and fairness. We will consider how gender impacts people in the community differently as we develop our plans, strategies, programs and services. We will uphold our requirements in the Victorian Government's *Gender Equality Act 2021* and will continue to monitor and seek opportunities to improve all that we do to make Manningham a safe, respectful and inclusive community.

## **Our commitment to disability**

We are committed to working in partnership with the community to enhance the health and wellbeing of people living with disability. Activities targeting people with disability are integrated and reflected across Manningham's *Council Plan 2021-2025*, the *Health and Wellbeing Strategy 2021-2025* and associated action plans to address section 38(1) of the *Disability Act 2006*.

For a full list of legislative plans, strategies and Acts that support the delivery of Manningham's *Health and Wellbeing Strategy 2021-2025* turn to Appendix 2 on page 33

# About this strategy

Planning for health and wellbeing is the best way to protect our community, prevent disease and increase life expectancy.

Council is committed to maximising health and wellbeing by supporting our community to make healthy choices that best meet their individual needs.

We believe that effective public health planning can help create communities that are healthy, safe, resilient, connected and inclusive.

This *Health and Wellbeing Strategy 2021-2025* builds on the strengths of Council's *Healthy City Strategy 2017-2021*, and aligns to the directions of Manningham's *Council Plan 2021-2025*.

As a key strategic planning tool designed to maintain and improve public health and wellbeing at a local level, this strategy outlines how Council will work with partner organisations and the community to:

- Address existing and emerging health issues
- Improve overall community health and wellbeing

Create opportunities to foster a healthy environment to help our community stay healthy and well. In developing this strategy, we have listened to community feedback received through Council's *Plan Manningham 2021+* community engagement activities. The aim of *Plan Manningham 2021+* was for Council

to better understand what the community believes we should focus on for the next four years. Feedback in relation to health and wellbeing matters has been incorporated into the development of this *Health and Wellbeing Strategy 2021-2025*.

This community feedback, along with analysis of statewide and local health data, informed our seven priority areas to ensure we address the needs our community.

This included consideration of:

- **Across the life course** – we looked at the lifespan of our community from infants, children and young people to older adults, to understand the impacts on health and wellbeing at different life stages.
- **Community groups** – we identified the needs and priorities of people from multicultural communities, the LGBTQIA+ community, First Nations Peoples, carers, and people with disability.
- **Genders** – we assessed how all genders and intersectionality, which are attributes other than gender, such as age, disability or sexual orientation, may be impacted by a range of health issues.



Manningham's *Health and Wellbeing Strategy 2021-2025* is made up of four strategic documents:

- **Manningham's Health and Wellbeing Strategy 2021-2025 (this document)**  
Outlines the strategic direction that Council and its partners will take over the next four years. This strategy identifies and responds to the key needs and priorities of our diverse community. This helps us to make sure the right services, infrastructure and partnerships are in place to build a healthy and resilient community.
- **Manningham's Health and Wellbeing Action Plan**  
Each two years, a set of activities will be developed under of the seven key priority areas identified in this *Health and Wellbeing Strategy 2021-2025*. These biennial Action Plans will be delivered with our partners to help us achieve the changes we want to see by 2025.
- **The State of the City and Health Needs Analysis 2020 Report**  
This research report provides an overview of Manningham's health, wellbeing, environment and economy. Drawing on 60 data sources, the report provides a demographic overview of Manningham and details the current and emerging health and wellbeing needs of our community.
- **The Healthy City Strategy 2017-2021 Evaluation Report**  
This report details the success, achievements and key learnings from Manningham's Municipal Health and Wellbeing Plan, *Healthy City Strategy 2017-2021*.

## How this strategy fits with our Council Plan

Our *Health and Wellbeing Strategy 2021-2025* expands on the *Council Plan 2021-2025* by focusing on improving community health outcomes.

The *Manningham 2040 Community Vision* and *Council Plan 2021-2025* underpin our planning for the short, medium and long term.

We support the commitments we make through resource plans and report on our progress in Council's Annual Report.

### **Manningham 2040 Community Vision**

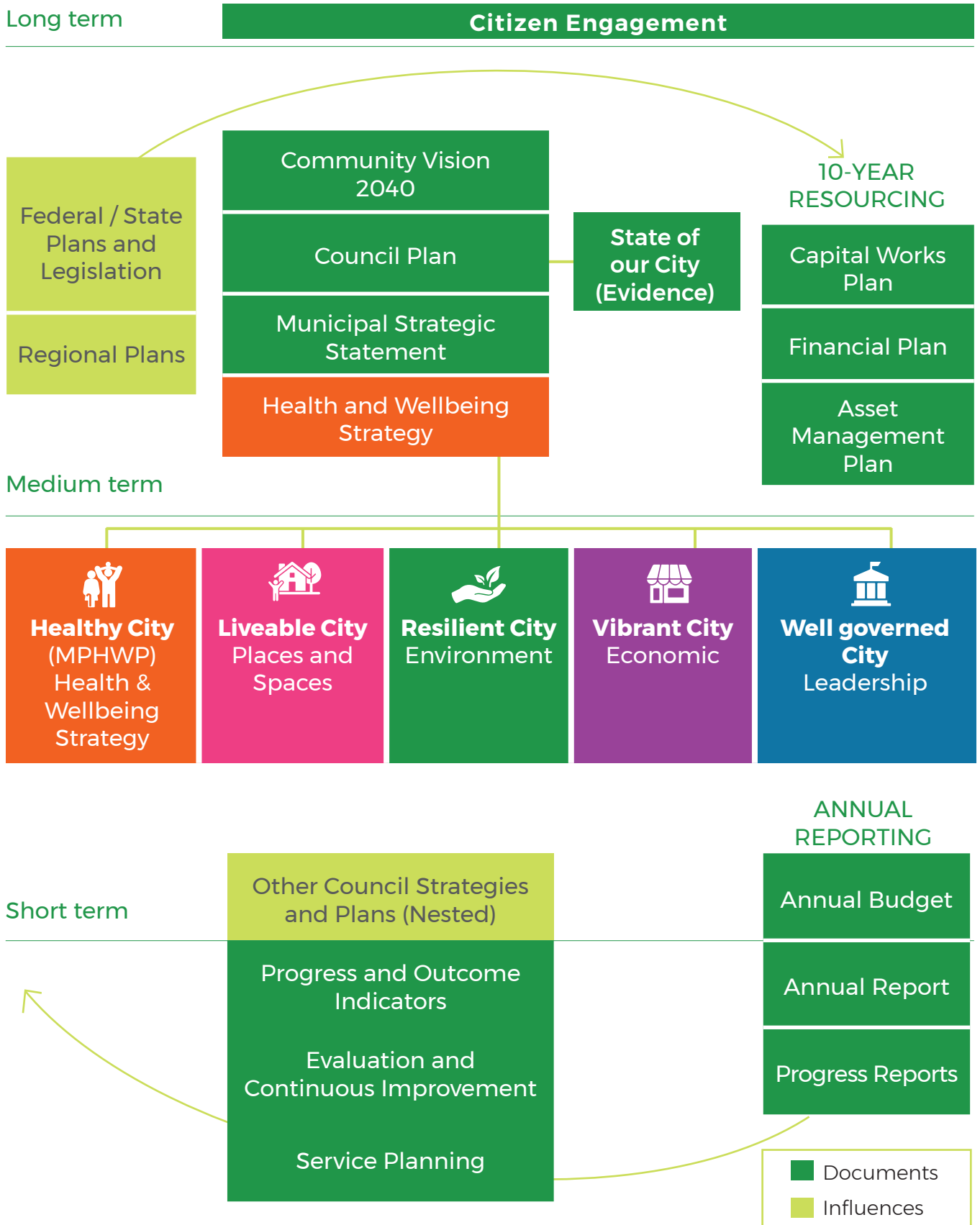
Manningham is a peaceful, inclusive and safe community. We celebrate life with its diverse culture, wildlife and natural environment. We are resilient and value sustainable and healthy living, a sense of belonging, and respect for one another.

### **Council's mission**

A financially sustainable Council that listens, consults and acts with integrity, value and transparency.

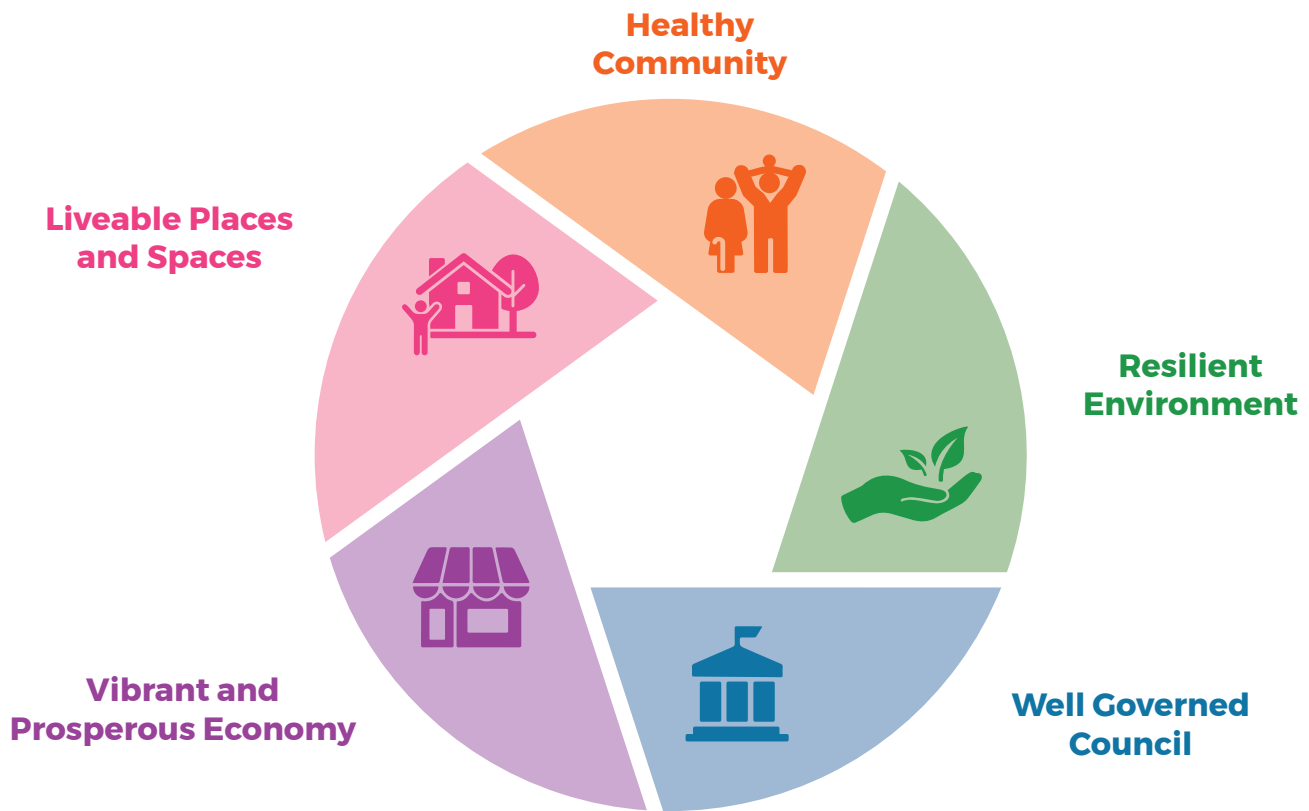
# Integrated Planning and Reporting Framework

How our strategic plans fit together is explained in this Integrated Planning Framework below.



## Council Plan themes

Our *Council Plan 2021-2025* sets out five key areas that we will focus on over the four-year term. We call these our 'themes'.













## Council Plan goals

Under each of the five Council Plan themes are our goals for Manningham.

	<p>1.1 A healthy, resilient and safe community 1.2 A connected and inclusive community</p>
	<p>2.1 Inviting places and spaces 2.2 Enhanced parks, open space and streetscapes 2.3 Well connected, safe and accessible travel 2.4 Well maintained and utilised community infrastructure</p>
	<p>3.1 Protect and enhance our environment and biodiversity 3.2 Reduce our environmental impact and adapt to climate change</p>
	<p>4.1 Grow our local business, tourism and economy</p>
	<p>5.1 A financially sustainable Council that manages resources effectively and efficiently 5.2 A Council that values our customers and community in all that we do</p>

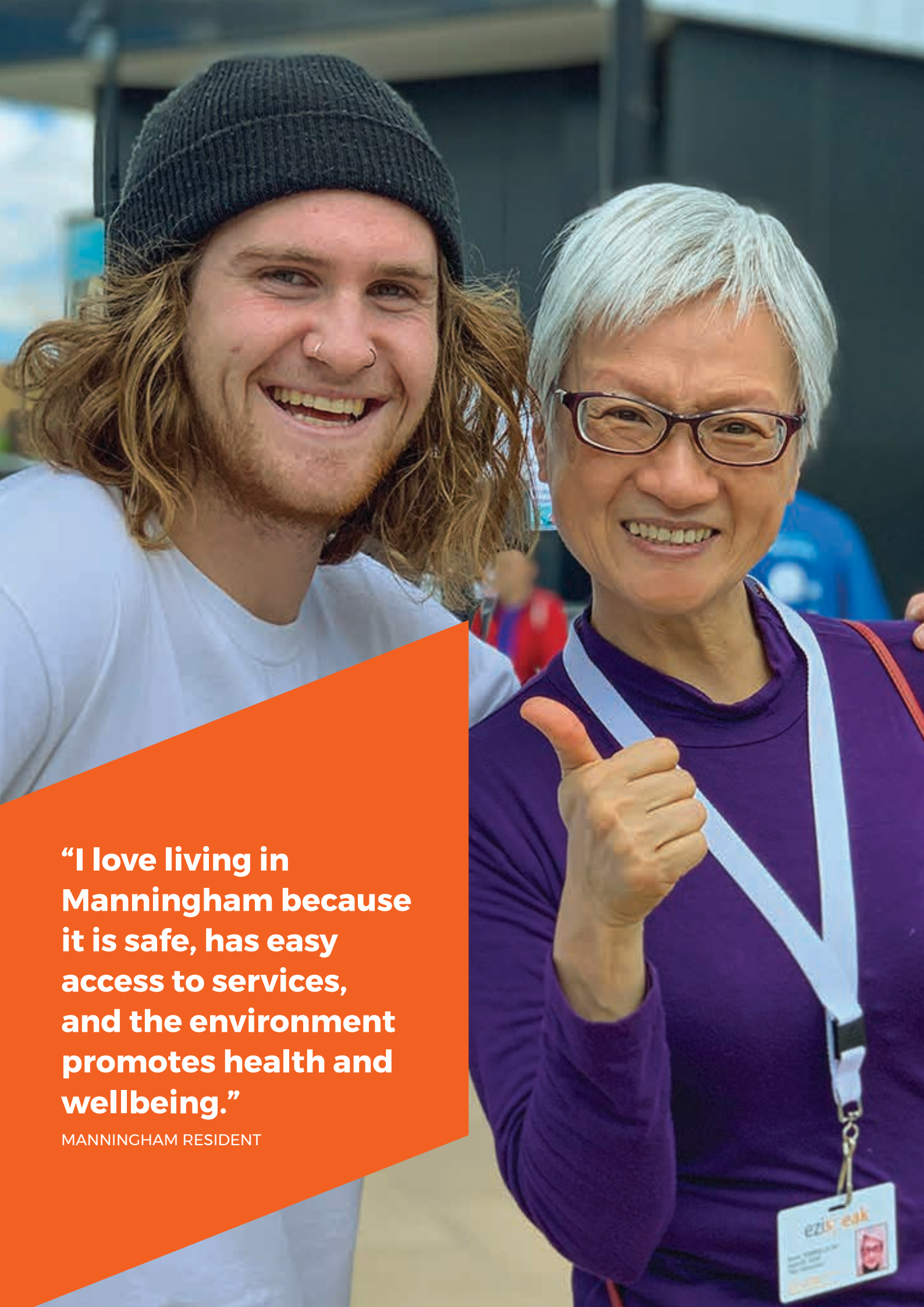
# Community engagement

ACTIVITY	OUTCOME	COMMUNITY FEEDBACK
<p><b>May 2020</b> Health Data Analysis</p>	<p><b>State of the City data analysis</b> Evidence and Legislation</p> <p><b>Review of health and wellbeing data to understand Manningham residents</b></p>	<p><b>Our community told us these health and well-being areas were their top priorities.</b></p> <p> <b>Low cost or no cost mental health services</b> 18-24 year olds ranked this higher than all other age groups</p>
<p><b>June to October 2020</b> Review previous Healthy City Strategy 2017-2021</p>	<p><b>2,404 residents completed the survey</b> Children and families, youth and Rotaract* young adults (aged 18-35 years), First Nation Peoples, and carers of people with disability, people with disability LGBTIQ+ community and vulnerable groups were consulted</p>	<p> <b>Access to healthy fresh food and vegetables</b> 70+ age group ranked this higher than all other age groups</p> <p> <b>Affordable and accessible organised sport</b> 18-24 year olds ranked this higher than all other age groups</p>
<p><b>August to September 2020</b> Plan 2021+ and Covid-19 Community Survey</p>	<p><b>New Council appointed</b> October 2020</p>	<p> <b>Social connections</b> Particularly places for people to meet and stay connected</p> <p> <b>Reducing loneliness</b> Most commonly experienced by:</p>
<p><b>October 2020 to February 2021</b> Conversations with advisory committees</p>	<p><b>Older adults</b></p> <p><b>Young people</b></p> <p><b>Multicultural communities</b></p> <p><b>LGBTQIA+ people</b></p> <p><b>People with disability and carers</b></p>	<p> Older adults</p> <p> Young people</p> <p> Multicultural communities</p> <p> LGBTQIA+ people</p> <p> People with disability and carers</p>
<p><b>March 2021</b> Community groups and the Manningham Community panel consultation</p>	<p><small>*Rotaract stands for Rotary in Action and is a Rotary-partnered club for young people aged 18 to 30 which operates in Manningham.</small></p>	

## OUR HEALTH AND WELL-BEING PRIORITIES

From the feedback received during our community engagement, the following seven health and wellbeing priorities have been identified for Manningham.

- Improved social and emotional wellbeing
- Increased healthy eating
- Increased active lifestyles
- Increase adaptation to the health impacts from climate change
- Reduced injury and harm
- Prevention of family violence
- Increased connection and engagement in community life



**“I love living in  
Manningham because  
it is safe, has easy  
access to services,  
and the environment  
promotes health and  
wellbeing.”**

MANNINGHAM RESIDENT



# How Council supports health and wellbeing

We provide a ranges of services to improve the health and wellbeing of the Manningham community. These include:

## CREATING A CONNECTED AND INCLUSIVE COMMUNITY

# \$1,105,125

in community grants for groups and organisations including \$269,000 in COVID-19 urgent relief funding



# 33,707



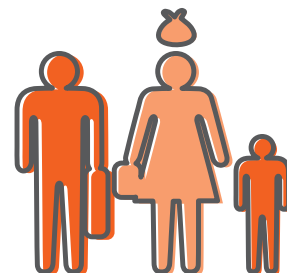
participants in arts and culture programs and projects

Ongoing conversations with the **Wurundjeri Woi-wurrung Cultural Heritage Aboriginal Corporation and our Reconciliation Action Plan Working Group** as our Reconciliation Action Plan is embedded in our core work.

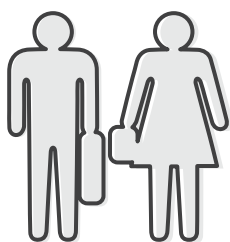


### Migrant and Refugee Welcome Zone

declared (2015) to make sure migrants and refugees feel welcome.



**Gender Impact Assessments** are applied to all key projects.



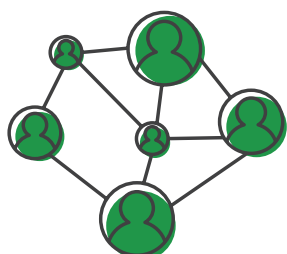
**Age Friendly Declaration** signed and work is ongoing to create an age friendly community.



**Dementia Friendly City** is being actioned through the Manningham Local Dementia Alliance Action Plan.

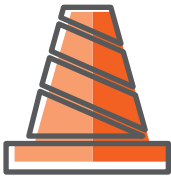


**Welcoming Cities accreditation** in progress to be even more welcoming and inclusive of our diverse community.



**Convene advisory groups and networks** to provide advice on a range of topics and support Council's decision making. These include Healthy City Advisory Committee, Reconciliation Action Plan Working Group, Manningham Positive Ageing Alliance Group and Manningham Disability Advisory Committee.

## COMMUNITY INFRASTRUCTURE



**50.2km**  
roads resurfaced

**17.25km**

of new and renewed footpaths



## ADAPTING TO CLIMATE CHANGE



**56%**  
of waste diverted from landfill

**20%**

reduction in greenhouse emissions achieved



**Climate emergency declared (January 2020)** to incorporate climate change actions in strategies and decisions that shape our City.



## PARKS AND OPEN SPACES

**\$3.5 million**

to improve parks and open spaces



## PROMOTING ACTIVE LIFESTYLES

**Active for Life Recreation Strategy** endorsed.



## COMMUNITY SERVICES



**13,067**

immunisations provided

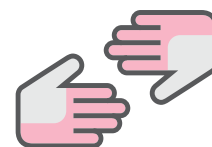
**1,098**

births supported by Maternal and Child Health centres



**85,364**

hours of care including domestic, personal and respite care support services



# Our priorities for improving Manningham's health and wellbeing

A photograph of two young women walking along a dirt path next to a river. The woman on the left is wearing a black sleeveless top and a black skirt with a floral pattern, and is smiling. The woman on the right is wearing a white long-sleeved shirt tied at the waist and blue jeans with rips, and is also smiling. The background shows a river and green foliage.

**“(Council needs to)  
Assist the lonely - single  
people in Manningham  
and single person  
households - to connect  
with community.”**


MANNINGHAM RESIDENT


# Health and Wellbeing Framework


The *Health and Wellbeing Strategy 2021-2025* focuses on our Council Plan theme, Healthy Community, and the two goals that sit under this theme, which are:

- **A healthy, safe and resilient community; and**
- **A connected and inclusive community.**

Council has developed seven key priority areas that identify the change we want to see in our community's health and wellbeing by 2025, along with action areas and measures that will tell us if we made a difference.

COUNCIL PLAN		HEALTH & WELLBEING STRATEGY		
Theme	Goals	Priority Areas (the change we want to see by 2025)	Action Areas (our focus to effect change)	Evaluation (how we will measure success)
<b>Healthy Community</b>  	<b>A healthy, safe and resilient community</b>	Improved social and emotional wellbeing	<ul style="list-style-type: none"> <li>• Youth and adult mental health</li> <li>• Loneliness</li> <li>• First time parents</li> <li>• Dementia</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced proportion of adults and adolescents with psychological distress</li> <li>• Reduced proportion of people who die by suicide</li> <li>• Increased proportion of people who are satisfied with life</li> <li>• Reduced proportion of people who self rate their health as fair/poor</li> <li>• Increased proportion of adolescence with high level of resilience</li> <li>• Reduced proportion of parents who experience post-natal depression</li> </ul>
		Increased healthy eating	<ul style="list-style-type: none"> <li>• Healthy meal preparation</li> <li>• Access to food</li> <li>• Food security</li> </ul>	<ul style="list-style-type: none"> <li>• Increased proportion of adults and young people who consume sufficient fruits and vegetables per day</li> <li>• Reduced proportion of adults and young people who are overweight or obese</li> <li>• Reduced proportion of residents who ran out of food and could not afford to buy more</li> <li>• Increased proportion of infant's exclusively breastfed to three months of age</li> </ul>

COUNCIL PLAN		HEALTH & WELLBEING STRATEGY		
Theme	Goals	Priority Areas (the change we want to see by 2025)	Action Areas (our focus to effect change)	Evaluation (how we will measure success)
<b>Healthy Community</b>  	<b>A healthy, safe and resilient community</b>	Increased active lifestyles	<ul style="list-style-type: none"> <li>Active lifestyles (including active transport)</li> <li>Organised sport</li> <li>Active recreation</li> </ul>	<ul style="list-style-type: none"> <li>Increased proportion of people who meet physical activity guidelines</li> <li>Increased proportion of people participating in organised sport and active recreation</li> <li>Increase proportion of journeys that use active transport</li> </ul>
		Increase adaptation to the health impacts from climate change	<ul style="list-style-type: none"> <li>Raise awareness about behaviours that can contribute climate change and the impacts they have on health and wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>Increased proportion of the community who have become resilient towards the impacts of climate change</li> </ul>
		Reduced injury and harm	<ul style="list-style-type: none"> <li>Reduce harmful health behaviours such as gambling, drug and alcohol use</li> <li>Prevention of accidental falls</li> <li>Improved feelings of safety in and around our neighbourhoods</li> <li>Reduced incidents of racism</li> </ul>	<ul style="list-style-type: none"> <li>Reduced proportion of hospitalisation rates due to falls in older adults</li> <li>Reduced electronic gaming machine losses per year</li> <li>Increased proportion of people who feel safe when walking in Manningham after dark</li> <li>Reduced illicit drug use</li> <li>Reduced alcohol consumption</li> <li>Reduced proportion of adults who never, or not often, feel safe when walking down their streets after dark</li> </ul>
		Prevention of family violence	<ul style="list-style-type: none"> <li>Prevention of family violence and its impacts</li> <li>Gender equality</li> <li>Elder abuse</li> </ul>	<ul style="list-style-type: none"> <li>Reduced rate of family violence incidents recorded by police</li> <li>Increased proportion of adults who are prepared to intervene in a situation of domestic violence</li> </ul>

COUNCIL PLAN		HEALTH & WELLBEING STRATEGY		
Theme	Goals	Priority Areas (the change we want to see by 2025)	Action Areas (our focus to effect change)	Evaluation (how we will measure success)
<b>Healthy Community</b>  	<b>A connected and inclusive community</b>	Increased connection and engagement in community life	<ul style="list-style-type: none"> <li>• Community connections</li> <li>• Accessible places, spaces and programs</li> <li>• Culturally safe communities</li> <li>• Culturally appropriate services</li> <li>• Respecting and embracing reconciliation</li> <li>• Art and culture</li> <li>• Local employment</li> </ul>	<ul style="list-style-type: none"> <li>• Increased proportion of people who feel valued</li> <li>• Increased proportion of people who respect our multicultural community as adding value to where they live</li> <li>• Increased proportion of people living in Manningham who volunteer</li> <li>• Increased proportion of adults and young people who are part of an organised group</li> <li>• Increased proportion of people who attend or participate in local cultural or arts activities</li> </ul>



# GOAL: A healthy, safe and resilient community



Being healthy, safe and resilient are the cornerstones to living a happy and fulfilling life.



## PRIORITY 1: IMPROVED SOCIAL AND EMOTIONAL WELLBEING

Social and emotional wellbeing is people's ability to connect with friends and family, work productively and contribute to their community, cope with the normal stresses of life and feel safe and included.



### ACTION AREAS

Over the four-year life of this *Health & Wellbeing Strategy*, we will focus on:

- Youth and adult mental health
- Loneliness
- First time parents
- Dementia



### PEOPLE LIVING IN MANNINGHAM ARE MOSTLY HEALTHY



**16.77%**  
have experienced anxiety  
(**lower than Victorian average - 27.36%**)



**16.8%**  
experience fair or poor health status (**lower than Victorian average - 20.3%**)



**12.2%**  
have low-medium feelings of life being worthwhile  
(**lower than Victorian average**)



### BUT, DID YOU KNOW



The rates of anxiety and depression in Manningham is rising

**14.7%** **15.22%** **16.77%**  
2011 2014 2017

**68%**

of deaths by suicide (2010-2019) were men mostly aged **20-24** and **55-64**



**44.84%**

of Manningham females attended a hospital emergency department with a mental health presentation had a diagnosed psychiatric illness, compared to **39.55%** for Victoria'



Source: Victorian Population Health Survey 2017

Source: Coroner's Court

Source: Victorian Health Agency for Health Information



### EVALUATION

(HOW WE WILL MEASURE THE CHANGE WE WANT TO SEE BY 2025):

- Reduced proportion of adults and adolescents with psychological distress
- Reduced proportion of people who die by suicide
- Increased proportion of people who are satisfied with life
- Reduced proportion of people who self rate their health as fair/poor
- Increased proportion of adolescence with high level of resilience
- Reduced proportion of parents who experience post-natal depression



## PRIORITY 2: INCREASED HEALTHY EATING

Maintaining a healthy diet is one of the best ways to prevent disease. Having access to healthy and affordable food plays an important role in encouraging healthy eating behaviours.



### ACTION AREAS

Over the four-year life of this *Health & Wellbeing Strategy*, we will focus on:

- Healthy meal preparation
- Access to food
- Food security



### PEOPLE LIVING IN MANNINGHAM ARE MOSTLY HEALTHY



**44.8%**

are overweight (lower than Victoria's average of 50.8%)



**11.4%**

consume take-away food more than once a week (lower than Victoria's average of 15.3%)



**2.7%**

consume sugar-sweetened soft drinks daily (lower than Victoria's average of 10%)



**3.4%**

ran out of food and couldn't afford to buy more (lower than Victoria's average of 6.2%)

Source: Victorian Population Health Survey 2017



### BUT, DID YOU KNOW

**56.2%**



Manningham women eat enough fruits according to the guidelines, compared to **33.4%** for Manningham men



**9.5%**

Manningham women eat enough vegetables according to the guidelines, compared to **1.8%** for Manningham men



Women are more likely to experience food insecurity (10.9%) than men. COVID-19 is likely to increase this figure in future as unemployment and underemployment has affected women more. Women are also more likely to flee family violence situations.

Source: Victorian Population Health Survey 2017



### EVALUATION

(HOW WE WILL MEASURE THE CHANGE WE WANT TO SEE BY 2025):

- Increased proportion of adults and young people who consume sufficient fruit and vegetable consumption per day
- Reduced proportion of adults and young people who are overweight or obese
- Reduced proportion of residents who ran out of food and could not afford to buy more
- Increased proportion of infant's exclusively breastfed to three months of age





## PRIORITY 3: INCREASED ACTIVE LIFESTYLE

Leading an active lifestyle is one of the best ways to reduce the likelihood of preventable diseases.



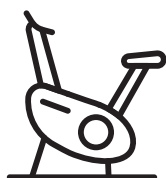
### ACTION AREAS

Over the four-year life of this *Health & Wellbeing Strategy*, we will focus on:

- Active lifestyles (including active transport)
- Organised sport
- Active recreation



### PEOPLE LIVING IN MANNINGHAM ARE MOSTLY HEALTHY



# 31.8%

participate in organised physical activity through sports clubs/associations or fitness/leisure centres

*VicHealth Indicators Survey 2015*



# 20.8%

of adults walk for trips longer than 10 mins at least four days per week (higher than the Victorian average of 18%)

*Victorian Population Health Survey 2017*

# 50%



meet the guidelines for physical activity (Similar to the Victorian average of 51%)

*Victorian Population Health Survey 2017*



### BUT, DID YOU KNOW



# 22%

of residents sit for **8 hours** on a typical workday

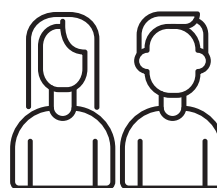
*Victorian Population Health Survey 2017*



# 96%

of adults did not cycle longer than 10 minutes over a week

*Victorian Population Health Survey 2017*



Physical health and wellbeing of young primary school aged children has declined from **88.5% (2012)** to **79.9% (2018)**

*Australian Early Development Census*



### EVALUATION

**(HOW WE WILL MEASURE THE CHANGE WE WANT TO SEE BY 2025):**

- Increased proportion of people who meet physical activity guidelines
- Increased proportion of people participating in organised sport and active recreation
- Increase proportion of journeys that use active transport



## PRIORITY 4: INCREASE ADAPTATION TO THE HEALTH IMPACTS FROM CLIMATE CHANGE

The World Health Organisation describes climate change as the defining issue for public health in the 21st century, while the Victorian Government's *Tackling climate change and its impacts on health* report has linked climate change to decreased air quality, changes in the spread of infectious diseases, and challenges with food safety, water quality and mental health.



### ACTION AREA

Over the four-year life of this *Health & Wellbeing Strategy*, we will focus on:

- Raising awareness about behaviours that can contribute climate change and the impacts they have on health and wellbeing



### PEOPLE LIVING IN MANNINGHAM ARE MOSTLY HEALTHY



## 25%

Since 2008, Council has reduced its CO2 emissions by 25% by investing in solar power generation capacity, energy efficient street lighting and hybrid vehicles.

Since 2012, residents and local businesses have:



Reduced their total waste by **4.4%** (46,259 tonnes)



Increased green waste from **29% to 34%**.



This is despite a **10.7%** increase in the population.



### BUT, DID YOU KNOW

CO2 emissions are rising in Manningham:



## 1,185,800

tonnes of CO2 were emitted in 2018/2019 – a rise of 45,000 tonnes (3.9%) in one year



## 87%

of the rise in CO2 emission is due to commercial gas emissions.

Source: Snapshot ([snapshotclimate.com.au](http://snapshotclimate.com.au))



### EVALUATION

(HOW WE WILL MEASURE THE CHANGE WE WANT TO SEE BY 2025):

- Increased proportion of the community who have become resilient towards the impacts of climate change



## PRIORITY 5: REDUCED INJURY AND HARM

Reducing injury and harm involves addressing behaviours such as alcohol and other drug addiction and problem gambling. It also extends to making sure people feel safe in Manningham and reducing hospital admissions.



### ACTION AREAS

Over the four-year life of this *Health & Wellbeing Strategy*, we will focus on:

- Reducing harmful health behaviours such as gambling, drug and alcohol use
- Preventing accidental falls
- Improving feelings of safety in and around our neighbourhoods
- Reducing incidents of racist behaviour



### PEOPLE LIVING IN MANNINGHAM ARE MOSTLY HEALTHY



# 38.4%

people risk alcohol-related harm from a single occasion of drinking (2017) (lower than Victorian average which is 43%)

Source: Victorian Population Health Survey 2017



# 55.4%

have an increased lifetime risk of alcohol-related harm (2017) (lower than the Victorian average which is 59.5%)

Source: Victorian Population Health Survey 2017



# 91.8%

feel safe walking alone during the day (similar to the Victorian average)

Source: Victorian Indicators Survey 2015



# 53.3%

feel safe walking alone after dark (similar to the Victorian average)

Source: Victorian Indicators Survey 2015



### BUT, DID YOU KNOW



# 7,789

people were admitted to hospital after an accidental fall between 2015 and 2020

Source: Australian Institute of Health and Welfare



Accidental falls causing death occur at a significantly higher rate of incidence for Manningham females compared to women nationwide, at a ratio of **1.56**.

Source: Australian Institute of Health and Welfare

# 35%

of accidental falls were residents aged 80-89 (Higher than the Victorian average of 26%)



### Electronic Gaming Machine losses were \$553

per Manningham adult (higher than the Victorian average which is \$522)

Source: Victorian Commission for Gambling and Liquor Regulation



### Young residents aged 15 to 24

represented the highest rate of admissions due to illicit drug use (35.3 per 10,000 people)

Source: AODStats by Turning Point and Monash University



### EVALUATION

(HOW WE WILL MEASURE THE CHANGE WE WANT TO SEE BY 2025):

- Reduced proportion of hospitalisation rates due to falls in older adults
- Reduced electronic gaming machine losses per year
- Increased proportion of people who feel safe when walking in Manningham after dark
- Reduced illicit drug use
- Reduced alcohol consumption
- Reduced proportion of adults who never, or not often, feel safe when walking down their streets after dark



## PRIORITY 6: PREVENTION OF VIOLENCE

Family violence profoundly impacts a person in many ways, including alienation from family and friends and, in extreme cases serious injury or even death.



### ACTION AREAS

Over the four-year life of this *Health & Wellbeing Strategy*, we will focus on:

- Prevention of family violence and its impacts
- Gender equality
- Elder abuse



### PEOPLE LIVING IN MANNINGHAM ARE MOSTLY HEALTHY



# 706.4

incidents of family violence per 100,000 people (Lower than the Victorian average which is 1389.1/100,000 people)



# 4/79

Manningham has the fourth lowest rate of family violence compared to other local government areas across Victoria (behind Queenscliff, Boroondara and Golden Plains)

Source: Victorian Crime Statistics Agency



### BUT, DID YOU KNOW



**72%** of people affected by family violence are women



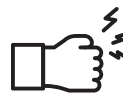
**46.5%** of all justice procedure offences were due to breaches of family violence orders and nearly one-third were bail condition breaches



**24.7%** of people affected by family violence are aged under 24 years (higher than the Victorian average which is 20.82%)



**61.7%** of crimes against a person were due to assault and related offences



**12.6%** of crimes against a person were due to stalking, harassment and threatening behaviour.

Source: Victorian Crime Statistics Agency



### EVALUATION

(HOW WE WILL MEASURE THE CHANGE WE WANT TO SEE BY 2025):

- Reduced rate of family violence incidents recorded by police
- Increased proportion of adults who are prepared to intervene in a situation of domestic violence

Abuse against older people is also a form of family violence. Manningham is aware that elder abuse is a growing concern across Victoria.

While limited data is currently available, it has been reported that between two per cent and 14 per cent of older people experience elder abuse each year.

Manningham will work with partner organisations to assess the growing incidence of elder abuse and support programs and services that aim to prevent this form of family violence from occurring in our community.

# GOAL: A connected and inclusive community



Manningham wants everyone to feel that they belong by being welcome to participate in activities that connect them with others regardless of race, gender, religion and sexual orientation.



## PRIORITY 7: INCREASED CONNECTION TO AND ENGAGEMENT IN COMMUNITY LIFE

People who have opportunities to participate in local activities and connect with others in their community tend to experience greater life satisfaction and have better health outcomes.



### ACTION AREAS

Over the four-year life of this *Health & Wellbeing Strategy*, we will focus on:

- Community connections
- Accessible places, spaces and programs
- Culturally safe communities
- Respecting and embracing reconciliation
- Art and culture
- Local employment
- Culturally appropriate services



### PEOPLE LIVING IN MANNINGHAM ARE MOSTLY HEALTHY



**19.6%** people engage in volunteering  
(Similar to the Victorian average of 19.2%)

Source: Profile ID, 2016 Census



**86.7% or males** feel that the things they do in life are worthwhile (higher than the Victorian average which is 80.8%)



**83.8% of females** feel that the things they do in life are worthwhile (Similar to the Victorian average which is 82.9%)



**73.1%** of males feel part of the community  
(Similar to the Victorian average which is 74.2%)



**74.6%** of females feel part of the community  
(higher to the Victorian average which is 76.2%)

Source: Victorian Population Health Survey 2017



### BUT, DID YOU KNOW

#### Our residents provided this feedback:



“Increase accessibility of organisations to promote their clubs, community groups etc [and their events] ... we know many people live alone, and social connections are a vital step in tackling loneliness, isolation and various mental health issues.”

“Help the community connect with their neighbours through cross-cultural initiatives especially for Manningham.”

“(We need) Social activities for young and old... Social interaction for the community.”



### EVALUATION

(HOW WE WILL MEASURE THE CHANGE WE WANT TO SEE BY 2025):

- Increased proportion of people who feel valued
- Increased proportion of people who respect our multicultural community as adding value to where they live
- Increased proportion of people living in Manningham who volunteer
- Increased proportion of adults and young people who are part of an organised group
- Increased proportion of people who attend or participate in local cultural or arts activities

# Appendices



# Appendix 1

## Principles and Frameworks guiding our Health and Wellbeing Strategy

These principles and frameworks are used to inform our health planning and will help guide the implementation of this strategy.

### Social Model of Health

The understanding that health outcomes are influenced by more than where people are born, grow, live, work, age and the delivery of health care. This model recognises that environmental, cultural, economic, social and political factors are critical.



### Population Health Planning

A shared planning approach with community agencies to improve the health and wellbeing of the whole population. This approach considers the inequalities and needs of vulnerable people in the community.

### Environments for Health

To achieve maximum impact for all people in our community, the social, natural, economic and built environmental factors need to be considered. Collaboration and integration across sectors is essential.

### Health Promotion

This approach helps people develop skills, knowledge and the ability to work together to take action to improve their health and wellbeing.

### Health Equity

A commitment to ensure that everyone has a fair opportunity to achieve and maintain their ideal level of health and wellbeing. This is done through access to knowledge, skills and resources to address disadvantage experienced by some groups in our community.





### **Across the life course**

Recognises significant periods in a person's life that impact their health and wellbeing. This approach acknowledges that different groups within the community will require different supports across their lifespan. This can be influenced by age, gender and other factors that may mean some groups are more vulnerable to health matters than others.

### **Systems Thinking**

A focus on the broad and systemic issues by identifying the social, economic, cultural or environmental factors that contribute to health issues in our community. This approach also looks at how these factors relate to each other.



### **Partnerships**

A commitment to work with our service providers who work with the community to maximise the actions delivered, reduce duplication of initiatives and work proficiently with partner organisations to improve the health of our community.

### **Place-based Primary Prevention and Settings**

A focus on the social and physical environment of a designated place or location to target health activities. For example, sports facilities or schools. This approach also recognises the age, vulnerability and gender of community groups that may require additional supports.

### **Evidence**

Using reliable and available data and evidence to develop sustainable activities to improve the community's health outcomes.



# Appendix 2

## Legislative plans, strategies and Acts

As part of this strategy's development, consideration was given to key legislation and guiding policies that impact community health and wellbeing across the health areas. Listed below are key documents and an overview of their directions.

- **Gender Equality Act 2021** recognises that all Victorians live in a safe and equal society, have access to equal power, resources and opportunities, and are treated with dignity, respect and fairness.
- **Disability Act 2006** enables all people who identify as having a disability are treated fairly and not discriminated against. The Act ensures that services provide actions to support people with disability to live healthy and well.
- **Victorian Carers Recognition Act 2012** recognises and values the role of carers and the importance of care relationships in the Victorian community.
- **Victorian Government State Disability Plan 2017-2020** promotes the inclusion of Victorians with a disability through addressing barriers and exclusion.
- **National Disability Insurance Scheme Act 2013** provides for the regulation of persons and entities who provide supports and services to people with disability under the National Disability Insurance Scheme.
- **Climate Change Act 2017** provides legislative direction for Victorian organisations to manage climate change risks and impacts from carbon emissions striving for a resilient community and economy.
- **Family Violence Protection Act 2008** sets out to protect and maximise safety for children and adults who experience family violence; prevent and reduce the occurrence of family violence and uphold the accountability of predators and make the perpetrators responsible for their actions.
- **Charter of Human Rights and Responsibilities Act 2006** sets out the legislative requirements to protect all people living in Victoria and aligns the State of Victoria responsibilities.
- **Equal Opportunity Act 2010** sets out to protect against unfair treatment due to personal characteristics such as age, sex or disability.
- **Racial and Religious Tolerance Act 2001** aims to promote racial and religious tolerance in Victoria.
- **Public Health and Wellbeing Act 2008** is designed to protect the health of Victoria's population, promote conditions in which people can be healthy, and reduce inequalities in the state of public health and wellbeing.
- **Local Government Act 2020** improves local government democracy, accountability and service delivery for all Victorians and contains an overarching principle that Councils promote the economic, social and environmental sustainability of their municipality.

- **Victorian Public Health and Wellbeing Plan 2019-2023** sets the direction for health organisations to address priority health issues impacting on communities across Victoria.
- **Victorian Public Health Outcomes Framework 2016** developed by the Department of Health and Human Services, enables Manningham Council to monitor and report on the progress of how people are faring with their health outcomes.
- **Victorian Aboriginal and Local Government Action Plan 2016** provides a framework to help Councils engage with Aboriginal communities and promote reconciliation, highlighting the essential role of Local Government in driving positive outcomes for Aboriginal communities.
- **Victorian Aboriginal Affairs Framework 2018-2023** which is the overarching whole-of-government framework for Victoria, representing bipartisan commitment to long-term generational change.
- **Victoria's Multicultural Policy Statement 2016** sets out the Victorian Government's vision to enable every Victorian to participate fully in society, remain connected to their culture and ensure we all have equal rights, protections and opportunities.
- **Active for Life Recreation Strategy 2010-2025** sets the direction to increase the community's participation in physical activity in organised sports, active recreation and active living.
- **Victoria's 10-year Mental Health Plan** supported locally through the Eastern Regional Mental Health to drive better mental health outcomes.
- **Resilient Melbourne Strategy** is a strategic partnership with metropolitan Melbourne Councils to draw on the strengths of our diverse communities and geographies, to pursue our shared interests, embrace our differences and be stronger together in the face of change.
- **Active Victoria** is the Victorian Government's Plan for more people to access the benefits of inclusive and safe sport and recreation. Council plays a key role in working with sporting associations and local community clubs.
- **Several other Acts and Plans** are important in our planning includes: Prevention of Family Violence, State Disability Action Plan, Australian Human Rights Commission, National Safe Schools Framework, Draft National Drug Strategy 2016-2025, Australian National Action Plan on Women, National Strategy for Disaster Resilience-Council of Australian Governments (COAG) 2011, Family Violence Protection Act 2008, Change the Story Framework prevention of violence against women and their children.

#### Other Strategic Documents

- Council Plan 2021-2025
- Municipal Public Health and Wellbeing Plan
- Diversity and Inclusion Action Plan
- Environmental Strategy and Climate Plan (pending)
- Reconciliation Action Plan 2021-2023 (pending)
- Manningham Youth Services Plan
- Municipal Emergency Management Plan
- Municipal Fire Management Plan
- Affordable Housing Plan
- Community Local Law
- Doncaster Hill Framework Strategy (pending)
- Liveability City Strategy 2040 (pending)
- Manningham Residential Framework Strategy 2013

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