

# COMMUNITY HEALTH & WELLBEING PLAN

2013–2018



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## VISION

Clarence... a beautiful and diverse city where all people have the opportunity to improve their health and live well.

## STATEMENT OF PURPOSE

This is a community health and wellbeing plan for the City of Clarence which identifies a range of strategies and actions that can be taken over the following five and more years to strengthen and improve the physical, mental, and social wellbeing of the community. These strategies build on the unique strengths of both the region and the people in the City and reflect the aspirations of the community, **taking into consideration feedback from community participation processes and research.**

## WHY DEVELOP A HEALTH & WELLBEING PLAN?

Council values the wellbeing of the Clarence community and believes that good health and a sense of wellbeing are integral to a thriving community. Because this is important, Council identified the development of a Community Health and Wellbeing Plan in its Strategic Plan (2010-2015). See the Appendix section of this document to see how this Plan fits with the Strategic Plan.

## WHAT IS HEALTH & WELLBEING?

The following terms and theories are important to the understanding of the role Council plays in improving health and wellbeing in Clarence:

### HEALTH

**Health** is defined in the World Health Organisation (WHO) constitution as:

*"A state of complete physical, social and mental wellbeing, and not merely the absence of disease or infirmity. Within the context of health promotion, health... can be expressed... as a resource which permits people to lead an individually, socially and economically productive life. Health is a resource for everyday life, not the object of living. It is a positive concept emphasising social and personal resources as well as physical capabilities."*

(WHO, 1986)

### WELLBEING

**Wellbeing** has been defined as:

*"living well and doing well."*

(Michalos, 2008)

### HEALTH PROMOTION

*"Health promotion is the process of enabling people to increase control over, and to improve their health."*

(WHO, 1986)

*"Health promotion represents a comprehensive social and political process. It not only embraces actions directed at strengthening the skills and capabilities of individuals, but also action directed towards changing social, environmental and economic conditions so as to alleviate their impact on public and individual health. Health promotion is the process of enabling people to increase control over the determinants of health and thereby improve their health."*

(WHO, 1998)

### **PUBLIC HEALTH**

Public health is *“the science and art of promoting health, preventing disease, and prolonging life through the organised efforts of society.”*

*Reference: adapted from the “Acheson Report”, London, 1998 (cited in WHO, 1998)*

*“Public health is a social and political concept aimed at improving health, prolonging life and improving the quality of life among whole populations through health promotion, disease prevention and other forms of health intervention.”*

*(WHO, 1998)*

### **COMMUNITY LIVABILITY**

*“Community Livability refers to the environmental and social quality of an area as perceived by residents, employees, customers and visitors. This includes safety and health (traffic safety, personal security, public health), local environmental conditions (cleanliness, noise, dust, air quality, water quality), the quality of social interactions (neighbourliness, fairness, respect, community identity and pride), opportunities for recreation and entertainment, aesthetics, and existence of unique cultural and environmental resources (e.g., historic structures, mature trees, traditional architectural styles).”*

*(Victoria Transport Policy Institute, 2010)*

### **SOCIAL DETERMINANTS OF HEALTH**

*“The social determinants of health are the conditions in which people are born, grow, live, work and age, including the health system. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels, which are themselves influenced by policy choices. The social determinants of health are mostly responsible for health inequities - the unfair and avoidable differences in health status seen within and between countries.”*

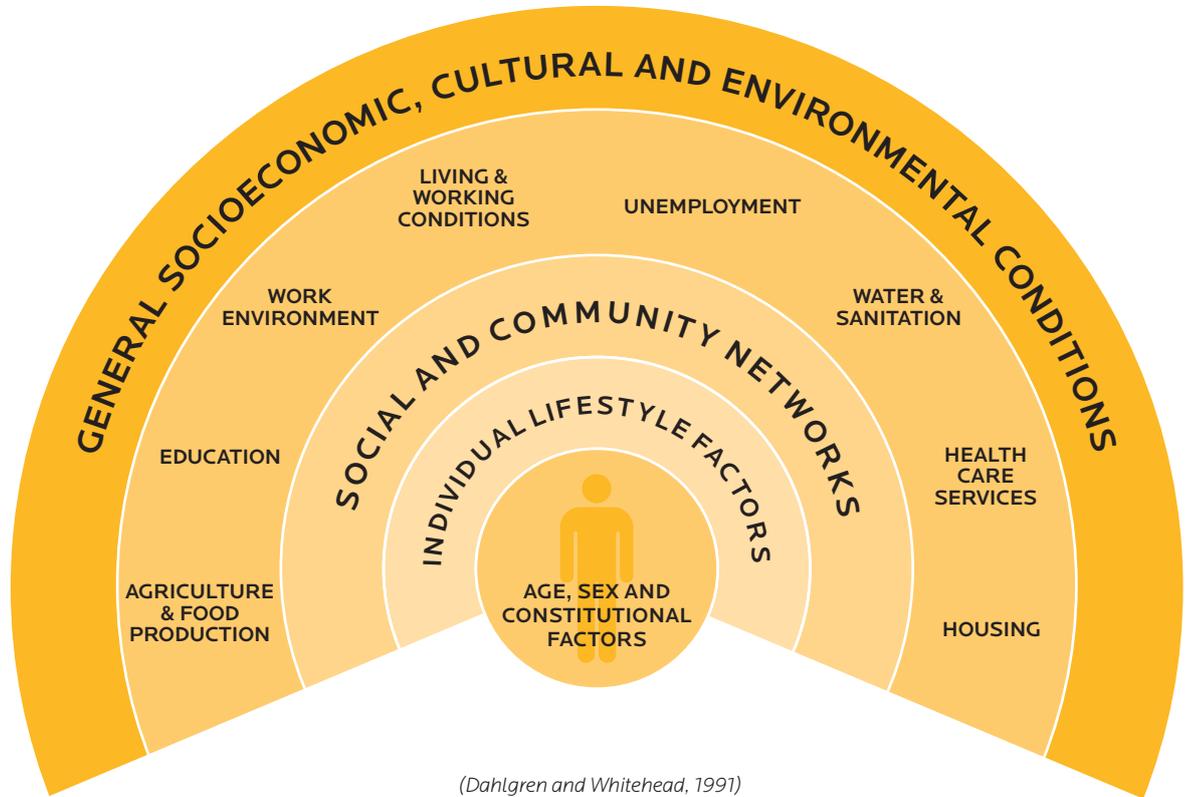
*(WHO, 2012)*

### **SOCIAL MODEL OF HEALTH**

The diagram on page 5, shows the individual at the centre with a fixed genetic make-up. Around them are the influences on health and wellbeing that can be changed. The first layer includes personal behaviour choices, such as choices around smoking, eating and exercising. The second layer follows which comprises the influence of community and social structures such as friendship and family supports. The third layer includes structural factors such as living conditions, and the level of access to essential services and facilities.

*(Dahlgren and Whitehead, 1991)*

**SOCIAL MODEL OF HEALTH**



## WHAT DOES COUNCIL MEAN WHEN IT TALKS ABOUT HEALTH AND WELLBEING?

Clarence City Council aims to strengthen and improve the physical, mental, and social wellbeing of the community taking into account both individual and community needs in accordance with the *Social Model of Health*.

The Council takes a **public health approach** to achieving these aims and will do this by **working in collaboration** and through **partnerships** with the community, other levels of government and organisations.

## EXAMINING CURRENT COUNCIL PLANS THAT IMPACT ON HEALTH AND WELLBEING

Council is currently engaged in many social plans and activities that are interconnected with health and wellbeing. In addition to this, Council contributes to a healthy community through its many regular programs and activities. Council plays an important role through the provision of resources, infrastructure and planning for the future. This is evidenced through Council's Planning functions (known as Integrated Assessment), Asset Management program, Economic Development program, Regulatory Services such as Animal Management and Environmental Health, and Community Services.

**Contributing to the health and wellbeing of the community is not a new thing for Council. While the other activities and plans will continue as before, the Community Health and Wellbeing Plan now provides a framework with which to connect them.**



## ROLE OF LOCAL GOVERNMENT

Although health service provision is largely the domain of federal and state governments, local governments also play an important role in health promotion and tackling the social determinants of health. The role of local government in impacting on health and wellbeing is expressed in the following table from ICLEI Oceania (2009):

MECHANISM TO DRIVE ACTION	DEFINITION
Land use and urban planning	A key role of local government is to manage local growth in a coordinated, planned way that reflects the community's shared vision for the future.
Licensing and regulation	Local governments can utilise their powers to set the local regulatory environment through assessment and approval processes, the use of surcharges and rebates, and through the enforcement of local laws.
Facilitation, advocacy and leadership	Local government is in close contact with community organisations, businesses, residents and other stakeholders at the local level. This influence can be used to develop shared understandings and encourage whole-of-community responses to social sustainability.
Community engagement	A city is only as vibrant as the people who inhabit it. Local governments are committed to preserving the safety, health and wellbeing of residents and visitors, and to ensuring active civic participation.
Workforce development	As responsible corporate citizens, local governments can lead the way in ensuring good occupational health and safety systems including through the reduction of workplace stress risks.

## ABOUT THE CITY OF CLARENCE

Clarence has a population of over 53,000 people and is the second largest city in Tasmania. The median age in the city is 41, compared with the Australian median age of 37. The city covers 378 (ABS, 2011) square kilometres of land and has a significant length of coastline totalling 191 kilometres.

Clarence has a diverse population with a mixture of urban and rural communities, and suburbs of both low and high socioeconomic status. A table containing data regarding significant social indicators across Clarence can be found in the following section. The unique diversity found in Clarence has implications for action around health and wellbeing and is particularly relevant in relation to the social determinants of health.

## THE CLARENCE CONTEXT

Significant findings for Clarence from the Tasmanian Population Health Survey 2009:

SIGNIFICANT RISK FACTORS TASMANIAN ADULTS, 2009	CLARENCE	TASMANIA
Self-assess their health as fair/poor	22.5%	19.9%
Risky alcohol consumption	7.5%	5.9%
High or very high psychological distress	12.8%	10.9%
Insufficient exercise levels	27.5%	27.5%
Current smokers	25.9%	19.8%
Daily smokers	21.2%	16.1%
Obese	20.1%	18.7%
Insufficient fruit consumption (less than 2 serves daily)	50.1%	49.2%
Insufficient vegetable consumption (less than 5 serves daily)	88.2%	88.1%

The above table shows that there are significant variances between Clarence and the general Tasmanian population on some of these health indicators.

CHRONIC CONDITIONS <sup>(A) (B) (C)</sup> TASMANIAN ADULTS, 2009	CLARENCE	TASMANIA
Diabetes	8.7%	6.7%
Heart disease	9.3%	6.9%
Arthritis	27.8%	25.0%
Osteoporosis	9.1%	6.4%
Cancer	8.8%	7.8%
Stroke	3.6%*	3.4%
Depression/Anxiety	24.5%	21.8%
Asthma	25.5%	20.6%

(a) Source: Tasmanian Population Health Survey 2009

(b) Age standardised to the 2009 Tasmanian population

(c) Defined as ever-diagnosed by a doctor. Note that this is as-stated by the respondent; this was not independently validated

\* *Estimate need to be used with caution - relative standard error above 25%*

As seen in the table above, there is also a higher incidence of chronic conditions in Clarence as compared with Tasmania.

Clarence has a significantly higher than average incidence of hospitalisation across the board than in the general Tasmanian population. Clarence also has a significantly higher than average rate of hospitalisation for mental disorders in both males and females.

(Tasmanian Population Health Survey, 2009)

These indicators provide a strong argument for action around health and wellbeing in the city of Clarence.

The following table shows a summary of the diverse range of social indicators displayed throughout the city of Clarence. There are significant differences across various parts of the city between median ages, employment rates, income levels, home ownership, and levels of relative advantage.

**(ABS, 2011 CENSUS DATA)**

SUBURB	MEDIAN AGE OF PERSONS	PERCENT UNEMPLOYED	MEDIAN HOUSEHOLD INCOME (\$/WEEKLY)	PERCENT OF HOUSEHOLDS BEING RENTED	STATE SEIFA* RANKING
Acton Park	<b>40</b> (38)	<b>3</b> (2.3)	<b>1,921</b> (1,630)	<b>3.9</b> (3.2)	<b>403</b> (394)
Bellerive	<b>47</b> (45)	<b>4.5</b> (4.2)	<b>1,000</b> (815)	<b>27.9</b> (27.1)	<b>302</b> (327)
Cambridge	<b>46</b> (43)	<b>3.6</b> (2)	<b>1,221</b> (1,297)	<b>13</b> (5.2)	<b>354</b> (374)
Clarendon Vale	<b>30</b> (26)	<b>19</b> (20.2)	<b>641</b> (584)	<b>62</b> (55.8)	<b>5</b> (3)
Clifton Beach	<b>34</b> (36)	<b>1.7</b> (2.1)	<b>1,916</b> (1,313)	<b>12.4</b> (12.4)	<b>386</b> (384)
Cremorne	<b>39</b> (38)	<b>3.3</b> (0)	<b>1,422</b> (1,120)	<b>11.1</b> (14.6)	<b>366</b> (365)
Geilston Bay	<b>42</b> (40)	<b>3.6</b> (3.5)	<b>1,237</b> (1,106)	<b>15</b> (14.7)	<b>333</b> (335)
Howrah	<b>43</b> (45)	<b>3.9</b> (3.7)	<b>1,177</b> (1,006)	<b>16.8</b> (14.3)	<b>347</b> (351)
Lauderdale	<b>39</b> (37)	<b>3.3</b> (5.4)	<b>1,340</b> (1,110)	<b>12</b> (12)	<b>349</b> (348)
Lindisfarne	<b>46</b> (45)	<b>3.7</b> (3.9)	<b>1,185</b> (1,103)	<b>18.7</b> (17.7)	<b>340</b> (349)
Montagu Bay	<b>44</b> (43)	<b>5.9</b> (5.9)	<b>1,034</b> (892)	<b>27.3</b> (28.4)	<b>264</b> (326)
Mornington	<b>35</b> (36)	<b>7.2</b> (6.3)	<b>948</b> (755)	<b>29.9</b> (30.6)	<b>81</b> (83)
Oakdowns	<b>31</b> (35)	<b>2.7</b> (4.4)	<b>1,257</b> (915)	<b>17.1</b> (18.9)	<b>326</b> (230)
Opossum Bay	<b>50</b> (47)	<b>10.7</b> (8)	<b>883</b> (810)	<b>15.8</b> (15.9)	<b>281</b> (325)
Otago	<b>48</b> (42)	<b>1.9</b> (1)	<b>1,625</b> (1,478)	<b>5.2</b> (2.1)	<b>397</b> (376)
7025 area (Richmond)	<b>42</b> (39)	<b>3.2</b> (2.5)	<b>1,271</b> (1,051)	<b>14.8</b> (14.5)	<b>343</b> (331)
Risdon Vale	<b>33</b> (33)	<b>9.4</b> (13)	<b>766</b> (637)	<b>30.1</b> (27.1)	<b>15</b> (19)
Rokeby	<b>32</b> (32)	<b>8.7</b> (12.4)	<b>830</b> (642)	<b>39.2</b> (34.9)	<b>21</b> (21)
Rose Bay	<b>48</b> (48)	<b>3.8</b> (5.6)	<b>1,297</b> (991)	<b>22.4</b> (17.8)	<b>367</b> (367)
Rosny	<b>47</b> (53)	<b>7.6</b> (3.6)	<b>1,208</b> (995)	<b>18.3</b> (14.5)	<b>359</b> (361)
Sandford	<b>40</b> (38)	<b>3.1</b> (3.8)	<b>1,607</b> (1,257)	<b>5.6</b> (4.3)	<b>379</b> (371)
Seven Mile Beach	<b>41</b> (38)	<b>3.2</b> (3.2)	<b>1,561</b> (1,197)	<b>12.1</b> (8.1)	<b>373</b> (362)
South Arm	<b>40</b> (40)	<b>6.6</b> (6.8)	<b>1,068</b> (941)	<b>16.2</b> (16.5)	<b>287</b> (318)
Tranmere	<b>39</b> (40)	<b>3.5</b> (4.3)	<b>1,799</b> (1,323)	<b>11.6</b> (8.3)	<b>401</b> (386)
Warrane	<b>37</b> (34)	<b>10.1</b> (10.8)	<b>736</b> (558)	<b>46.5</b> (43.4)	<b>11</b> (11)

\*SEIFA = Index of relative socio-economic advantage and disadvantage

Source: **ABS, 2011 Census data**, (ABS, 2006 Census data), (ABS, 2013)

# 5 KEY DOMAINS

The research and consultation process identified five key domains for activity in the Community Health and Wellbeing Plan. Actions and strategies will be associated with these five domains:

## ENHANCING LIVABILITY

The environmental and social quality of Clarence as experienced by residents, employees, and visitors is a major contributor to their quality of life. This includes the aesthetics of the built and natural environment, opportunities for quality social interaction, easy access to recreation and the local “village”, and enhancing unique cultural and environmental resources. Council will work with communities in Clarence, providing affordable opportunities for them to experience desirable environmental and social conditions.

## PROMOTING HEALTH

It is important that all members of the community have the opportunity to maintain or improve their state of health. Council will work toward this by providing opportunities to participate in healthy activities, and by promoting healthy living to the Clarence community.

## ENHANCING CONNECTIVITY, COMMUNITY PARTICIPATION AND LIFELONG LEARNING

It is essential that people feel connected and have opportunities to participate in community activities, employment and lifelong learning. Council will support actions so that all members of the Clarence community have opportunities to be involved in and can access such activities.

## CARE FOR OUR PLACE

Council has an important role to protect, manage, and enhance the natural environment for the long term environmental, social and economic benefits of the community. Council will work with the Clarence community to embrace and promote efforts toward environmental sustainability.

## PROMOTING AND ENHANCING SAFETY

All people have the right to feel safe in their community. Council will work toward Clarence being a safe place for all groups and individuals.

# UNDERSTANDING THE PLAN

Each of the five domains has a number of objectives identified. These objectives are broken up into strategies, and the strategies are divided into individual actions. For each of the actions, the Plan identifies:

- the nature of **Council Involvement**,
- the **relevant Council Operational Areas** responsible for the action,
- how Council will **measure success**,
- what the **resource implications** are for Council, and
- the expected **timelines**.

These are explained below:

## COUNCIL INVOLVEMENT

The Plan identifies what role Council will play in relation to a particular area, whether that be a **regulatory** role, **planning** role, **advocacy** role, **lobbying** role, or a **provider** role. These are defined as follows:

### REGULATORY

Council will need to change or enforce its own laws and regulations or enforce state laws and regulations.

### PLANNING

Council has a role in developing in advance how it desires particular aspects of the city to be in the future.

### ADVOCACY

Council will take an active role in supporting or recommending a particular cause or action.

### LOBBYING

Council will take an active role in influencing for change in legislation or the provision of a service or facility through other tiers of government.

### PROVIDER

Council has a direct role in providing this service, facility or infrastructure within the limits of Council resources.

## RELEVANT COUNCIL OPERATIONAL AREA

For many of the actions in the Plan, Council will work collaboratively across the related Operational Areas to achieve the desired outcomes. Where more than one Council area is required to work on a particular action, the lead group is highlighted in **bold**.

## RESOURCE IMPLICATIONS

This plan is aspirational in nature and the achievement of many of the actions will be dependent on the required resources being available.

The following key is used in the Plan to indicate the level of resource required for each action:

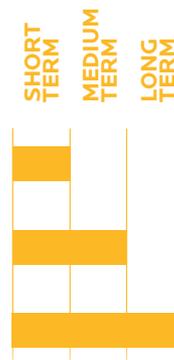
- Action is currently **resourced** to an adequate level
- ◐ Current resources can be **reassigned** to achieve action goals
- ◑ Action is currently resourced but **additional** resources are required
- **New** resources are required to achieve action outcomes

The resource costs relating to an action may be small or large and will be considered each year in the context of Council's Annual Plan. Resources may be financial or in-kind. Where additional and new resources are required, funding may also be sought from external sources such as a government grant or sponsorship.

## TIMELINES

The plan includes actions, some of which can be achieved in the short term, some more medium term and some may only be achieved in the long term. As a guide, these are the time frames each of these refers to:

SHORT TERM = 1-2 YEARS  
 MEDIUM TERM = 3-5 YEARS  
 LONG TERM = 6+ YEARS



The Plan will be reviewed after 5 years.

# ENHANCING LIVABILITY

## PRINCIPLE

To enhance the environmental and social quality of Clarence as experienced by residents, employees, and visitors. This includes the aesthetics of the built and natural environment, opportunities for quality social interaction, easy access to recreation and the local “village”, and enhancing unique cultural and environmental resources.

## GOAL

For every community in Clarence to experience desirable environmental and social conditions.

## OBJECTIVES

- > **GREATER COMMUNITY USE AND ENJOYMENT OF PUBLIC OPEN SPACES**
- > **ENHANCEMENT OF THE URBAN AND BUILT ENVIRONMENT**
- > **PEOPLE CAN AFFORD QUALITY OF LIFE WHEREVER THEY LIVE**
- > **INCREASE THE USE OF TRACKS AND TRAILS FOR RECREATION AND TRANSPORT PURPOSES**
- > **IMPROVE ACCESS TO TRANSPORT SERVICES**

## CURRENT COUNCIL ACTIVITIES SUPPORTING THIS GOAL THAT ARE INTEGRAL TO THE PLAN



The activities listed above are integral to enhancing livability in Clarence and are included in the scope of this domain.

ACTIONS COUNCIL INVOLVEMENT RELEVANT COUNCIL OPERATIONAL AREA MEASURING OUR SUCCESS RESOURCE IMPLICATION

## OBJECTIVE GREATER COMMUNITY USE AND ENJOYMENT OF PUBLIC OPEN SPACES

### STRATEGY 1 • IMPROVEMENT OF PARKS AND PUBLIC OPEN SPACES

Audit and map the parks and playgrounds and public facilities in Clarence (including developing a recreation inventory and classification system)	PLANNING	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> <li>• Integrated Assessment</li> </ul>	AUDIT AND MAP PRODUCED	○			
Develop and implement Park Master Plans that evaluate their functions and capacity for all regional parks and prioritised neighbourhood parks incorporating 'Healthy Parks Healthy People' and 'Safer By Design' principles	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> <li>• Economic Development</li> <li>• Physical Services</li> </ul>	DEVELOP AND IMPLEMENT PLANS AND REPORT AGAINST TIMELINES	○			
Develop Public Open Space Strategy and Associated Policy	PLANNING	<ul style="list-style-type: none"> <li>• Asset Management</li> <li>• Corporate Support</li> <li>• <b>Integrated Assessment</b></li> </ul>	PLAN PRODUCED	○			
Develop Active Recreation / Transport Strategy	PLANNING	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> </ul>	STRATEGY PRODUCED	●			
Audit and improve maintenance of parks and related infrastructure	PROVIDER	<ul style="list-style-type: none"> <li>• Asset Management</li> <li>• <b>Physical Services</b></li> </ul>	ANNUAL AUDIT	○			
Training of parks staff through "Healthy Parks Healthy People" or similar	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> <li>• Community Development</li> <li>• <b>Physical Services</b></li> </ul>	STAFF ATTEND TRAINING	○			
Investigate the need for, feasibility and potential sites to provide for a regional undercover recreation area for poor weather play	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> </ul>	FEASIBILITY STUDY UNDERTAKEN AND RECOMMENDATIONS IMPLEMENTED	○			

○ Adequately resourced    ○ Additional resources required  
 ○ Resources reassigned    ● New resources required

ACTIONS	COUNCIL INVOLVEMENT	RELEVANT COUNCIL OPERATIONAL AREA	MEASURING OUR SUCCESS	RESOURCE IMPLICATION			
<b>STRATEGY 2 • ENSURE RECREATIONAL SPACES ARE PLANNED AND PROVIDED FOR IN SUBDIVISION PROCESS</b>							
Reference and reflect the Open Space Strategy and Tracks and Trails Strategy associated policy in the Planning Scheme	PLANNING	<ul style="list-style-type: none"> <li>• <b>Integrated Assessment</b></li> <li>• Tracks and Trails Committee</li> </ul>	CHANGE PLANNING SCHEME TO REFLECT POLICY				
<b>STRATEGY 3 • INCREASE THE QUANTITY AND ENSURE THE QUALITY OF CREATIVE ART SPACES IN CLARENCE</b>							
Ensure public art is strategically integrated into natural areas, established built environments and any significant new developments in Clarence	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• <b>Arts</b></li> <li>• Asset Management</li> <li>• Integrated Assessment</li> </ul>	ESTABLISH A PUBLIC ART CONTRIBUTION POLICY AND IMPLEMENT THROUGH THE PLANNING SCHEME				
<b>OBJECTIVE ENHANCEMENT OF THE URBAN AND BUILT ENVIRONMENT</b>							
<b>STRATEGY 1 • ENSURE THE PLANNING SCHEME IS CAPABLE OF DELIVERING SUSTAINABLE DEVELOPMENT IN PEDESTRIAN FRIENDLY, COMPACT SUBURBS</b>							
Review PlanningScheme regarding social impact assessment requirements for major developments	PLANNING REGULATORY	<ul style="list-style-type: none"> <li>• Community Development</li> <li>• <b>Integrated Assessment</b></li> </ul>	PLANNING SCHEME TO INCLUDE SOCIAL IMPACT ASSESSMENT REQUIREMENTS				
Audit the walkability and bikeability of the urban environment and implement strategies to make necessary improvements	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• Asset Management</li> <li>• <b>Bicycle Steering Committee</b></li> <li>• Integrated Assessment</li> <li>• Tracks and Trails Committee</li> </ul>	IDENTIFY KEY URBAN PATHS AND PRODUCE WALKABILITY AND BIKEABILITY AUDIT				
Council to adopt 'Healthy by Design' planning principles	PLANNING	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> <li>• Integrated Assessment</li> </ul>	'HEALTHY BY DESIGN' PRINCIPLES INTEGRATED INTO PLANNING SCHEME				
Identify and assess patches of land for local food production in high-medium density housing areas	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• Asset Management</li> <li>• <b>Community Development</b></li> <li>• Corporate Support</li> <li>• Integrated Assessment</li> </ul>	IDENTIFY LAND AVAILABLE TO ALLOCATE TO LOCAL FOOD PRODUCTION				
Provide assistance to customers and access to information regarding sustainable housing design options	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• <b>Building and Plumbing Services</b></li> <li>• Integrated Assessment</li> </ul>	RESOURCE AND INFORMATION BANK ESTABLISHED, ASSISTANCE PROVIDED				

SHORT TERM  
MEDIUM TERM  
LONG TERM

ACTIONS	COUNCIL INVOLVEMENT	RELEVANT COUNCIL OPERATIONAL AREA	MEASURING OUR SUCCESS	RESOURCE IMPLICATION
<b>STRATEGY 2 • IDENTIFY AND ENHANCE COMMUNITY HUBS AND VILLAGES</b>				
Identify facilities and support services required for all ages in local shop / village areas to create and maintain healthy, connected community hubs*	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>Asset Management</li> <li>Community Development</li> <li><b>Economic Development</b></li> <li>Integrated Assessment</li> </ul>	CONDUCT COMMUNITY ENGAGEMENT STRATEGY TO IDENTIFY COMMUNITY HUBS AND RELATED FACILITY AND SERVICE NEEDS	
Support and encourage local action to promote sustainable lifestyle practices and reduced energy usage	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>Asset Management</li> <li><b>Community Development</b></li> <li>Economic Development</li> <li>Integrated Assessment</li> </ul>	INFORMATION COLLATED AND PROVIDED AS APPROPRIATE	
Plan for investment in public open spaces for improved amenity of community hubs and village centres across Council, focussing particularly on disadvantaged communities	PLANNING	<ul style="list-style-type: none"> <li><b>Asset Management</b></li> <li>Integrated Assessment</li> </ul>	IDENTIFY PUBLIC OPEN SPACES IN DISADVANTAGED COMMUNITIES AND PLAN FOR THEIR IMPROVED AMENITY	
Give consideration to the development of community hubs in relation to community recovery planning	PLANNING	<ul style="list-style-type: none"> <li><b>Asset Management</b></li> <li>Environmental Health</li> </ul>	DEVELOP COMMUNITY HUBS AS RECOMMENDED BY THE COMMUNITY RECOVERY PLAN	
Integrate street trees / streetscaping into Council's transport network	PLANNING PROVIDER	<ul style="list-style-type: none"> <li><b>Asset Management</b></li> </ul>	STREETSCAPING PROJECTS IDENTIFIED AND IMPLEMENTED	
Strengthen partnerships with Schools, Neighbourhood Centre, Churches and community organisations (e.g. sports groups/scouts) in order to increase utilisation of facilities	ADVOCACY	<ul style="list-style-type: none"> <li><b>Community Development</b></li> </ul>	ENGAGEMENT WITH ORGANISATIONS ABOUT USE OF FACILITIES	
Promote location of public toilets and parent-friendly facilities with maps and good signage	PLANNING PROVIDER	<ul style="list-style-type: none"> <li><b>Asset Management</b></li> <li>Community Development</li> <li>Marketing and Communications</li> </ul>	AUDIT LOCATION OF TOILETS AND PARENT FACILITIES, CREATE MAPS AND IMPROVE TOILET SIGNAGE	

\* **Community Hubs** are the places where people naturally congregate to achieve community action and social benefits

-  Adequately resourced
-  Additional resources required
-  Resources reassigned
-  New resources required

ACTIONS COUNCIL INVOLVEMENT RELEVANT COUNCIL OPERATIONAL AREA MEASURING OUR SUCCESS RESOURCE IMPLICATION

## OBJECTIVE PEOPLE CAN AFFORD TO ENJOY QUALITY OF LIFE WHEREVER THEY LIVE

### STRATEGY • EXPLORE ALTERNATIVES FOR MORE AFFORDABLE ACCOMMODATION AND LIFESTYLE

Work with government and other organisations to assist with their provision of affordable housing	PLANNING	<ul style="list-style-type: none"> <li>Community Development</li> <li><b>Economic Development</b></li> <li>Integrated Assessment</li> </ul>	LEVEL OF ASSISTANCE PROVIDED	○			
Support locally driven development of Community Gardens and food patches	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>Asset Management</li> <li><b>Community Development</b></li> </ul>	NUMBER OF NEW COMMUNITY GARDENS	○			

## OBJECTIVE IMPROVE ACCESS TO TRANSPORT SERVICES AND OPTIONS

### STRATEGY 1 • INCREASE THE USE OF TRACKS AND TRAILS FOR RECREATION AND TRANSPORT PURPOSE

Support locally driven active transport through increasing the number and connectivity of walking and cycle paths	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>Asset Management</li> <li><b>Bicycle Steering Committee</b></li> <li>Integrated Assessment</li> <li><b>Tracks and Trails Committee</b></li> </ul>	AUDIT AND IMPROVE ACTIVE TRANSPORT CONNECTIONS	○			
			NUMBER OF WALKING TRACKS PROVIDED WITH NEW SUBDIVISIONS				

### STRATEGY 2 • IMPROVE ACCESS TO TRANSPORT SERVICES

Provide up to date information about transport options available e.g. Community Transport, car pooling options	PROVIDER	<ul style="list-style-type: none"> <li><b>Community Development</b></li> </ul>	INFORMATION PROVIDED THROUGH APPROVED COMMUNICATION TOOLS	○			
Advocate and work together with public transport companies toward better transport options	ADVOCACY	<ul style="list-style-type: none"> <li><b>Community Development</b></li> </ul>	INCREASED LEVEL OF REPRESENTATION ON BEHALF OF CLARENCE COMMUNITY TO TRANSPORT COMPANIES	○			
			IMPROVED TRANSPORT DELIVERY				

- Adequately resourced
- Resources reassigned
- Additional resources required
- New resources required

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- Investigate support for a community bartering service e.g. LETS (Local Exchange Trading Scheme), Bartercard
- Develop a significant cultural / civic centre (Note: this is picked up as a key action in other Council plans)
- Locate appropriate youth services and facilities in central Clarence
- Strengthen connections between child care services and community members including: Promoting and providing information about the child care services available in the community; Investigating the need for casual / short term / flexible child care options

# PROMOTING HEALTH

## PRINCIPLE

That all members of the community have the opportunity to maintain or improve their state of health

## GOAL

To provide opportunity for and promote healthy living to the Clarence community

## OBJECTIVES

- > PROMOTE EQUALITY AND REDUCE DISADVANTAGE
- > COMMUNITY MEMBERS HAVE ACCESS TO RELEVANT HEALTH INFORMATION AND SERVICES
- > PEOPLE MOVING, ACTIVE AND FIT
- > PEOPLE EATING WELL
- > STRENGTHEN WORKER AND FAMILY HEALTH THROUGH WORKPLACE BASED HEALTH INITIATIVES
- > IMPROVEMENT IN MENTAL HEALTH AND WELLBEING
- > A RESILIENT COMMUNITY IN A CHANGING CLIMATE

## CURRENT COUNCIL ACTIVITIES SUPPORTING THIS GOAL THAT ARE INTEGRAL TO THE PLAN



The activities listed above are integral to promoting health in Clarence and are included in the scope of this domain.

ACTIONS COUNCIL INVOLVEMENT RELEVANT COUNCIL OPERATIONAL AREA MEASURING OUR SUCCESS RESOURCE IMPLICATION

## OBJECTIVE PROMOTE EQUALITY AND REDUCE DISADVANTAGE

### STRATEGY 1 • WORK CLOSELY WITH NEIGHBOURHOOD CENTRES, CHILD AND FAMILY CENTRES AND DEPARTMENT OF HEALTH AND HUMAN SERVICES (DHHS) TO IMPROVE HEALTH AND WELLBEING

Support the “Living Well in Clarence” Partnership	ADVOCACY PLANNING PROVIDER	• <b>Community Services</b>	LIVING WELL IN CLARENCE INITIATIVES SUPPORTED	○	
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Work with other organisations to support early years strategies from pregnancy to school age (e.g. maternal and child health programs)	ADVOCACY PLANNING	• <b>Community Services</b> • Environmental Health	NUMBER OF STRATEGIES SUPPORTED	○	
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### STRATEGY 2 • PROMOTE ACCESS TO AFFORDABLE HEALTH CARE PROVISION

Work with government to increase health service provision in Clarence	PLANNING ADVOCACY	• <b>Community Development</b>	COMMUNICATION WITH MEDICARE LOCAL	○	
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Provide information to the community about the location of bulk-billing GPs and Allied Health Services	PROVIDER	• <b>Community Development</b>	INFORMATION ABOUT GPS PROVIDED	○	
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### STRATEGY 3 • IMPROVE INFRASTRUCTURE AND SERVICES ACROSS COMMUNITIES

Work with community groups in Clarendon Vale, Risdon Vale, Rokeby and Warrane to significantly improve parks, infrastructure and services	PLANNING PROVIDER	• <b>Asset Management</b> • Community Development • Economic Development • Finance • Integrated Assessment • Youth Services	LEVEL OF IMPROVED INFRASTRUCTURE AND SERVICES	○	
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### STRATEGY 4 • SUPPORT WORKERS TO WORK MORE EFFECTIVELY WITH PEOPLE LIVING IN GENERATIONAL POVERTY

Work with other organisations to facilitate “Bridges out of Poverty” training for workers in the Clarence community	PLANNING ADVOCACY	• <b>Community Development</b> • Youth services	TRAINING SESSIONS PROVIDED	○	
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- Adequately resourced
- Additional resources required
- Resources reassigned
- New resources required

ACTIONS COUNCIL INVOLVEMENT RELEVANT COUNCIL OPERATIONAL AREA MEASURING OUR SUCCESS RESOURCE IMPLICATION

## OBJECTIVE COMMUNITY MEMBERS HAVE ACCESS TO RELEVANT HEALTH INFORMATION AND SERVICES

### STRATEGY 1 • TARGET SPECIFIC HEALTH PROMOTION AREAS OF ACTION

Work with health and health promotion professionals to achieve practical outcomes	PLANNING ADVOCACY	• <b>Community Development</b>	EFFECTIVE NETWORKS AND PARTNERSHIPS	○	SHORT TERM
Ask organisations to commit to activity in Clarence for a definite period of time e.g. QUIT, Cancer Council, Australian Breastfeeding Association, etc	ADVOCACY	• <b>Community Development</b>	NUMBER OF PROMOTIONS COMPLETED	○	SHORT TERM
Promotion of mental health support information and services	ADVOCACY	• <b>Community Development</b>	INFORMATION PROVIDED AND INCLUDED THROUGH AGREED COMMUNICATION TOOLS	○	SHORT TERM
Provide information sessions and public lectures to the public through health care providers and health promoting organisations	PLANNING ADVOCACY	• <b>Community Development</b> • Environmental Health	NUMBER AND BREADTH OF INFORMATION SESSIONS PROVIDED	○	MEDIUM TERM
Provide regular information through web, social media and newsletter	PROVIDER	• <b>Community Development</b> • Marketing Communication	INFORMATION REGULARLY PROVIDED THROUGH VARIOUS COMMUNICATION TOOLS	○	SHORT TERM
Work with communities to advocate for improved primary health care services	ADVOCACY LOBBYING	• <b>Community Development</b>	IMPROVED LEVEL OF SERVICE	○	SHORT TERM

### STRATEGY 2 • HEALTHY EVENTS

Create a 'health checklist' for events including: Providing free water, parenting facilities, healthy food options, and sunscreen at all events. Promotional material may include an information resource about bringing a healthy picnic	PROVIDER	• Community Development • <b>Environmental Health</b> • Events	HEALTH CHECKLIST CREATED	○	SHORT TERM
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ACTIONS COUNCIL INVOLVEMENT RELEVANT COUNCIL OPERATIONAL AREA MEASURING OUR SUCCESS RESOURCE IMPLICATION

## OBJECTIVE PEOPLE MOVING, ACTIVE AND FIT

### STRATEGY 1 • PROVIDE OPPORTUNITIES FOR PEOPLE TO BECOME ACTIVE

Coordinate, promote and identify opportunities to get people active	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>Asset Management</li> <li><b>Community Development</b></li> </ul>	EXTENT OF ACTIVITIES, MORE PEOPLE ACTIVE			
Provide 'Fitness in the Park' program	PROVIDER	<ul style="list-style-type: none"> <li><b>Community Development</b></li> </ul>	NUMBER AND DIVERSITY OF PARTICIPANTS AND SATISFACTION QUESTIONNAIRES			
Promote Walking Groups including Heart Foundation Walking	ADVOCACY	<ul style="list-style-type: none"> <li><b>Community Development</b></li> </ul>	PROMOTE AND INCREASE NUMBER OF WALKING GROUPS			
Promote 'Heart Moves' program	ADVOCACY	<ul style="list-style-type: none"> <li><b>Community Development</b></li> <li>Youth Services</li> </ul>	INCREASED NUMBER OF GROUPS AND PARTICIPANTS IN HEART MOVES PROGRAM ACROSS THE CITY			
Develop and promote Council's recreational facilities	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>Asset Management</li> <li><b>Community Development</b></li> </ul>	INCREASED NUMBER OF RECREATIONAL ACTIVITIES PROMOTED AND NEW OPPORTUNITIES CREATED			
Promote expansion of 'Move Well Eat Well' in Clarence, and tap into established information and resources, including 'Part Way is Okay'	ADVOCACY PROVIDER	<ul style="list-style-type: none"> <li><b>Community Development</b></li> <li>Community Services</li> </ul>	INCREASED NUMBER OF MOVE WELL EAT WELL PROGRAMS IN CLARENCE			

Adequately resourced    Additional resources required  
 Resources reassigned    New resources required

# PROMOTING HEALTH

SHORT TERM  
MEDIUM TERM  
LONG TERM

ACTIONS COUNCIL INVOLVEMENT RELEVANT COUNCIL OPERATIONAL AREA MEASURING OUR SUCCESS RESOURCE IMPLICATION

## OBJECTIVE PEOPLE EATING WELL

### STRATEGY 1 • SCHOOL BASED INITIATIVES

Promote school kitchen gardens	ADVOCACY PLANNING	<ul style="list-style-type: none"> <li>Community Development</li> <li>Youth Services</li> </ul>	NUMBER OF SCHOOL KITCHEN GARDENS INCREASED	○
Provide food and nutrition information using a multi-media strategy	ADVOCACY PROVIDER	<ul style="list-style-type: none"> <li>Community Development</li> <li>Marketing and Communication</li> </ul>	MULTI-MEDIA STRATEGY ENGAGED	○
Promote nutrition education programs (including Family Food Patch)	ADVOCACY PLANNING	<ul style="list-style-type: none"> <li>Community Development</li> </ul>	NUTRITION EDUCATION PROGRAMS PROMOTED	○

### STRATEGY 2 • SUPPORT FOOD SECURITY PROJECTS

Continue where possible to support initiatives to promote food access, affordability, availability, and awareness as recommended in the Tasmanian Food Access Research Coalition Project Report (TFARC)	ADVOCACY PLANNING	<ul style="list-style-type: none"> <li>Community Development</li> <li>Integrated Assessment</li> </ul>	BETTER ACCESS TO NUTRITIOUS FOOD	○
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## OBJECTIVE STRENGTHEN WORKER AND FAMILY HEALTH THROUGH WORKPLACE BASED HEALTH INITIATIVES

### STRATEGY 1 • GROW WORKPLACE HEALTH INITIATIVES

Target health behaviours through workplace initiatives (Clarence City Council leading by example with workplace health programs)	ADVOCACY PLANNING PROVIDER	<ul style="list-style-type: none"> <li>Community Development</li> <li>Human Resources</li> </ul>	CCC TO CREATE WORKPLACE HEALTH PROGRAM AND PROMOTE ELSEWHERE	○
Work with Workplace Health and Wellbeing Advisors from WorkCover to grow healthy workplaces in Clarence	ADVOCACY	<ul style="list-style-type: none"> <li>Community Development</li> <li>Human Resources</li> </ul>	STRENGTHENED CONNECTIONS WITH WORKPLACE HEALTH AND WELLBEING ADVISORS	○
Explore broader promotion of the "Healthy Workplace Resource Toolkit"	ADVOCACY PLANNING	<ul style="list-style-type: none"> <li>Community Development</li> <li>Human Resources</li> </ul>	HEALTHY WORKER KIT EXAMINED AND PROMOTED	○

○ Adequately resourced    ○ Additional resources required  
 ○ Resources reassigned    ○ New resources required

ACTIONS COUNCIL INVOLVEMENT RELEVANT COUNCIL OPERATIONAL AREA MEASURING OUR SUCCESS RESOURCE IMPLICATION

## OBJECTIVE IMPROVEMENT IN MENTAL HEALTH AND WELLBEING

### STRATEGY 1 • SUPPORTING FEDERAL AND STATE MENTAL HEALTH STRATEGIES AND COMMUNITY BASED INITIATIVES

Support local activities and advocate for better mental health services	ADVOCACY LOBBYING	<ul style="list-style-type: none"> <li>• <b>Community Services</b></li> <li>• Youth Services</li> </ul>	INCREASED NUMBER OF MENTAL HEALTH PROMOTING ACTIVITIES CONDUCTED AND SUPPORTED, IMPROVED SERVICES	○
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## OBJECTIVE A RESILIENT COMMUNITY IN A CHANGING CLIMATE

### STRATEGY 1 • CONDUCT A VARIETY OF ACTIVITIES AND CAMPAIGNS TO ASSIST THE COMMUNITY WITH CLIMATE CHANGE ISSUES

Manage public and Council awareness of and response to risks associated with climate change	ADVOCACY PLANNING	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> </ul>	DEVELOPMENT OF CLIMATE CHANGE ADAPTATION AND MITIGATION PLANS	○
Identify environmental health risks and provide information on how to mitigate against them	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• Asset Management</li> <li>• <b>Environmental Health</b></li> </ul>	RISKS IDENTIFIED AND MITIGATION INFORMATION PRODUCED	⊙
Facilitate and utilise communication and creative education opportunities	PROVIDER	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> <li>• Health and Community Development</li> </ul>	CREATIVE EDUCATION OPPORTUNITIES UNDERTAKEN	⊙

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- Support federal and state Alcohol, Tobacco, and Other Drugs (ATOD) strategies
- Assist Clarence communities to gain better access to GP services
- Work with health agencies to support actions associated with sexual health and family planning
- Use major holidays as health promoting opportunities
- Improved public access to comprehensive health assessments
- Ensure community members can feed back their health and wellbeing needs: Feedback cards available at the Integrated Care Centre and other places including an information stand at Eastlands
- Peer volunteers

# ENHANCING CONNECTIVITY, COMMUNITY PARTICIPATION, AND LIFELONG LEARNING

## PRINCIPLE

That all residents feel connected and have opportunities to participate in community activity, employment and lifelong learning.

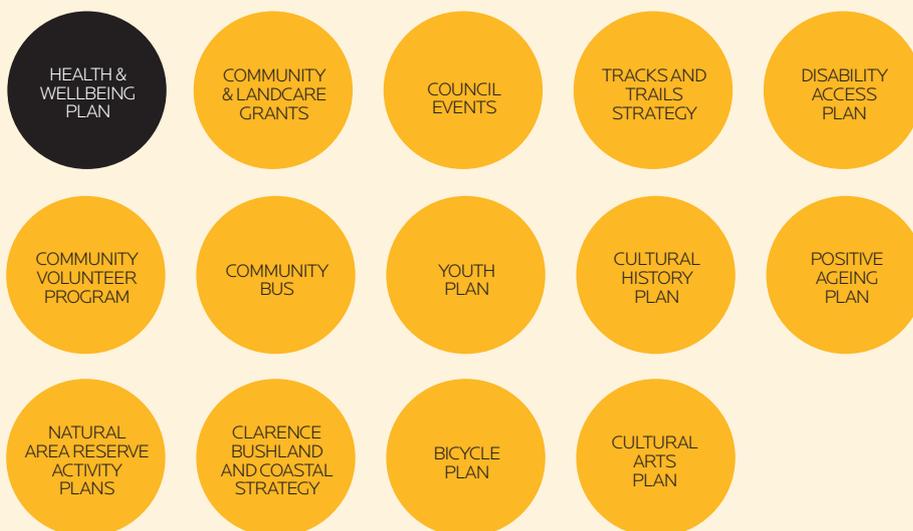
## GOAL

For all members of the Clarence community to have opportunities to be involved in and access to activities that contribute to good health and engage in lifelong learning.

## OBJECTIVES

- > PEOPLE PARTICIPATE IN THE LIFE OF THEIR COMMUNITY
- > PEOPLE HAVE OPPORTUNITY TO POSITIVELY CONTRIBUTE TO THEIR COMMUNITY AND TO LEARN NEW SKILLS AND IDEAS
- > PEOPLE FEEL CONNECTED TO THEIR NEIGHBOURS AND THEIR COMMUNITY

## CURRENT COUNCIL ACTIVITIES SUPPORTING THIS GOAL THAT ARE INTEGRAL TO THE PLAN



The activities listed above are integral to enhancing connectivity, community participation, and lifelong learning in Clarence and are included in the scope of this domain.

ACTIONS COUNCIL INVOLVEMENT RELEVANT COUNCIL OPERATIONAL AREA MEASURING OUR SUCCESS RESOURCE IMPLICATION

## OBJECTIVE PEOPLE PARTICIPATE IN THE LIFE OF THEIR COMMUNITY

### STRATEGY 1 • STRENGTHEN PEOPLE'S INVOLVEMENT IN COMMUNITY HUBS

Strengthen partnerships with Schools, Neighbourhood Centres, Churches, Child and Family Centres, and other organisations to increase utilisation of facilities and participation	ADVOCACY PLANNING	<ul style="list-style-type: none"> <li>• <b>Community Development</b></li> <li>• Community Services</li> </ul>	PARTNERSHIPS WITH ORGANISATIONS ESTABLISHED AND FORMALISED				
Encourage, promote and support residents groups (e.g. SAPRA) as a model for community building	ADVOCACY PLANNING	<ul style="list-style-type: none"> <li>• <b>Community Development</b></li> <li>• Asset Management</li> </ul>	RESIDENTS MEETINGS FACILITATED AND GROUPS FORMED				
Promote recreational opportunities in local halls and facilities eg. Old Time dancing, birthday parties (Richmond Hall) including reviewing the Halls brochure	ADVOCACY PROVIDER	<ul style="list-style-type: none"> <li>• Asset Management</li> <li>• <b>Community Development</b></li> <li>• Marketing and Communication</li> </ul>	HALLS AND RELATED PUBLICITY REVIEWED				

### STRATEGY 2 • INCLUSIVE COUNCIL EVENTS

Hold events such as "Street parties" – Small community gatherings, "Know your Neighbours" series, cultural street parties	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• Community Development</li> <li>• <b>Events</b></li> </ul>	EVENTS HELD				
Hold neighbourhood events in different locations (e.g. Waverley Flora Park musical gig)	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• Asset Management</li> <li>• Community Development</li> <li>• <b>Events</b></li> </ul>	EVENTS HELD				

### STRATEGY 3 • PROVIDE INFORMATION ABOUT WHAT IS GOING ON AND WHERE, AND WHO CAN ASSIST

Use multi-media strategy to provide up to date information to the community including information about arts and events, volunteering, transport and accessing support	PROVIDER	<ul style="list-style-type: none"> <li>• <b>Community Services</b></li> <li>• Marketing and Communication</li> </ul>	INFORMATION PROVIDED THROUGH WEB PORTAL AND ASSOCIATED MARKETING TOOLS				
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- Adequately resourced
- Additional resources required
- Resources reassigned
- New resources required

# CONNECTIVITY, PARTICIPATION AND LEARNING

SHORT TERM  
MEDIUM TERM  
LONG TERM

ACTIONS

COUNCIL INVOLVEMENT

RELEVANT COUNCIL OPERATIONAL AREA

MEASURING OUR SUCCESS

RESOURCE IMPLICATION

## OBJECTIVE PEOPLE HAVE OPPORTUNITY TO POSITIVELY CONTRIBUTE TO THEIR COMMUNITY AND TO LEARN NEW SKILLS AND IDEAS

### STRATEGY 1 • ENCOURAGE BUSINESS AND EMPLOYMENT OPPORTUNITIES

Facilitate expansion of local employment and business opportunities

PLANNING  
ADVOCACY

• **Economic Development**

NUMBER OF BUSINESS OPPORTUNITIES AND LOCAL EMPLOYMENT INCREASED



### STRATEGY 2 • ENCOURAGE SOCIAL ENTERPRISE AND COMMUNITY CONNECTIONS

Provide support and advice to groups and organisations regarding social enterprises in local community hubs

PLANNING  
ADVOCACY

• Community Development  
• **Economic Development**

NUMBER OF SOCIAL ENTERPRISES ADVISED



Provide support and advice regarding community markets e.g. Farmers / craft / produce / Christmas markets

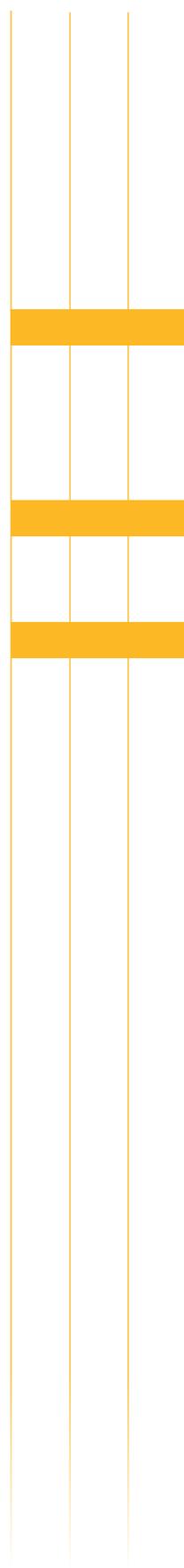
PLANNING  
ADVOCACY

• Community Services  
• **Economic Development**

COMMUNITY MARKETS HELD



-  Adequately resourced
-  Additional resources required
-  Resources reassigned
-  New resources required



ACTIONS COUNCIL INVOLVEMENT RELEVANT COUNCIL OPERATIONAL AREA MEASURING OUR SUCCESS RESOURCE IMPLICATION

## OBJECTIVE PEOPLE FEEL CONNECTED TO THEIR NEIGHBOURS AND THEIR COMMUNITY

### STRATEGY 1 • SUPPORT COMMUNITY INITIATIVES

Provide “Know Your Neighbours” online resource – including tips and ideas e.g. setting up a Babysitting Club, etc	ADVOCACY PROVIDER	<ul style="list-style-type: none"> <li>• <b>Community Development</b></li> <li>• Community Services</li> </ul>	INFORMATION PROVIDED	○	
Support parent groups / Playgroups/ breastfeeding support groups	ADVOCACY PROVIDER	<ul style="list-style-type: none"> <li>• <b>Community Development</b></li> <li>• Community Services</li> </ul>	PARENT GROUPS AND PLAYGROUPS SUPPORTED AND PROMOTED	○	
Work with local groups to identify suitable locations for community gardens and food patches and support their appropriate development	ADVOCACY PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• Asset Management</li> <li>• <b>Community Development</b></li> </ul>	NUMBER OF COMMUNITY GARDENS AND FOOD PATCHES INCREASED	●	

### STRATEGY 2 • RECOGNISE AND CELEBRATE CULTURAL DIVERSITY AND ABORIGINAL CULTURAL HERITAGE

Develop a Culturally and Linguistically Diverse (CALD) Community Plan	PROVIDER	<ul style="list-style-type: none"> <li>• <b>Community Development</b></li> </ul>	ACTION PLAN DEVELOPED	○	
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- Support better usage of Libraries and the LINC: Strengthen the connection with libraries and advocate for more courses and longer hours; Supporting Online Access Centres to encourage more participation
- Explore implementing ideas such as the “Stop Rest Play” program – CWA
- Information and advice hubs – e.g. Citizen Advice Bureaus – mobile CABs
- Encourage socially responsible workplaces: “Champion employers” – building social conscience in employers. Providing an award for contributing positively to the community
- Link in with the strategies of the Social Inclusion Unit

# CARE FOR OUR PLACE

## PRINCIPLE

To protect, manage, and enhance the natural environment for the long term environmental, social and economic benefits of the community.

## GOAL

For the Clarence community to embrace and promote efforts toward environmental sustainability.

## OBJECTIVES

- > **COMMUNITY INVOLVEMENT IN CARING FOR CLARENCE**
- > **ADEQUATE RUBBISH SERVICE PROVISION FOR THE COMMUNITY**

## CURRENT COUNCIL ACTIVITIES SUPPORTING THIS GOAL THAT ARE INTEGRAL TO THE PLAN



The activities listed above are integral to caring for our place in Clarence and are included in the scope of this domain.

SHORT TERM  
MEDIUM TERM  
LONG TERM

ACTIONS COUNCIL INVOLVEMENT RELEVANT COUNCIL OPERATIONAL AREA MEASURING OUR SUCCESS RESOURCE IMPLICATION

## OBJECTIVE COMMUNITY INVOLVEMENT IN CARING FOR CLARENCE

### STRATEGY 1 - PROVIDE OPPORTUNITIES FOR INVOLVEMENT AND INCREASE AWARENESS

Hold local neighbourhood environment days	ADVOCACY PLANNING	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> <li>• Events</li> </ul>	LOCAL NEIGHBOURHOOD ENVIRONMENT DAYS HELD	○	
Stimulate creative projects including a recycled art / craft / fashion parade project and sustainable living photo display	PROVIDER	<ul style="list-style-type: none"> <li>• <b>Arts</b></li> <li>• Asset Management</li> <li>• Community Development</li> <li>• Events</li> </ul>	CREATIVE PROJECTS AND ACTIVITIES TRANSPIRED	○	
Hold 'Clean Up' Days	ADVOCACY PLANNING	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> </ul>	NUMBER OF CLEAN UP DAYS HELD	○	

### STRATEGY 2 - LAND / COAST CARE AND SUSTAINABLE LIVING GROUPS

Hold annual festival for land / coast care and sustainability groups	ADVOCACY PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> <li>• Community Development</li> <li>• Events</li> </ul>	FESTIVAL HELD	●	
Investigate options to provide a stakeholder and community voice for planning and management of natural resources on a project basis	PLANNING	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> </ul>	OPTIONS INVESTIGATED	○	
Support our volunteers in their endeavours in caring for our land eg. training, equipment	PLANNING	<ul style="list-style-type: none"> <li>• Asset Management</li> <li>• <b>Human Resources</b></li> </ul>	POLICY DEVELOPED	○	
Facilitate support forums for land / coast care and sustainability groups to improve cohesiveness, including guest speakers	ADVOCACY PLANNING	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> <li>• Community Development</li> </ul>	FORUMS HELD	○	

## OBJECTIVE ADEQUATE RUBBISH SERVICE PROVISION FOR THE COMMUNITY

### STRATEGY - RESPOND TO COMMUNITY-IDENTIFIED ISSUES THROUGH EDUCATION AND SERVICE PROVISION

Work with Southern Waste Strategy Authority (SWSA) on education about rubbish reduction, reuse, and recycling to minimise waste	PROVIDER	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> <li>• Marketing and Communication</li> </ul>	AUDIT PROBLEM AREAS AND PROVIDE EDUCATION STRATEGY	○	
Education and promotion of additional rubbish services available	PROVIDER	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> </ul>	EDUCATION PROVIDED AS NEEDED	○	

○ Adequately resourced    ○ Additional resources required  
 ○ Resources reassigned    ● New resources required

# PROMOTING AND ENHANCING SAFETY

## PRINCIPLE

All people have the right to feel safe in their community.

## GOAL

For Clarence to be a safe place for all groups and individuals.

## OBJECTIVES

- > PEOPLE FEEL SAFE IN THEIR OWN COMMUNITY
- > PEOPLE FEEL SAFE USING PUBLIC TRANSPORT
- > PEOPLE FEEL SAFE ON THE ROADS
- > PEOPLE FEEL SAFE AT HOME

## CURRENT COUNCIL ACTIVITIES SUPPORTING THIS GOAL THAT ARE INTEGRAL TO THE PLAN



The activities listed above are integral to promoting and enhancing safety in Clarence and are included in the scope of this domain.

ACTIONS COUNCIL INVOLVEMENT RELEVANT COUNCIL OPERATIONAL AREA MEASURING OUR SUCCESS RESOURCE IMPLICATION

## OBJECTIVE PEOPLE FEEL SAFE IN THEIR OWN COMMUNITY

### STRATEGY 1 • COMMUNITY BASED SAFETY PROGRAMS

Develop a Community Safety Strategy for Council	PLANNING	• <b>Community Development</b>	STRATEGY DEVELOPED	●
Promote Neighbourhood Watch	PLANNING ADVOCACY	• <b>Community Development</b>	NEIGHBOURHOOD WATCH PROMOTED	○
Investigate opportunities for supporting the Safety House program	PLANNING ADVOCACY	• <b>Community Development</b>	SAFETY HOUSE PROGRAM OPPORTUNITIES INVESTIGATED	○

### STRATEGY 2 • IMPROVED COMMUNITY DESIGN AND AMENITY

Assess subdivision design considering connectivity, legibility, open spaces, active and passive surveillance etc.	PLANNING REGULATORY	• <b>Integrated Assessment</b>	SUBDIVISIONS ASSESSED FOR SAFETY	○
Use 'Crime Prevention through Environmental Design' (CPTED) principles in design of parks and public open spaces	PLANNING PROVIDER	• <b>Asset Management</b> • Community Services	CPTED PRINCIPLES INCORPORATED INTO DESIGN OF PUBLIC OPEN SPACES	○
Develop well-designed recreational activities e.g. skate park/s	PLANNING PROVIDER	• <b>Asset Management</b> • Youth Services	RECREATIONAL ACTIVITIES DEVELOPED	○

### STRATEGY 3 • STRENGTHENED NETWORKS WITH POLICE

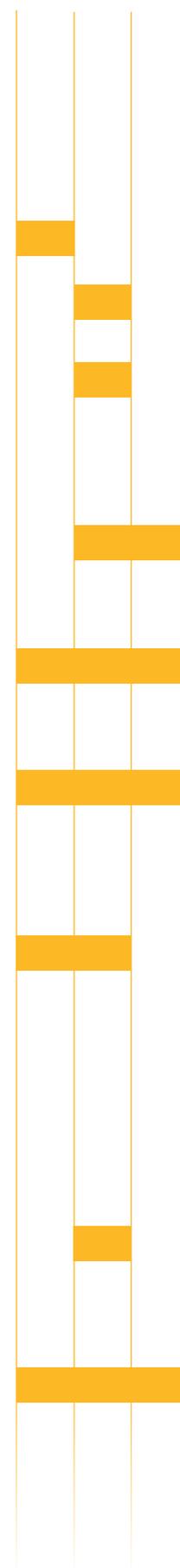
Advocate and work together with Police toward greater Police presence in outlying areas	LOBBYING	• <b>Community Development</b> • Youth Services	LOBBY POLICE REGARDING SAFETY IN OUTLYING AREAS AND POLICE PRESENCE	○
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## OBJECTIVE PEOPLE FEEL SAFE USING PUBLIC TRANSPORT

### STRATEGY 1 • COMMUNITY SAFETY PROGRAMS AND INTERVENTIONS

Adopt Clarence tagline e.g. "Clarence, a kind Community" social marketing campaign	PLANNING PROVIDER	• <b>Community Development</b> • Community Services • Marketing and Communications	SOCIAL MARKETING CAMPAIGN CONDUCTED	○
Work with Metro toward improving facilities and services	ADVOCACY LOBBYING PLANNING	• <b>Community Development</b> • Asset Management	IMPROVED FACILITIES AND SERVICES	○

○ Adequately resourced    ○ Additional resources required  
○ Resources reassigned    ● New resources required



# PROMOTING AND ENHANCING SAFETY

SHORT TERM  
MEDIUM TERM  
LONG TERM

ACTIONS COUNCIL INVOLVEMENT RELEVANT COUNCIL OPERATIONAL AREA MEASURING OUR SUCCESS RESOURCE IMPLICATION

## OBJECTIVE PEOPLE FEEL SAFE ON THE ROADS

### STRATEGY 1 • ADDITIONAL ROAD SAFETY STRATEGIES

Improve village areas for pedestrians and cyclists	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> <li>• Bicycle Steering Committee</li> <li>• Integrated Assessment</li> </ul>	AUDIT AND REVIEW PEDESTRIAN AND CYCLIST ROAD ACCESS IN VILLAGE AREAS	○			
Improve transport safety corridors for cyclists	PLANNING PROVIDER	<ul style="list-style-type: none"> <li>• Asset Management</li> <li>• <b>Bicycle Steering Committee</b></li> <li>• Tracks and Trails Committee</li> </ul>	AUDIT AND REVIEW SAFETY OF TRANSPORT CORRIDORS	●			
Monitor and review road safety including: - traffic calming in speed prone zones - reviewing speed limits in village areas, and - providing facilities that assist with educating young people about road safety	PLANNING	<ul style="list-style-type: none"> <li>• <b>Asset Management</b></li> <li>• Bicycle Steering Committee</li> </ul>	ROAD SAFETY AUDITS UNDERTAKEN	○			

## OBJECTIVE PEOPLE FEEL SAFE AT HOME

### STRATEGY 1 • SUPPORT FOR THE "AT RISK" AND HOMELESS

Work with agencies in Clarence and support appropriate strategies to assist people out of homelessness	ADVOCACY PLANNING	<ul style="list-style-type: none"> <li>• Community Services</li> <li>• <b>Youth Services</b></li> </ul>	ISSUE OF HOMELESSNESS INVESTIGATED AND STRATEGIES SUPPORTED	○			
Provide information about accommodation services	PROVIDER	<ul style="list-style-type: none"> <li>• Community Services</li> <li>• <b>Youth Services</b></li> </ul>	INFORMATION PROVIDED ESTABLISH NETWORKS WITH ACCOMMODATION SERVICES	○			

**THE FOLLOWING ACTIONS WERE RAISED THROUGHOUT THE CONSULTATION PROCESS. HOWEVER, DUE TO LIMITED COUNCIL RESOURCES, THEY ARE NOT ABLE TO BE INCLUDED FOR ACTION IN THIS PLAN BUT MAY BE CONSIDERED AT SOME POINT IN THE FUTURE.**

- Improve street safety through clever and contemporary design
- Promote opportunities to strengthen family relationships
- Promote the needs of support services including Loui's Van / Second Bite

- Adequately resourced
- Additional resources required
- Resources reassigned
- New resources required

# OVERARCHING STRATEGIES FOR THE IMPLEMENTATION OF THE PLAN

Regardless of the actions that are taken in each of the five domains of the Health and Wellbeing Plan, the following key strategies and actions run across the whole of the Plan and are fundamental to the overall implementation of it.

Ensure adequate coordination, implementation, monitoring and evaluation of the Health and Wellbeing Plan

Ensure the opportunities for recreation in Clarence are maximised to their full potential

Ensure adequate both-ways communication between Council and the community about Health and Wellbeing in Clarence

## ACTIONS

- Establish a Health and Wellbeing Advisory / Implementation Committee
- Allocate responsibility for coordination and implementation of the Health and Wellbeing Plan

## ACTIONS

- Allocate responsibility to:
- Maximise use of recreational assets and associated infrastructure (i.e. land and development)
  - Plan, develop and improve recreational assets to benefit the community

## ACTIONS

- Have a “brand” for our health and wellbeing program including a website, activities templates, etc.
- Embed feedback mechanisms into the plan implementation:
  - Seek regular data from the Health Department statistician for the purpose of evaluation
  - Use other evaluation tools such as audits (e.g. no of community gardens,) and event satisfaction questionnaires

## CONSULTATION

Council engaged in a multi-level consultation process in order for the Plan to adequately reflect community aspirations and needs, government policy and Council capacity. The structures used included:

**Internal Working Group** – This group consisted of representatives from Asset Management, Community Development, Cultural Arts, Council's Volunteer Service, Corporate Executive Committee, Economic Development, Environmental Health, Integrated Assessment, and Youth Services. Broad representation on this group was important due to the broad nature of the issue, impacting on every section of Council.

**External networks** – Relationships with various members of the health sector in both the public and private sphere were established and utilised for advice about the direction of the Plan.

**External Reference Group** – This group consisted of community members with a specific interest in health and wellbeing, professional representatives, and Council Officers. The group provided invaluable input into the consultation process, and guidance for the development of the Plan.

**Community Consultation** – An external consultant was engaged to conduct a consultation process in order to determine the needs and aspirations of the community. The consultation included: a resident survey which was available to complete on-line or in hard copy and distributed widely through the council website, newsletter and at community access points; a telephone survey of 400 residents; face to face interviews with residents over two days at Eastlands Shopping Centre; and five focus groups conducted throughout the municipality. The results of this consultation are available on the Council website or by contacting Council.

## IMPLEMENTATION, MONITORING AND REVIEW

Activities and projects in support of the plan's strategies will be implemented and funded through Council's Annual Plan and capital works program.

The Community Health and Wellbeing Plan will provide a framework to progress and implement the key themes and strategies. These will be measured against key result areas and designated timelines and monitored through quarterly reports to Council.

The Plan will be regularly reviewed throughout the implementation process and a progress report presented to Council annually.

The Plan will be reviewed after a period of five years although some of the actions have a longer time frame and will not have been completed in that time.

## ACKNOWLEDGEMENTS

Council would like to acknowledge and thank all those who participated in the development of this plan through the community consultation process.

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# APPENDIX A

## COUNCIL POLICY

### COUNCIL'S STRATEGIC PLAN

Developing a community Health and Wellbeing Plan is identified in Council's Strategic Plan (2010-1015). While health and wellbeing relates to all of Council's strategic goals, it is specifically identified under the goal area of social inclusion.



## GOAL AREA: social inclusion

To support local communities to build on existing capacity and progress their health and wellbeing. The Strategies for achieving this are:

### COMMUNITY SAFETY AND WELLBEING

- Provide essential infrastructure to support, sustain and enhance community safety and social well-being
- Develop and implement plans for dealing with:
  - climate change
  - sea level rise
  - bushfire
  - emergencies
- Provide an environmental health program to enhance community safety
- Develop and implement plans and programs that respond to community safety and well-being issues

### PUBLIC SPACES AND AMENITY

- Prepare plans to create a sense of place for local communities
- Develop and implement Asset Management Plans that respond to the identified needs of local communities
- Develop plans to improve the amenity of public spaces, including:
  - future needs for public open space and recreation facilities
  - beautification and enhancement of streetscapes
  - implementation of Tracks and Trails Plan and Bicycle Plan
  - reduction of inappropriate graffiti
- Work with Department of Education and other authorities to maximise utilisation of sporting and other recreational facilities including the development of a multi-purpose recreation facility

### CULTURAL AND SOCIAL ACTIVITIES

- Develop and implement plans that recognise and celebrate our cultural diversity
- Implement the City's Cultural Arts Plan and Cultural History Plan
- Facilitate opportunities for a Cultural/Civic complex
- Continue to develop our community events program
- Continue to develop partnerships with Arts organisations and business

### ACCESS AND SOCIAL INCLUSION

- Implement social plans that address the needs of specific groups within the community, eg. Positive Ageing Plan, Disability Action Plan and Youth Plan
- Develop a Health and Well-being Plan including supporting community programs and activities
- Facilitate the provision of needed public facilities
- Work constructively with community groups and other organisations on areas of mutual interest
- Recognise contributions of community groups and volunteers
- Provide a range of family, youth and age-friendly programs and facilities including child care services, playgrounds, youth services, senior citizens' centres and community volunteer program

## APPENDIX B

### STATE, NATIONAL AND INTERNATIONAL POLICY CLIMATE

Local government action toward promoting health and wellbeing needs to reflect and complement action and recommendations that are occurring on a state, federal, and international policy level.

#### STATE PRIORITIES

Tasmania's Department of Health and Human Services has two key plans focussing state government priorities. A Healthy Tasmania is the health system and medical services plan, while Working in Health Promoting Ways is a framework for health promotion. In addition to this, "Tasmania's Plan for Physical Activity 2011-2021" focusses on the importance of physical activity for improving health and wellbeing.

#### A HEALTHY TASMANIA – SETTING NEW DIRECTIONS FOR HEALTH AND WELLBEING IN TASMANIA

In 2011 Tasmania's Department of Health and Human Services released their report "A Healthy Tasmania – Setting new directions for Health and Wellbeing in Tasmania."

There are some clear strategic directions that the State government is pursuing through *A Healthy Tasmania*.

##### Bringing together and strengthening our health intelligence by...

- Fostering Social Action Research
- Establishing Health and Wellbeing Indicators
- Investigating Health Outcomes Commissioning

##### Supporting the health and wellbeing of Tasmanians who are vulnerable by...

- Adopting a Life-Course Approach
- Targeting Social Determinants of Health

##### Building supportive environments and policies that will...

- Promote and Protect
- Build Healthy People and Places
- Explore Health Equity Impact Assessment

##### Addressing locational disadvantage by...

- Encouraging Place-Based Approaches
- Using People-Centred Planning

**Spreading the message of A Healthy Tasmania so that we...**

- Empower People and Communities
- Connect to Support
- Enable Access

**Building leadership by...**

- Working Together
- Taking Intersectoral Action for Health and Wellbeing
- Addressing Inequity and Health

(DHHS, 2011)

**WORKING IN HEALTH PROMOTING WAYS**

The Tasmanian Department of Health and Human Services health promotion strategy is: *Working in Health Promoting Ways* which focuses on disease prevention, health promotion and early intervention, reducing health inequalities, and achieving effective and sustainable outcomes.

**What are the priority areas covered by the Framework?**

The seven identified priorities of the Framework are:

1. Promoting physical activity and active communities
2. Improving access to nutritious, safe and affordable food
3. Promoting mental health and wellbeing
4. Reducing use and minimising harm from tobacco, alcohol and other drugs
5. Preventing injury
6. Promoting sexual health and wellbeing
7. Improving the prevention and management of chronic conditions

(DHHS, 2009)

Each of the action areas has a corresponding Action Guide which includes interventions, guidelines, strategies, and supporting environments. (DHHS, 2011)

**TASMANIA'S PLAN FOR PHYSICAL ACTIVITY 2011-2021**

The state government recognises "that we all need regular physical activity for good physical and mental health, and for achieving and maintaining a health weight." Tasmania's Plan for Physical Activity 2011-2021 hopes to achieve the following goals:

- GOAL 1** Become a community that values and supports physical activity
- GOAL 2** Create built and natural environments that enable and encourage physical activity
- GOAL 3** Develop partnerships that build and share knowledge and resources
- GOAL 4** Increase opportunities for all Tasmanians to be physically active where they live, work and play

(State of Tasmania, 2011)

## NATIONAL PRIORITIES

The National Chronic Disease Strategy (NHPAC, 2006) outlines the following future directions for the prevention of chronic disease:

- Invest in prevention
- Creating healthy environments
- Starting early is essential for success
- Promoting health and wellbeing during the early school years
- Raising community awareness and encouraging action
- Focussing on health inequalities
- Reducing risk through health care interactions
- Building the evidence base, tracking progress and monitoring performance

More recently, the Commonwealth Government has released the National Preventative Health Strategy – the roadmap for action. This Strategy aims to achieve the vision that Australia be the healthiest country by 2020 through:

- Maximising community wellbeing
- Sharing responsibility and working together
- Addressing health equity, and
- Ensuring quality implementation

The strategic directions for achieving this are to:

- Develop strategic partnerships
- Act early and across life
- Engage communities
- Influence markets and develop coherent policies
- Reduce Inequity, and
- Refocus health systems toward prevention

The three areas of emphasis are:

- Obesity
- Tobacco, and
- Alcohol

There is an additional emphasis on Indigenous health and closing the life expectancy gap between indigenous and non-Indigenous Australians.

(Commonwealth of Australia, 2009)

## INTERNATIONAL PRIORITIES

According to the Ottawa Charter (WHO, 1986) the fundamental conditions and resources for health are:

- peace
- shelter
- education
- food
- income
- a stable eco-system
- sustainable resources
- social justice, and equity

Improvement in health requires a secure foundation in these basic prerequisites.

The Ottawa Charter identifies three basic strategies for health promotion. These are advocacy for health to create the essential conditions for health indicated above; enabling all people to achieve their full health potential; and mediating between the different interests in society in the pursuit of health.

### ADVOCATE

Good health is a major resource for social, economic and personal development and an important dimension of quality of life. Political, economic, social, cultural, environmental, behavioural and biological factors can all favour health or be harmful to it. Health promotion action aims at making these conditions favourable through advocacy for health.

### ENABLE

Health promotion focuses on achieving equity in health. Health promotion action aims at reducing differences in current health status and ensuring equal opportunities and resources to enable all people to achieve their fullest health potential. This includes a secure foundation in a supportive environment, access to information, life skills and opportunities for making healthy choices. People cannot achieve their fullest health potential unless they are able to take control of those things which determine their health. This must apply equally to women and men.

### MEDIATE

The prerequisites and prospects for health cannot be ensured by the health sector alone. More importantly, health promotion demands coordinated action by all concerned: by governments, by health and other social and economic sectors, by nongovernmental and voluntary organization, by local authorities, by industry and by the media. People in all walks of life are involved as individuals, families and communities. Professional and social groups and health personnel have a major responsibility to mediate between differing interests in society for the pursuit of health. Health promotion strategies and programmes should be adapted to the local needs and possibilities of individual countries and regions to take into account differing social, cultural and economic systems.

For health promotion in the 21st century the Jakarta Declaration identifies five priorities:

- Promote social responsibility for health
- Increase investments for health development
- Expand partnerships for health promotion
- Increase community capacity and empower the individual
- Secure an infrastructure for health promotion

## **CHRONIC DISEASE**

Chronic diseases are the major cause of death and disability worldwide and therefore a major focus of international action on health.  
(WHO, 1986)

### **WHAT CAUSES CHRONIC DISEASES?**

The causes (risk factors) of chronic diseases are well established and well known; a small set of common risk factors are responsible for most of the main chronic diseases. These risk factors are modifiable and the same in men and women:

- unhealthy diet;
- physical inactivity;
- tobacco use.

These causes are expressed through the intermediate risk factors of raised blood pressure, raised glucose levels, abnormal blood lipids, overweight and obesity. The major modifiable risk factors, in conjunction with the non-modifiable risk factors of age and heredity, explain the majority of new events of heart disease, stroke, chronic respiratory diseases and some important cancers. The relationship between the major modifiable risk factors and the main chronic diseases is similar in all regions of the world.

### **OTHER RISK FACTORS**

Many more risk factors for chronic diseases have been identified, but they account for a smaller proportion of disease. Harmful alcohol use is an important contributor to the global burden of disease but its relationship to chronic disease is more complex. Other risk factors for chronic disease include infectious agents that are responsible for cervical and liver cancers, and some environmental factors, such as air pollution, which contribute to a range of chronic diseases including asthma and other chronic respiratory diseases. Psychosocial and genetic factors also play a role.

### **CHILDHOOD RISK**

There is now extensive evidence from many countries that conditions before birth and in early childhood influence health in adult life. For example, low birth weight is now known to be associated with increased rates of high blood pressure, heart disease, stroke and diabetes.

### **RISK ACCUMULATION**

Ageing is an important marker of the accumulation of modifiable risks for chronic disease: the impact of risk factors increases over the life course.

## **UNDERLYING DETERMINANTS**

The underlying determinants of chronic diseases are a reflection of the major forces driving social, economic and cultural change – globalisation, urbanisation, population ageing, and the general policy environment.

### **POVERTY**

Chronic diseases and poverty are interconnected in a vicious circle. At the same time, poverty and worsening of already existing poverty are caused by chronic diseases. The poor are more vulnerable for several reasons, including greater exposure to risks and decreased access to health services. Psychosocial stress also plays a role.

Without action to address the causes, deaths from chronic disease will increase by 17% over the next ten years.

(WHO, 2005)

## **NON GOVERNMENT ORGANISATION PUBLICATIONS AND POLICY**

Council recognises that Non Government Organisations (NGOs) play a significant role in promoting health and wellbeing in the community and strives to work in partnership with these organisations. Where possible, Council will use and promote relevant publications and programs provided by relevant NGOs, such as the Heart Foundation's "Healthy by Design" planners guide (National Heart Foundation of Australia, 2004) and "The Social Determinants of Health: Fact Sheets" (Australian Health Promotion Association and TasCOSS, 2012).

