MANNINGHAM

HEALTHY CITY
STRATEGY
2017–2021

Contents

Mayor's and CEO's Message

A healthy city is something we all strive to maintain and improve, so it is with great pleasure and pride that we present the Manningham Healthy City Strategy 2017 – 2021.

While Manningham is already viewed by many as one of the healthiest cities in the State of Victoria, we know and appreciate that to improve the health, safety and wellbeing of our community, now and for generations to come, we need to collaborate with key partner organisations to plan and ensure the best health outcomes can be realised together.

This Healthy City Strategy sets the direction for Council policy, partnership and practice over the next four years and is the result of research, data and community views and direction from Council's Healthy City Advisory Committee. For this strategy, the committee identified four key focus areas, including how our City can be inclusive and harmonious, how our City can be healthy and well, how our City can be safe and resilient, and how our City can be more creative and vibrant.

The strategy complies with Council's legislative obligation under the *Health and Wellbeing Act 2008* and will be used to strategically inform future work delivered by Council, including funding of key health related projects though the Council Plan and annual budget, over the next four years.

We sincerely thank our health partners and the broader community for their involvement in developing this strategy that will support and direct our combined efforts to maximise the opportunities for our community to achieve longer term benefits in optimum health and ultimately, improved quality of life.

Cr Michelle Kleinert

Mayor

Warwick Winn

Chief Executive Officer

Partners Message

Health and wellbeing is a community responsibility and as community members and services with a vested interest in the health and wellbeing of everyone in Manningham; we are privileged to have been actively engaged in the development of Manningham's Healthy City Strategy 2017–2021.

Manningham is one of the healthiest and safest cities in Victoria – but there is always more that can be done. Our good health status is assisted by the healthy places and spaces that are provided and are accessible within the municipality but there are many other structural and individual factors that impact good health.

Council alone cannot improve the health of the population. Working together means we can address the root causes of ill health and disease. To ensure the greatest benefit to the population as a whole, we have identified shared priorities that we can work on together. The agencies and individuals represented on the Manningham Healthy City Advisory Committee have collaborated to partner with Manningham City Council to support the development and implementation of this important Strategy. The services represented on the Advisory Committee provide support and care to people and families in our community across the life course. They deliver services across a continuum from prevention through treatment to crisis support and intervention.

Many of our services work with the most vulnerable people and families in our community – we are proud to represent their needs, ably assisted by skilled and passionate community representatives who are key contributors to the advisory committee and its work.

We congratulate Manningham Council on their vision for population health in Manningham and the thorough process undertaken to achieve this Strategy.

Signed in Partnership

Healthy City Advisory Committee Membership:

- ❖ Access Health and Community (AccessHC)
- ❖ Department of Education and Training
- ❖ Department of Health and Human Services
- ❖ Doncaster Community Care and Counselling Centre (Doncare)
- ❖ Eastern Domestic Violence Services (EDVOS)
- ❖ Haven Home Safe
- ❖ Heide Museum of Modern Art
- ❖ Inner East Primary Care Partnership
- ❖ Manningham YMCA
- ❖ Manningham Strategic Alliance of Community Houses
- ❖ Mhisti Rele (Community Representative)
- ❖ Eastern Melbourne Primary Health Network (PHN)
- ❖ Onemda
- ❖ Shilpa Smith (Community Representative)
- ❖ Victoria Police – Manningham Police Service Area
- ❖ Whitehorse Manningham Libraries
- ❖ Women's Health East

1. Introduction

When we feel happy, healthy and well, we live more content and satisfied lives.

In Manningham, there are many ways for people to stay healthy, active and connected to their family, community and the environment in which they live. They can access and enjoy the many walking and bike paths, the parks and open spaces, the sports facilities and playgrounds. They can also utilise an array of services and programs that support healthy living, as well as get involved and participate in activities that enhance their connection and creativity with their local community. Statistics show that Manningham residents enjoy a level of health and wellbeing that is higher than many other areas across Victoria. In saying this, there is always room for improvement.
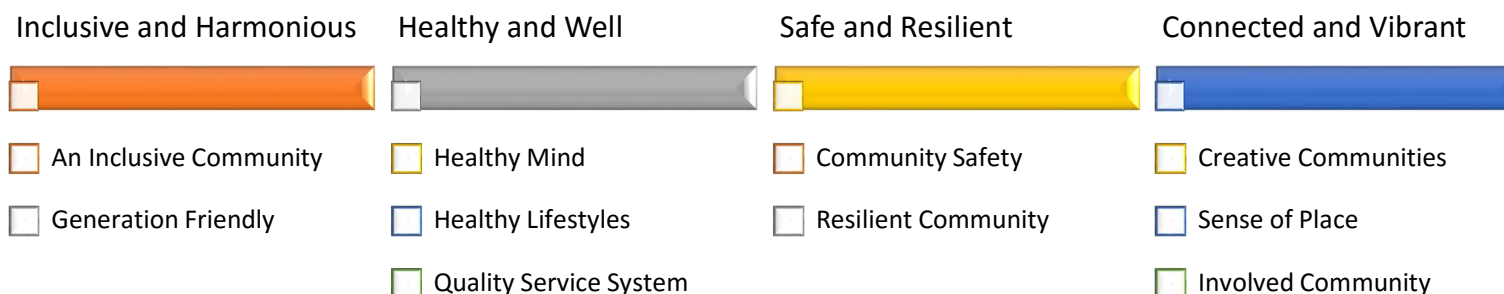
Everyone has a role in supporting the health and wellbeing of our community. All levels of government, regional and local organisations plus the communities, need to work together collaboratively. Manningham City Council has a leading responsibility, and is partnering with stakeholders from across a variety of sectors, to ensure the best outcomes are achieved.

The Healthy City Strategy 2017 – 2021 focuses on the people of Manningham and is a partner document to Manningham's Council Plan 2017 – 2021. Together, the two strategic documents address five interlinked domains: our community, our places and spaces, our environment, our economic growth and our Council leadership. These strategic documents will work hand in hand to address the issues that impact the liveability, resilience and wellbeing of our community in Manningham.

The Healthy City Strategy 2017 - 2021 will set direction for Council policy, partnership and practice over the next four years and has taken into account the need for strong partnerships and collaboration, targeted place based approaches, the need to ensure health equity, along with the identification of collective priorities and actions. It was developed in partnership with the Healthy City Advisory Committee and identified four focus areas based on data, evidence and community views.

To ensure the long term effectiveness of this plan in improving the health and wellbeing of our community, an evaluation framework that measures the outcomes and impacts to our community has been developed.

The Healthy City Strategy's Focus Areas for Manningham are:

Inclusive and Harmonious	Healthy and Well	Safe and Resilient	Connected and Vibrant
☐ An Inclusive Community	☐ Healthy Mind	☐ Community Safety	☐ Creative Communities
☐ Generation Friendly	☐ Healthy Lifestyles	☐ Resilient Community	☐ Sense of Place
	☐ Quality Service System		☐ Involved Community

2. Background

2.1. What is Community Health and Wellbeing?

Health is defined as "a complete physical, mental and social wellbeing and not merely the absence of disease".[1] 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 reside, the economy, and our ability to engage in all elements of community life. Community wellbeing is about how all these things come together to support us to live happy, healthier and more meaningful lives.

2.2. What is Municipal Public Health and Wellbeing Planning?

Every Victorian Local Government is required under the Public Health and Wellbeing Act 2008 to prepare a Municipal Public Health and Wellbeing Plan (MPHWP) within 12 months of Council Elections. The MPHWP is required to "protect, improve and promote public health and wellbeing within the municipal district" and:

- Take into account data on the health status and determinants in the municipality;
- Identify local goals and evidence based strategies which support people to achieve maximum health and wellbeing;
- Provide opportunity for the local community to be involved in the development, implementation and evaluation of the plan; and
- Ensure a partnership approach is undertaken to accomplish the goals and strategies. *(Source: Public Health and Wellbeing Act 2008 (Vic) s26)[2]*

Manningham's Healthy City Strategy 2017 – 2021 complies with these legislative requirements and its development is guided by data and evidence, community consultation and the success of previous initiatives. It consists of four strategic documents:

- Healthy City Strategy 2017 – 2021 provides the strategic direction for Council and its partners over the next four years

- Healthy City Action Plan identifies the activities that will be delivered to meet the objectives of the four year Strategy
- The State of Our City Profile that identifies the health status and wellbeing needs of the community
- The Manningham Healthy City 2013-17 Evaluation Report which outlines the key outcomes, impacts and achievements of the previous plan.

2.3. Frameworks for Public Health Planning

Traditional health planning uses a number of existing frameworks. These frameworks have influenced the development of the Healthy City Strategy and Action Plan. Key considerations were given to:

- ❖ **Social Model of Health** which defines that for maximum health and wellbeing to be achieved, the social, environmental and economic factors that affect health need to be addressed alongside the biological and medical factors.[3]
- ❖ **Population Health Planning** [4] which supports an integrated and collaborative cross sectoral planning approach to improve the health and wellbeing of whole of populations, reduce inequities and address the needs of the most disadvantaged.
- ❖ **Environments of Health Framework** [5] **and Social Determinants** which acknowledge that to have the greatest impact on population wellbeing, the social, natural, economic and built environments must be considered and that an integrated planning across sectors is essential.
- ❖ **Health Promotion** which is about strengthening the skills and capabilities of individuals to take action and the capacity of groups or communities to act collectively to influence the determinants of health and achieve positive change.[6]
- ❖ **Prevention, Protective Factors and Behaviours** are required to be considered to address the risk factors resulting from the environment and individual behaviours.[7]
- ❖ **Health Equity** [8] which ensures everyone has a fair opportunity to attain their full health potential and that the needs of those most disadvantaged are considered through the action planning process

A number of new frameworks have recently evolved to influence health planning in the future and include:

- ❖ **Victorian Public Health and Wellbeing Outcome Framework** is a new initiative from the Department of Health and Human Services (DHHS) which provides a transparent approach to monitoring and reporting progress in population health outcomes.
- ❖ **Systems Thinking**[9] addresses the broad and complex issues, such as obesity, by identifying all the elements that contribute to the issue and their interrelationship. These include the individual, ecological, social and political factors.
- ❖ **Collective Planning and Collective Impact** is where a cross section of stakeholders work collaboratively together to solve complex social problems and seek to create impact together rather than individually. [10]
- ❖ **Liveability in** Place is a new planning approach whereby domains such as employment, food, housing, public open space, transport, walk-ability and social infrastructure all have a role in creating a healthier community. . [11]
- ❖ **Place-Based Primary Prevention** identifies and addresses the social and physical environment of a designated place or location. Consideration has also been given to settings based approaches to target interventions. In Manningham, placed based interventions are in Bulleen and Doncaster Hill and settings including early years, community and workplaces.

3. Policy Context in Manningham

3.1. Council Vision and Mission

Vision: A liveable and harmonious City.

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

3.2. Strategic Integrated Planning Framework

In a changing political environment, there is a growing need for Local Government to be more innovative, adaptable and efficient. Manningham City Council has seen an opportunity to streamline its approach to organisational planning by developing a new Integrated Planning Framework (Appendix 2) that responds to the inter-relationship that exists within and across many of the organisations service areas.

This framework forms the basis of the Council Plan 2017 – 2021 which includes five high level themes based on the Victorian Government's "Environments of Health Framework" recognising that the greatest impact on community health and wellbeing can only be achieved by considering the social, economic, natural and built environments. The themes are Resilient Environment, Liveable Places and Spaces, Vibrant and Prosperous Economy, Healthy Community and Well Governed Council.

Each has a series of goals and objectives which will provide strategic direction over the next four years across Council. Figure 1 provides an outline of the strategic framework and the goals for the Council Plan.
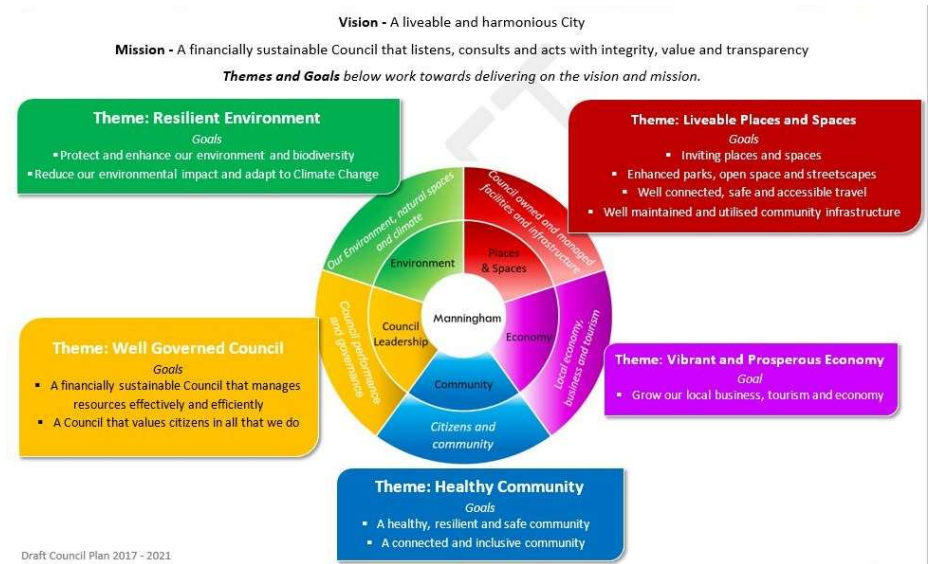
FIGURE 1: COUNCIL PLAN THEMES AND GOALS

4. Healthy City Strategy – Our Community

In the spirit of integration, the Healthy City Strategy 2017-2021 has adopted the following goals from the Council Plan 2017-2021:

1. A healthy, resilient and safe community.
2. A connected and inclusive community.

The Strategy and its supporting Action Plan will work towards achieving these Council Plan goals by addressing the needs of '*the community*' in an integrated and innovative way.

In particular, the Healthy City Strategy 2017-2021 has identified four key focuses, each with a series of high level priorities and action areas which through collaborative and integrated planning, will be addressed over the next four years by Council and its partners to meet these goals. Figure 2 outlines the Healthy City Strategy 2017 – 2021 and the structure of the future Action Plan.

The Healthy City Strategy 2017-2021 has taken an integrated approach by consolidating and streamlining Council's existing strategic commitments that support the social wellbeing of our community into one framework (Appendix 5 outlines supporting Council documents). It has also identified new strategic areas such as community connections that meet the changing needs of our community for now and into the future.

By adopting an integrated framework, we hope to have the broadest level of impact on our community's health and wellbeing.

FIGURE 2: HEALTHY CITY STRATEGY AND ACTION PLAN ELEMENTS

Inclusive and Harmonious	Healthy and Well	Safe and Resilient	Connected and Vibrant
An inclusive Diverse Community	Healthy Mind	Community Safety	Creative Communities
Generation Friendly	Healthy Lifestyles	Resilient Community	Sense of Place
	Quality Service System		Involved Community

Council Actions — Collaborative Actions — Partner Actions
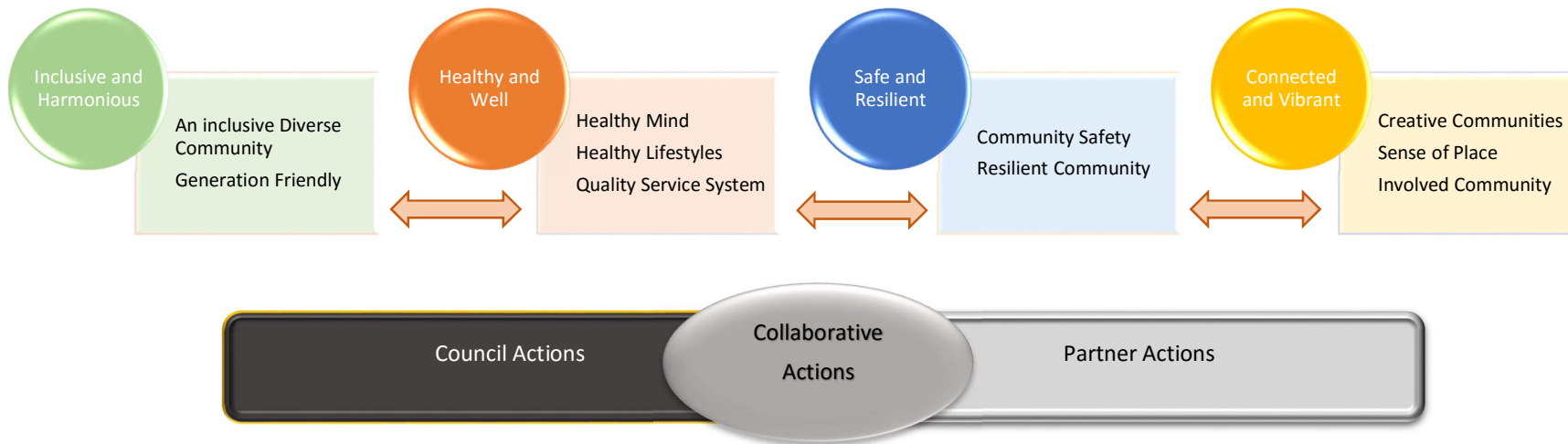
5. Development of Healthy City Strategy

Health and wellbeing planning has come a long way in Manningham since it was first introduced over 50 years ago. It has progressed from addressing issues such as sanitation and immunisation to focusing on creating a liveable city by addressing the social, cultural and environmental factors that impact on community wellbeing.

Manningham City Council undertook an extensive and creative process in the development of the Healthy City Strategy 2017-2021. The process included the establishment of a Healthy City Advisory Committee, the evaluation of Manningham's Healthy City Plan 2013-2017, extensive community consultation, the establishment of an evidence base and the development of an action plan that will guide the implementation of the strategy.

FIGURE 3: ELEMENTS TO THE DEVELOPMENT AND IMPLEMENTATION OF THE DRAFT HEALTHY CITY STRATEGY 2017-2021

5.1. Healthy City Advisory Commitee

A Healthy City Advisory Committee was established in 2017 to strategically inform the planning and development of the Strategy and Action Plan and will continue to partner in the future with implementation, monitoring and evaluation. The Advisory Committee has representation from Council and stakeholders from a state, regional and local level. (Appendix 6 outlines Healthy City Advisory Committee Membership and their role in Health and Wellbeing)

To support the ongoing implementation of the Strategy, Healthy City Working Groups will also be established.

5.2. Evaluation of Manningham Healthy City Plan 2013 / 17

The previous Healthy City Plan 2013-2017 underwent an extensive review which identified the outcomes achieved, the challenges and any key learnings from projects and initiatives. (Appendix 3 outlines Evaluation Report Summary) As this new Strategy has a number of similar priorities, it builds on the best practice examples and uses the learnings of the past to enhance future outcomes.

5.3. Community Consultation

The community was actively engaged and their views were considered throughout the development process. A four phase consultation approach was undertaken and portrayed in Figure 4.

Phase 1:

1000s of Voices

6000+ comments obtained from the community outlining "What was important in Manningham?"

Phase 2:

Council Officers and Key stakeholders were consulted to identify strategic priority areas for the next four years

Phase 3:

Consultation with Healthy City Advisory Committee on the strategic priorities and partnership actions

Phase 4:

Consultation with Councillors and Networks to identify potential actions for the next four years under each priority

FIGURE 4: PHASES UTILISED IN THE CONSULTATION PROCESS FOR THE HEALTHY CITY STRATEGY 2017 - 2021

5.4. Evidence and Research

Extensive research was undertaken into the health status of the Manningham community. It considered key areas such as demographics and projected population changes, the health and wellbeing issues that impact our community, protective and risk factors, key social issues, local area needs and strengths and research across the Council Plan themes: Community, Places and Spaces, Economy and the Environment. This information is available in the State of the City Profile.

5.5. Healthy City Action Plan

The Strategy will be supported by two consecutive Action Plans developed every two years in partnership with key stakeholders. These Plans will identify new initiatives and collaborative actions that address the agreed focus areas and priorities. Other commitments that support health and wellbeing are identified in supporting documents.

6. Review and Evaluation

6.1. Monitoring and Review

In line with The Health and Wellbeing Act 2008 Section 26 "A council must review its MPHWP annually, and if appropriate, amend the Plan". The Healthy City Strategy 2017-2021 and Action Plan will be annually reviewed with the Healthy City Advisory Committee and a report submitted to Council. Monitoring will also be undertaken in accordance with the recommendations of the Royal Commission into Family Violence. The elements that will be considered at each review are identified in Figure 5.

6.2. Evaluation Framework

Evaluation is an integral part of the Healthy City Strategy 2017 - 2021. A multilayered approach will be undertaken to evaluate it effectiveness.

FIGURE 5: ELEMENTS CONSIDERED AT EACH ANNUAL REVIEW

The overall evaluation framework and methodology is as follows:

Form of Evaluation	What is being Evaluated?	Methodology
Overall Evaluation	Have we made our community more liveable?	Liveability Indicators Measured Over 8 years
Outcome Evaluation	Have we achieved the long term benefits we sought?	Manningham Indicators -Targets and Outcome Measures fore each priority level
Impact Evaluation	Are we having the influence we expected?	Measuring the Impact on the Community Across 5 Key Projects
Process Evaluation	Have we done what we said we would do?	Annual Reporting on the Actions of the Healthy City Community Strategy Action Plan
Planning Evaluation	How does the way we plan compare with good practice?	Partnership Evaluation of the Healthy City Advisory Committee

Key evaluation indicators will include the liveability domains:[12] employment; food; housing; open space; transport; walkability and; social infrastructure along with targets and measures from the "Victorian Public Health and Wellbeing Outcome Framework[13]".
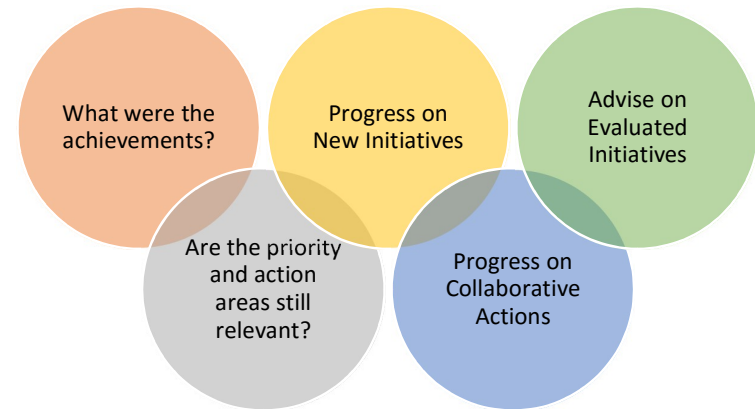
7. A snapshot of our Health and Wellbeing [14]

Our People:

With a growing population of over 120,000, Manningham is one of the most culturally and linguistically diverse communities, with 36.5 percent of our people born overseas and 39% speaking a language other than English. Manningham also has an above average aging population with a projected growth in people aged 65 plus from 19% to 31.4% by 2026. This age group also has the greatest number of people with disabilities with 12.1% having a profound incapacity. In addition, 12% of our population are considered carers, which is reflective of our populations need in Manningham. Families are also now more actively moving into Manningham and birth rates are increasing. 13% are young people aged between 12- 24. [15]

Our Health:

Manningham is recognised as one of the healthiest municipalities in Victoria, but we cannot afford to be complacent with rising rates of obesity, chronic diseases such as cancer (6.6%)[16], blood pressure (22%), heart disease (7.5%) and diabetes, mental health and dementia.[17] 23.7% of our population reported to have poor to fair health with women and the members of the community who are more disadvantaged indicating they were worse off.[16] With nearly half our population being overweight or obese (46%), many of these are not exercising enough (50%) or eating adequate levels of fruit and vegetables (46%)[16], we will need to encourage more active living and healthier lifestyle choices including making nutritional food and water, the preferred choice whilst decreasing alcohol consumption and reducing smoking.

The Early Years:

For families, Manningham is well equipped with Maternal and Child Health Services, Child Care Services and Kindergartens, but with increasing demands, this has placed strain on the existing service system. In relation to children's wellbeing, it's important to keep positive behaviours such as breastfeeding and immunisation as priorities to ensure we are establishing good foundations for future health. In Manningham, there has been an increase in children with special needs (from 4% in 2009 to 5.4% in 2015), which may be a result of a number of excellent local schools supporting children with developmental delays. In addition, one in ten children are more at risk of or are experiencing delays in the areas of physical health and wellbeing and language and cognitive skills, according to the AEDC indicators . This is continuing to school age with 11.3% having speech and language problems at school entry.[35] In terms of the most at risk children though, Manningham has significantly lower rates of Child First Assessments (4.7) when compared to Melbourne Metropolitan (6.6).[17]

Our Youth:

The young people in Manningham have access to excellent Secondary Schools but are limited with future education with no local TAFE or Tertiary options. We have good rates of education performance with 98.8% of 19 year olds who have attained year 12[17], and 88% entering university or further study[18]. Despite this, the data shows that Manningham Year 9 students have some of the poorest numeracy, reading and writing standards[19], and lowest numbers of 20 – 24 year olds in further education when compared across the Inner Eastern Region of Melbourne. Youth in Manningham have some distinct wellbeing issues associated with their mental wellbeing with many identifying as having very high levels of psychological distress (9.7%), not feeling that they have a trusted adult in their lives (33.7%) and feeling bullied in their life (14.8%)[2021]. A number of the youth in Manningham are engaging in risky behaviours and those between 15-17 year olds are smoking (38.6%), using marijuana (13.6%), alcohol consumption (53.3% in last 30 days) and practicing unsafe sex (68.6%). In addition, the youth demonstrate poorer dental hygiene.[21]

Our Older Adults:

With an ageing population (25,923 of 65+), Manningham needs to be proactive in keeping people as healthy and independent as possible, whilst also ensuring that if they require assistance, that this is accessible and available. Manningham's diversity is definitely evident in our older community, with 50% of people over the age of 60 being born overseas, which means we need to consider issues such as culturally appropriate servicing and health literacy. Many of Manningham's older adults live active and connected lives, staying very connected with family and friends and often taking a leading role in looking after grandchildren. In saying this, we need to ensure that those living alone (77% of women over 75), those living in financial difficulty (52% of 70+ adults live on less than $400 per week) and those requiring assistance to live independently (37%) are supported to ensure they don't

become isolated or vulnerable. Some of the leading health issues for older adults include Dementia (which is due to rise by 196% by 2050)[22], chronic disease, falls and disability management, arthritis and osteoporosis, elder abuse and social isolation, in particular for women.[2315]

Our Safety

Manningham is considered the safest municipality in the Eastern Region. In saying this, our community does not always feel safe with only 55.3% indicating they feel safe walking alone at night, which is comparable with Victoria (55.1%). The top three crime issues faced in Manningham in 2016 were assault including family violence, burglary and abduction.[31] Manningham has experienced an increase of 10.9% in crime rates from 2015 to 2016. Family violence rates have also increased from 532 in 2012 to 772 in 2016 which, although alarming, is an indication that the affected community have increased their confidence in reporting assaults and seeking appropriate support. Manningham has strong relationships with key stakeholders such as Victoria Police and Neighbourhood Watch and will continue to work in partnership to ensure the community is and feels safe and that harm is minimised.

Our Resilience:

Manningham has the potential for impacts and consequences from acute shocks (bushfire, flooding, severe weather, heatwave etc.) and chronic stresses (climate change, unemployment, unaffordable housing etc.) that can affect the health and wellbeing of our community in the short and long term. Recent flood and fire incidents, demonstrates the impact these events can have on a community along with the long term extensive effects. A commitment to building the resilience and capacity in our community will directly enhance their capability to cope with these acute shocks and chronic stresses that exist in society.

Our Connections:

Most of our population are satisfied with their lives (7.9 out of 10)[44] but there are definite opportunities for people to feel more connected with their local neighbourhoods and in community life. With an increase in the number of people living alone (16%)[15] and less people participating in community activities such as volunteering and events, social isolation is a growing concern for Manningham.[17] The community feedback received through the 1000's of voices consultation in 2016, identified community connectedness as very important for our community. For this reason, Council and its partners will work actively to enhance the community's sense of place through more liveable neighbourhoods and vibrant local activities such as those that promote arts, heritage and culture.

Our Housing:

In Manningham, we have a variety of housing choices with 81.7% being separate houses, 16.5% being medium density and 1.7% are high density. Most of the houses are owned (77.6%) as opposed to being rented (15.6%). In saying this, housing affordability is a growing issue with less people being able to manage their housing economic requirements with 32% of mortgages and 40% of rentals absorbing over 30% of people's income and 16% of households living on less than $600 per week.[15] The flow on effect of this financial stress can then impact on issues such as food access (3% of people ran out of food and could not buy more) [17], the ability to afford basic services and health care, their capacity to pay for bills and their opportunity to engage in community activities. In relation to housing, social and affordable housing is a significant issue for people most in need or disadvantaged. Manningham has the lowest stock of social housing (0.8%)[17] in the Victoria and needs to actively work with developers and advocate to the State Government for greater provisions.[15]

Our Liveability

Manningham's unique balance between city and country poses some challenges with the municipality's liveability. The city is fortunate to have many parks (313) and open spaces (2000ha) which are well serviced with many joint paths and trails and amenities that allow people to connect and engage in active lifestyles. The municipality also has an array of facilities, some of which are ageing and need upgrading, which are used for sport and recreation, learning and education and community events and activities. These provide an opportunity for people to participate in structured and unstructured activity at a local neighbourhood level to enhance their wellbeing and quality of life. The community is also well serviced by a thriving retail network and an array of restaurants and cafes which ensure people have access to what they need and can provide opportunities for people to

get together. The main form of transport in Manningham is a bus system, which poses some access limitations for people. The landscape of the city also poses some challenges in terms of walkability. As a result, Manningham has a greater than average reliance on cars which can minimise people's desire to use other forms of transport or partake in incidental exercise.[15]

Our Businesses

Manningham is a hub for local business (12,600 registered in Manningham), many being homebased. The key industries are retail (20%), healthcare (15%), education and training (11%), accommodation and food services (8%) and professional (8%). There are 30,000 local jobs of which 46% are filled by residents.[15] Access to economic resources and local employment are wellbeing determinants, and thus, are important to support and foster at a local level for people of all backgrounds, genders and abilities. With unemployment rates for people with disabilities being half that of our broader community, Manningham will be concentrating on supporting equitable employment and gender equity in the workplace.

Our Service Access:

Manningham when compared to the Eastern Region is also limited in its service provision including services such as healthcare, allied health, dental and welfare or community programs.[17] It is essential that with an ageing population, we consider their capacity to access the services they require, ensure they are affordable, are culturally appropriate and meet the needs of the changing populations groups. Council takes an active role in funding a range of community services and programs, but will also need to advocate for greater local servicing and to work in partnership with key stakeholders to identify innovative ways to improve quality and service access.

8.   What is important to you?

Council consulted with over 2500 people from our diverse community at 50 events and activities across Manningham. More than 6000 comments were received on 'what was important to our residents and visitors'.

The top 10 areas of greatest importance are referenced below. Community connections and community wellbeing were two of the most significant themes influencing the Healthy City Strategy.

Top 10 Community Themes
from 1000's of Voices

	Community Connections	Open Space	Parks	Wellbeing	Urban Design	Transport	Conserving the Planet	Financial Efficiency	Community Infastructure	Density
■ Series1	21.9	18.3	17.9	17.3	12.6	10.9	10.6	10.5	10.2	10.1
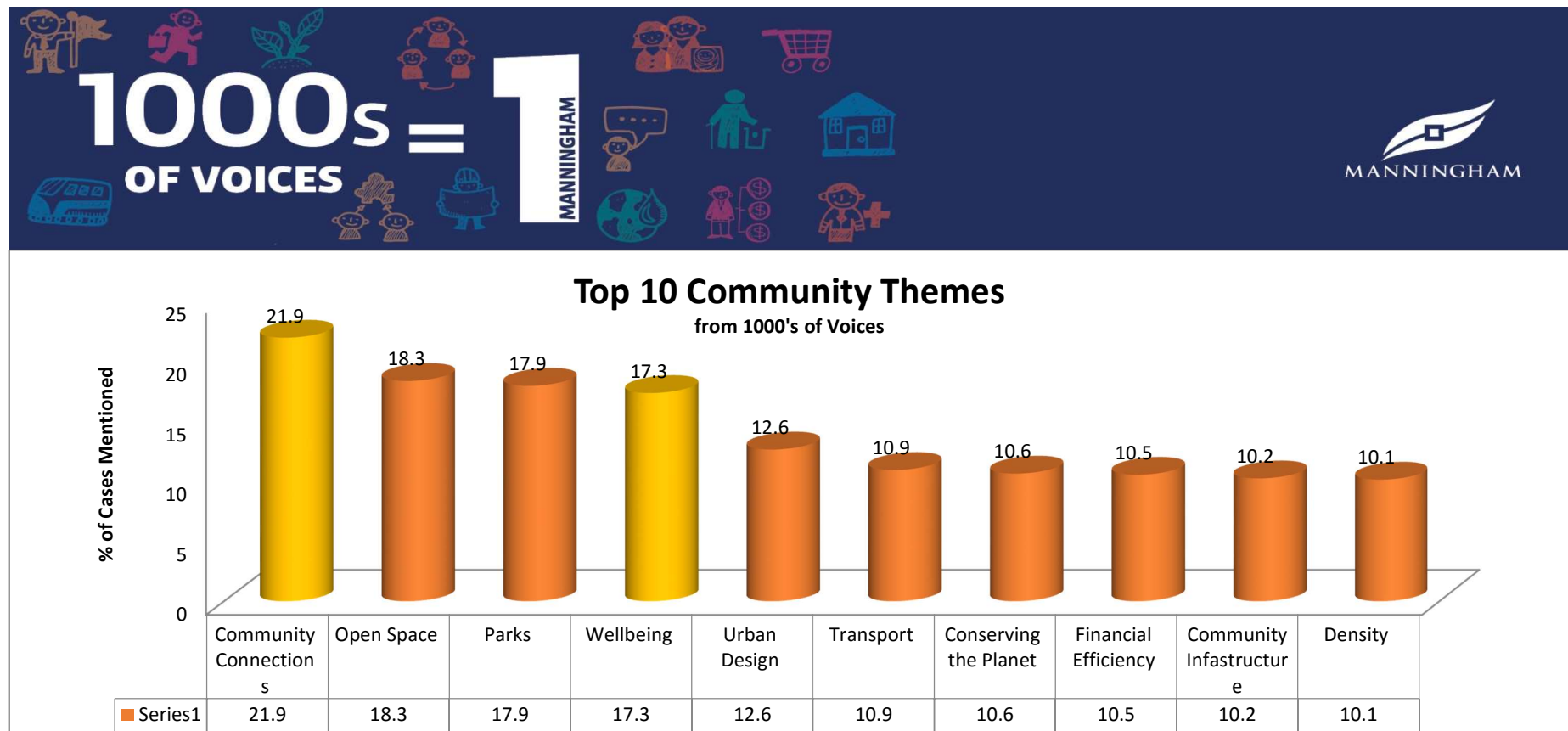
Some of the community's comments included:

9. Development of Healthy City Strategic Framework 2017-2021

The development of the Healthy City Strategic Framework considered the following elements

Aligning to broader strategic directions where relevant and appropriate to Manningham

Policy context at an International, National and State Level

(Appendix 1)

Community Consultation - 1000s of Voices

(Page 16 - 17)

What's important to you in Manningham?

What the demographics, health data and evidence on the determinants identified?

State of the City - Research and Data

(Snapshot in Appendix 4)

Evaluation of Manningham's Healthy City Plan 2013 -2017

(Manningham Website)

Demonstrating best practice initiatives that are working for our community. These will be built upon in the new Action Plan.

Advising on priorities and potential actions for the future

Consultation with Key Stakeholder Groups incuding the Healthy City Advisory Committee

Existing commitments across endorsed Strategic documents supporting wellbeing

(Appendix 5)

Manningham Council has ongoing committments to support people at all ages and stages, diverse communities, in emergency management, community safety and cultural services.

10. Healthy City Strategic Framework 2017 - 2021

The Healthy City Strategic Framework 2017 -2021 has been developed to guide Council and its partner's direction over the next four years. It outlines how the Strategy will support the goals of the Council plan by addressing four strategic focus areas along with a suite of priorities and action areas.

Healthy City Strategic Framework 2017 - 2021

Supporting

Council Plan Theme: *Our Healthy Community*

Council Plan Goals*: 1. A healthy, resilent and safe community. 2. A connected and inclusive community*

Focus Areas	Inclusive and Harmonious	Healthy and Well	Safe and Resilient	Connected and Vibrant

| Priorities and Action Areas | **An Inclusive Diverse Community** Social and Economic Inclusion Rights and Equity Celebrating. Diversity Embracing Reconciliation | **Generation Friendly** Strong Early Foundations Resilient Youth Age Friendly | **Healthy Mind** Youth Mental Wellbeing Dementia Friendly Life Long Learning | **Healthy Lifestyles** Healthy Eating Active Living Safe Sexual Health | **Quality Service System** Accessible and Affordable Services Service Innovation | **Community Safety** Prevention of Violence, Reducing Harm from Drugs Alcohol and Gambling Feeling Safe | **Resilient Community** Responsive in Emergencies Disaster Resilience | **Creative Communities** Celebrating Arts and Culture Growing Tourism Strengthening Creative Industries | **Sense of Place** Liveable Mixed Use Neighbourhoods Dynamic Places and Spaces Feeling Connected Affordable Housing | **Involved Communtiy** Community Participation Community Leadership Strong Partnerships and Collaboration |

11. Healthy City Strategy

11.1. Focus Area: Inclusive and Harmonious

Manningham is a proudly diverse community made up of people of all ages, abilities, cultural backgrounds, religions, and gender orientation. To thrive, a healthy, harmonious and inclusive community requires the participation, equal opportunity and empowerment of all its diverse communities, and all people to feel welcomed and valued.

Inclusive and Harmonious Goal:
A community that is inclusive and welcoming of all people

Priority: An Inclusive Diverse Community

In Manningham, our diverse community is celebrated and acknowledged as enhancing our municipality. We have a responsibility to ensure that all people are included in all elements of community life in a fair, meaningful, equitable and non-discriminatory way. The health and wellbeing needs of our diverse population groups are often different to the broader population and must be considered by providing appropriate services, accessible programs and facilities, considering health literacy and by valuing and protecting the diverse identities of our people.

Action Areas: Social and Economic inclusion, Rights and Equity, Embracing Reconciliation and Valuing Diversity.

Priority: Generation Friendly

Manningham has a strong focus on people across all ages and stages. It's important to consider individual and population wide wellbeing needs and to accommodate our planning, engagement, partnerships and service delivery accordingly. For early years, there is a need to continue to promote and support children's learning and development; for young people, it is important to build their resilience and capacity to deal with changing environments; and for older people, it is important to support them to live independently and to be healthy for as long as possible.

Action Areas: **Strong Early Foundations, Resilient Youth and Age Friendly**.

Inclusive and Harmonious

A community that is inclusive and welcoming of all people

An Inclusive Diverse Communuity

A connected community that values and embraces its diversity

Social and Economic Inclusion	Rights and Equity	Embracing Reconciliation	Valuing Diversity
Strive towards a community where everyone has the opportunity to participate equally	Reduce inequity and treat everyone with respect	Respect, support and celebrate Aboriginal people, culture and heritage	Value, respect and celebrate the diversity of community

Target: 5% increase in the valuing and respecting of our diverse community by 2025 (Source: MCC Community Panel)

- **Measure:** Proportion of people who value and are welcoming of our diverse community

Target: 5% increase in the proportion of adults connected to culture and country by 2025 (Source: MCC CommunityPanel)

- **Measure:** Proportion of adults connected to culture and country

Target: 5% increase in labour market participation for people with a disability by 2025 (Source: ABS data)

- **Measure:** Proportion of people with a disability engaged in fulltime education and/or work

Target: 5% increase in resilience in adolescents by 2025 from 2014 baseline (Source: Vic Government - Education)

- **Measure:** Proportion of adolescents with high levels of resilience

Generation Friendly Community

A community that encourages and supports people of all ages and at all stages of life.

Strong Early Foundations	Reslient Youth	Age Friendly
Promote and support children's learning and development	Engage, empower and build the resilience of young people	Strive to become an Age-Friendly City enhancing opportunities for older people.

Target: 5% increase in adults over 65 feeling connected and involved in community life by 2025 (Source: MCC Community Panel)

- **Measure:** Proportion of seniors who feel connected and involved in the community

Target: 2% decrease in the percentage of children developmentally vulnerable in one or more domains by 2025 (Source: AEDI)

- **Measure:** Percentage of children developmentally vulnerable in one or more domains

11.2. Focus Area: Healthy and Well

Manningham is one of the healthiest municipalities in Victoria with nealy half (48.2%) reporting that their health is very good to excellent.[41] To build on and engage more people in our community to aspire to optimal health and wellbeing, we will encourage people to make healthy lifestyle choices, enhance community resilence and improve the service system so that people can access the support they require.

Healthy and Well Goal:

A community where everyone aspires to optimal health and wellbeing

Priority: Healthy Mind

In Manningham, youth mental health concerns are on the rise along with Dementia rates in our ageing population. By creating opportunities for people to participate in community life and social activities, engage in employment and education and build their resilience, our commmunity's mental wellbeing could be enhanced.

Action areas: Youth Mental Wellbeing, Dementia Friendly and Life Long Learning

Priority: Healthy Lifestyles

Obesity in Western society is on the rise in both children and adults. Manningham is no different, and as such, it is important to address people's behaviour by encouraging them to access and consume nutritious food and water and undertake incidental excersise and regular physical activity. By taking these preventative measures, chronic diseases such as Diabetes, Heart Disease and Cancer may be minimised. In relation to sexual health, Manningham needs to consider preventation and education measures to address rising rates of Hepatitis B, in particular with our Chinese community [24] whilst ensuring our young people participate in safe sexual practices.

Action Areas: Healthy Eating, Active Living and Safe Sexual Health

Priority: Quality Service System

Manningham has high quality service providers delivering programs and services to the community. However, many residents are often required to travel outside of the municipality to receive some of the specialist support and programs required to meet their needs. By advocating for more local accessible and affordable services, supporting a more integrated system and by encouraging innovation,we could enhance the service provision that is required to keep our people fit and healthy.

Action Areas: Accessible and Affordable Services, Service Innovation

Healthy and Well

A community where everyone aspires to optimal health and wellbeing

Healthy Mind

A community that is resilient and has the opportunity to engage socially, culturally and economically.

Youth Mental Wellbeing	Dementia Friendly	Life Long Learning
Enhance the resiliece of young people in Manningham	Strive to become a Dementia Friendly City	Provide opportunity for residents to partake in education and learning

Target: 5% increase in resilience of adolescents by 2025 from 2014 baseline *(Source: State Government of Victoria, Education Dept)*

- **Measure:** Proportion of adolescents with high levels of resilience

Target: 3 New Settings supporting Dementia Friendly Principles by 2021 *(Source: Manningham Dementia Alliance Group)*

- **Measure:** Number of Settings engaging Dementia Friendly principles in their practice

Healthy Lifestyles

Residents and visitors actively engaged in healthier lifestyles to improve their wellbeing.

Healthy Eating	Active Living	Safe Sexual Health
Make it easier to make healthy food and drink choices	Make it easier to recreate and be physically active	Make safe sexual practice the preferred choice

Target: 5% decrease in prevalence of overweight and obesity in adults by 2025 from 2011 baseline *(Source: Victorian Population Health Survey)*

- **Measure:** Proportion of adults, adolescents and children who consume sufficient fruit and vegetables

Target: *20% increase in sufficient physical activity prevalence of adolescents by 2025 from 2014 baseline (Source: State Government of Vic, Education)*

- **Measure:** Proportion of adults, adolescents and children who are sufficiently physically active

Quality Service System

A service system that is accessible, meets community needs and supports health equity.

Accessible and Affordable Services	Service Innovation
Advocate for services to become more accessible and affordable	Encourage creative and innovative approaches to meet community need

Target: 10% increase in service access satisfaction by 2025 from a 2017 base line measure (Souce: MCC - Community Panel)

- **Measure:** Proportion of population who report that Manningham has good facilities and services

11.3. Focus Area: Safe and Resilient

Manningham is considered one of the safest municipalities to live. Despite this, there is a need to ensure crime rates and anti-social behaviours continue to stay low so people feel safe. We also need to safeguard against natural disasters such as flood and fire by supporting our local community to be as prepared as possible for potential incidents. To do this we have to work together with partners such as Victoria Police, Metropolitan Fire Brigade, SES, Neighbourhood Watch and other emergency services on building a safer more resilient community.

Safe and Resilient Goal:
A resilient community where people feel safe.

Priority: A Safe Community

Feeling safe in our homes and community is everyone's basic right. Council has a role to work in partnership with key stakeholders to keep people safe and to address the social issues that can impact on our community's wellbeing. With rising rates of violence and crimes, as well as increases in consumption of alcohol and drugs and gambling losses, it's important that we build community knowledge on the harms, ensure the right support is available, target settings and populations who are most at risk and create environments in which people feel safe.

Action Areas: Feeling Safe, Prevention of Violence and Reducing the Harms of Drugs, Alcohol and Gambling.

Priority: A Resilient Community

Manningham is subjected to the effects and consequences of long term chronic stresses that are constantly present in society, including climate change, unemployment, unaffordable housing etc. These chronic stresses are often exasperated by the acute shocks resulting from the impacts and consequences of emergency events (bushfire, flood, severe weather, heatwave etc.) which further affect the health and wellbeing of our community in the short and long term. A commitment to facilitating the building of resilience and capacity within our community will directly enhance their capability to cope with these chronic stresses and acute shocks that exist in society

Action Areas: Responsive in Emergencies, Disaster Resilience.

Safe and Resilient

A resilient community where people feel safe

A Safe Community

A community that feels safe, is free from violence and engages responsibly in activities that could impact the individual and their family's wellbeing.

Feeling Safe

Enhance the community's sense of safety in Manningham

Prevention of Violence

Commit and act to end violence and its impacts.

Reducing the harms of Drugs, Alcohol and Gambling

Work towards reducing the harms of problem gambling, binge drinking and illicit drug use.

Target:
10% Increase in the proportion of adults who feel safe by 2025 from 2011 baseline
(Source: Victorian Government Population Outcomes)

•**Measure**: Proportion of adults feeling safe walking in their street at night

Target:
10% decrease in excess alcohol consumption by adults by 2025 from 2014 baseline (Source: Victorian Government Pooulation Outcomes)

•**Measure:** Proportion of adults and adoloescents who consume excess alcohol

Target:
5% increase in Gender Equity in Relationships Score by 2025 from 2015 baseline
(Source: VicHealth Indicators)

•**Measure:** Proportion of adults who support equal relationships between men and women

Target: 5% increase in reporting of incidents of family violence, reflecting confidence in the system and intolerance of family violence by 2025 from 2016 baseline (Source: Victoria Police Crime Statistics)

•**Measure:** Rates of incidence of family violence recorded by Police

A Resilient Community

A community that can effectively prepare for, adapt to, endure and effectively recover from the impacts and consequences of natural hazards and emergencies

Responsive in Emergencies

Adopt an all-hazards, consequence focussed and collaborative approach to emergency management.

Disaster Resilence

Ensure disaster resilience is enabled and facilitated for the Manningham Community

Target:
5% increase in being prepared to intervene in a situation of domestic violence by 2025 from 2011 baseline
(Source: VicHealth Indicators)

•**Measure**: Proportion of adults who are prepared to intervene in a situation of domestic violence

Target:
10% increase in the number of Manningham households that have an emergency plan by 2025 from 2013
(Source: Be Ready Warrandyte)

•**Measure:** Proportion of households that have an emergency plan in place

Manningham has many great attributes and amenities, with each local area having its own uniqueness that residents take pride in and enjoy. Through the 1000s of Voices community consultation, residents told us that their local neighbourhood and their friends and family were fundamental in enjoying happy lives. Creating a strong sense of place requires all of us to care about our community, whilst also having adequate opportunities for people to connect and get involved. Currently in Manningham, we have people who are socially isolated or not engaged in community life which has a direct impact on their wellbeing and happiness.

Connected and Vibrant Goal: A connected community where all people feel valued, involved and have a sense of belonging.

Priority: Creative Community

Manningham residents are passionate about the arts and cultural heritage. With evidence showing that arts and cultural activities have a positive impact on stress, anxiety and wellbeing, it is important to strengthen the opportunities for people to engage and participate in creative expression and in activities such as gallery exhibitions, theatre programs, cultural hubs and civic events across the community. By generating a greater enthusiasm for creative communities, we hope to also invest in local artists and support tourism to Manningham.

Action Areas: Celebrating Arts and Culture, Growing Tourism, Strengthening Creative Industries

Priority: Sense of Place

Creating more liveable neighbhourhoods where the environment supports the social wellbeing of local people, has been shown to have a positive impact on community wellbeing whilst minimising health inequities. Manningham's neighbourhoods are characterised by distinct spaces and settings that often reflect the community that reside there, and its history. Through land use planning and urban and neighbourhood design, Council can play an important role by integrating a range of uses and activities that are accessible and can take place in one location. A mixed-use approach creates more efficient use of community infrastructure and encourages community members to come together to engage with and support each other. Mixed-use development also presents an opportunity to create affordable housing availability and housing choice in non-traditional spaces such as retail or community hub precincts.

Action Areas: Liveable Mix Use Neighbourhoods, Dynamic Spaces and Places, Feeling Connected, Affordable Housing

Priority: Involved Community

While many Manningham residents have a strong sense of community pride and are actively involved in their local neighbourhood, others face barriers or lack awareness of ways to participate, volunteer, and contribute. Communities with high levels of social cohesion and participation typically have better health than those with low levels.[25] By providing opportunities for people to connect with others, join a group and be engaged in local activities, Council can improve the mental health and wellbeing of Manningham residents.

Action Areas: Community Participation, Community Leadership, Strong Partnerships and Collaboration

Connected and Vibrant

A connected community where all people feel valued, involved and have a sense of belonging.

Creative Communities

A community that embraces Arts and Culture

Embracing Arts and Culture	Growing Tourism	Strengthening Creative Industries
Enhance opportunities for the community to value arts and culture	Harness new opportunities for local tourism	Promote the social and economic benefits of the arts

Target: 5% increase in Manningham residents having a positive experience in art and cultural activity by 2025 (Source: MCC Community Panel))

- **Measure:** Percentage of Manningham residents having a positive experience at Manningham art and cultural activities

Target: Output from local Tourism is at least 3% of total Mannigham Output .
(Source: Remplan)

- **Measure:** Tourism Output as a percentage of total Manningham Output

Sense of Place

Vibrant Neighbourhoods where all you need is local

Liveable Mix Use Neighbourhoods	Dynamic Places and Spaces	Feeling Connected	Affordable Housing
Strive to create more liveable neighbourhoods	Build local neighbourhoods that are vibrant and reflect community identity and need	Support people to connect and engage in community life	Advocate for housing diversity to meet community need

Target: 8% increase in proportion of Manningham residents who feel part of their community by 2025 (Source: MCC Community Panel)

- **Measure:** Percentage of Manningham residents who feel part of their community

Target: 5% increase in proportion of adults who have someone they can rely on to care for them by 2025 (Source: MCC Community Panel)

- **Measure:** Percentage of people who have someone outside their household they can rely on to care for them or their children in an emergency

An Involved Community

A community that collaborates, leads change and is involved at a local level for a better Manningham

Community Participation	Community Leadership	Strong Partnerships and Collaboration
Provide opportunity for residents to meet, interact,volunteer and feel part of the community	Encourage community to actively contribute to decision making that shapes their neighbourhood and city	Strengthen partnership and collaboration across sectors and community

Target: 5% increase in local residents belonging to a local group, club or organisation by 2025 (Source: MCC Community Panel)

- **Measure:** proportion of local residents who belong to a local group, club or organisation
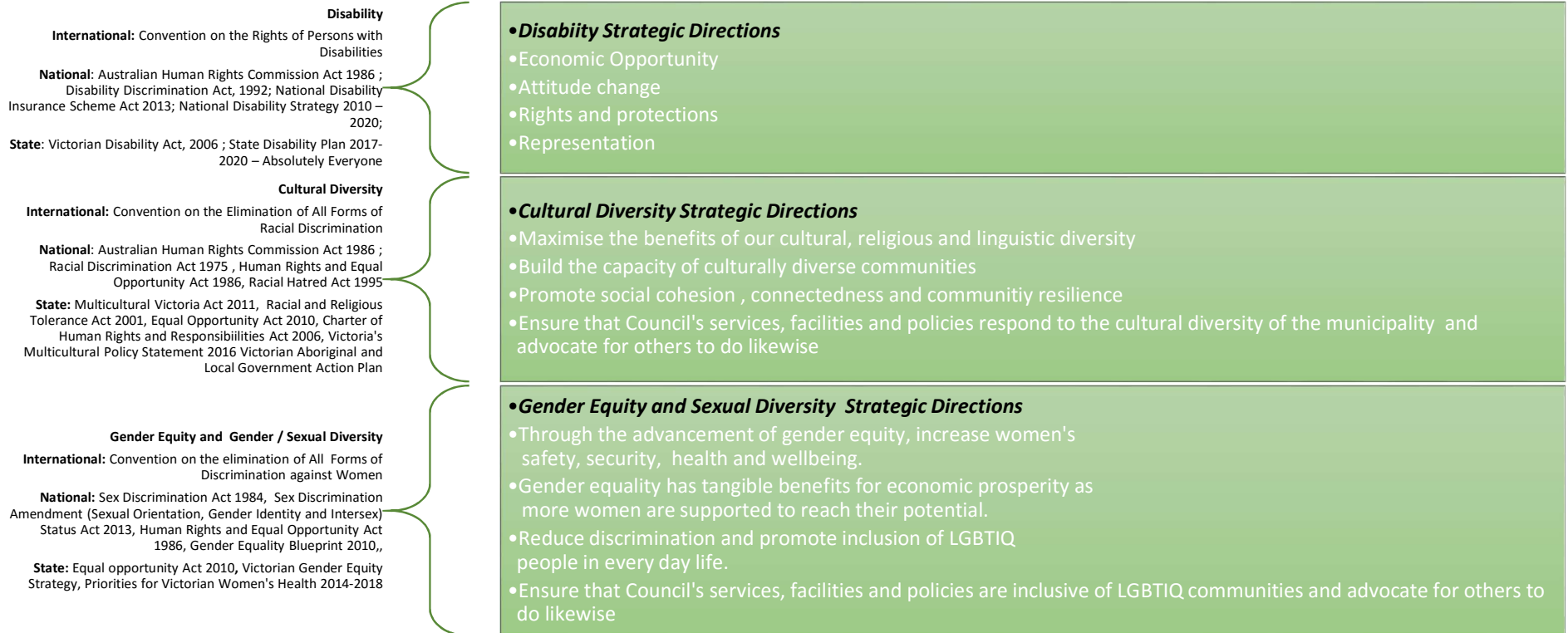
Appendix 1: Broader Policy Context

Manningham City Council has a strong relationship with all levels of government and regional partners and supports many of the strategic directions at a broader level. As part of this strategy's development, significant consideration was given to the key guiding policies, models and frameworks that impact community health and wellbeing across each of the focus areas. Listed below are the key documents and their directions. Where possible and appropriate, Manningham City Council will support these broader outcomes.

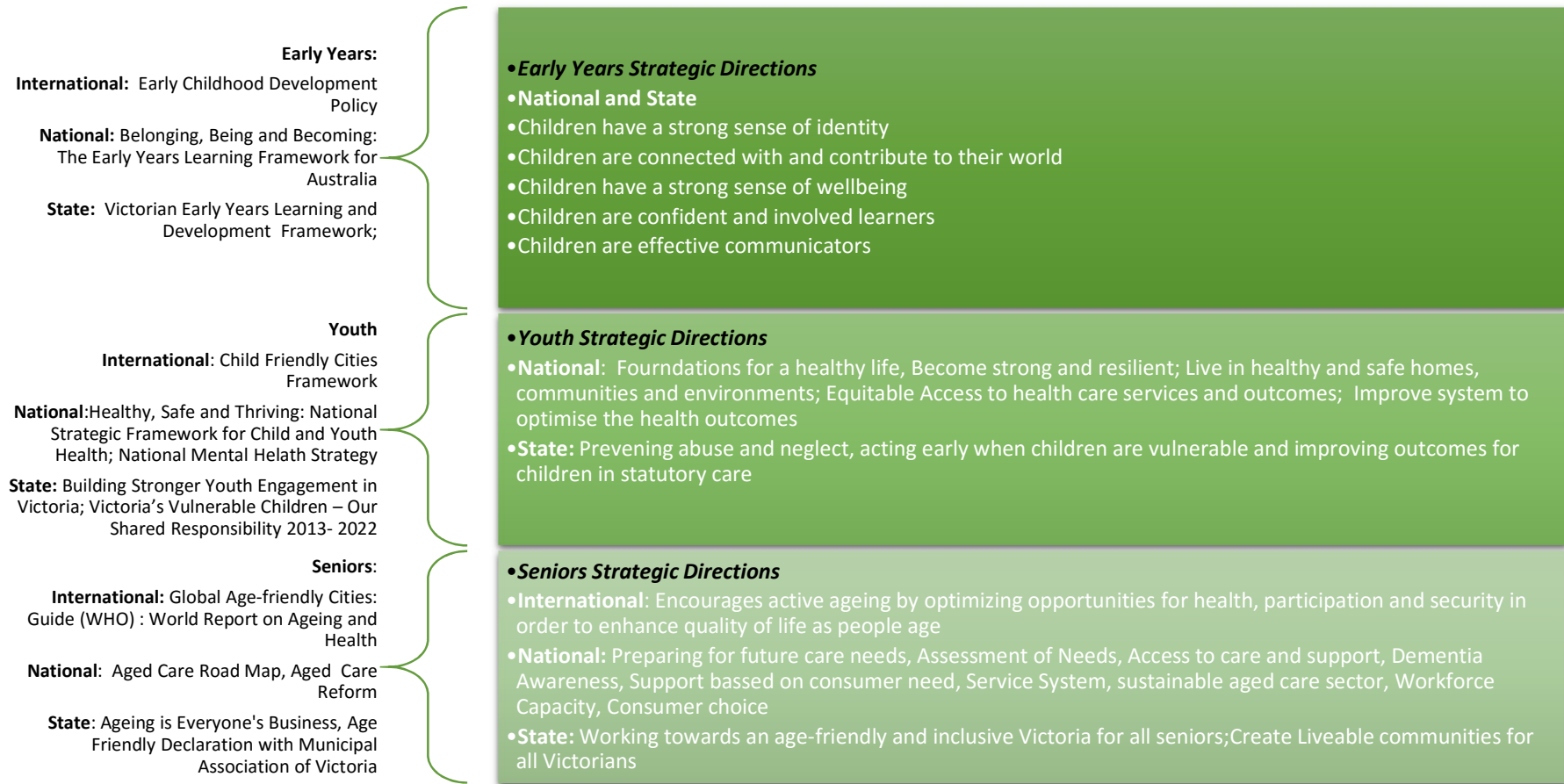## Focus Area: Inclusive and Harmonious

Prioirity: An Inclusive and Diverse Community

The policy and strategic directions impacting on the Inclusive and Diverse priority area are as follows:

Disability

International: Convention on the Rights of Persons with Disabilities

National: Australian Human Rights Commission Act 1986 ; Disability Discrimination Act, 1992; National Disability Insurance Scheme Act 2013; National Disability Strategy 2010 – 2020;

State: Victorian Disability Act, 2006 ; State Disability Plan 2017-2020 – Absolutely Everyone

- **Disabiity Strategic Directions**
- Economic Opportunity
- Attitude change
- Rights and protections
- Representation

Cultural Diversity

International: Convention on the Elimination of All Forms of Racial Discrimination

National: Australian Human Rights Commission Act 1986 ; Racial Discrimination Act 1975 , Human Rights and Equal Opportunity Act 1986, Racial Hatred Act 1995

State: Multicultural Victoria Act 2011, Racial and Religious Tolerance Act 2001, Equal Opportunity Act 2010, Charter of Human Rights and Responsibiilities Act 2006, Victoria's Multicultural Policy Statement 2016 Victorian Aboriginal and Local Government Action Plan

- **Cultural Diversity Strategic Directions**
- Maximise the benefits of our cultural, religious and linguistic diversity
- Build the capacity of culturally diverse communities
- Promote social cohesion , connectedness and communitiy resilience
- Ensure that Council's services, facilities and policies respond to the cultural diversity of the municipality and advocate for others to do likewise

Gender Equity and Gender / Sexual Diversity

International: Convention on the elimination of All Forms of Discrimination against Women

National: Sex Discrimination Act 1984, Sex Discrimination Amendment (Sexual Orientation, Gender Identity and Intersex) Status Act 2013, Human Rights and Equal Opportunity Act 1986, Gender Equality Blueprint 2010,,

State: Equal opportunity Act 2010, Victorian Gender Equity Strategy, Priorities for Victorian Women's Health 2014-2018

- **Gender Equity and Sexual Diversity Strategic Directions**
- Through the advancement of gender equity, increase women's safety, security, health and wellbeing.
- Gender equality has tangible benefits for economic prosperity as more women are supported to reach their potential.
- Reduce discrimination and promote inclusion of LGBTIQ people in every day life.
- Ensure that Council's services, facilities and policies are inclusive of LGBTIQ communities and advocate for others to do likewise

Priority: Generation Friendly

The policy and strategic directions impacting on the Generation Friendly priority area are as follows:

Early Years:

International: Early Childhood Development Policy

National: Belonging, Being and Becoming: The Early Years Learning Framework for Australia

State: Victorian Early Years Learning and Development Framework;

- *Early Years Strategic Directions*
- **National and State**
- Children have a strong sense of identity
- Children are connected with and contribute to their world
- Children have a strong sense of wellbeing
- Children are confident and involved learners
- Children are effective communicators

Youth

International: Child Friendly Cities Framework

National: Healthy, Safe and Thriving: National Strategic Framework for Child and Youth Health; National Mental Helath Strategy

State: Building Stronger Youth Engagement in Victoria; Victoria's Vulnerable Children – Our Shared Responsibility 2013- 2022

- *Youth Strategic Directions*
- **National:** Fourndations for a healthy life, Become strong and resilient; Live in healthy and safe homes, communities and environments; Equitable Access to health care services and outcomes; Improve system to optimise the health outcomes
- **State:** Prevening abuse and neglect, acting early when children are vulnerable and improving outcomes for children in statutory care

Seniors:

International: Global Age-friendly Cities: Guide (WHO) : World Report on Ageing and Health

National: Aged Care Road Map, Aged Care Reform

State: Ageing is Everyone's Business, Age Friendly Declaration with Municipal Association of Victoria

- *Seniors Strategic Directions*
- **International:** Encourages active ageing by optimizing opportunities for health, participation and security in order to enhance quality of life as people age
- **National:** Preparing for future care needs, Assessment of Needs, Access to care and support, Dementia Awareness, Support bassed on consumer need, Service System, sustainable aged care sector, Workforce Capacity, Consumer choice
- **State:** Working towards an age-friendly and inclusive Victoria for all seniors;Create Liveable communities for all Victorians

Focus Area: Healthy and Well

The policy and strategic directions impacting on the Healthy and Well focus area are as follows:

National: Australian Institute of Health and Wellbeing - National Health Priority Areas,

- *National Strategic Directions*
- Cancer Control
- Cardiovascular health
- Injury Prevention
- Mental Health
- Diabetes Mellitus
- Asthma
- Arthritis and Musculoskeletal
- Obesity
- Dementia

Victorian: Victorian Public Health and Wellbeing Plan; Implementing the Victorian Public Health and Wellbeing Plan 2015-19, Victorian Outcome Framework; Plan Melbourne, Environments of Health

- *State Strategic Directions*
- Healthier Eating and Active Living
- Tobacco Free Living
- Reducing Harmful alcohol and Drug Use
- Improving Mental Health
- Preventing Violence and Injury
- Improving Sexual and Reproductive Health

Vic Health: Action Agenda for Health Promotion

- *Vic Health Strategic Directions*
- Promote Healthy Eating
- Encourage Regular Physical Activity
- Prevent Tobacco Use
- Prevent Harm from Alcohol
- Improve Mental Wellbeing

Victorian Health and Wellbeing Act 2008 – Health Planning aims to achieve the highest attainable standard of public health by reducing inequities, promoting environments in which people can be healthy and the protection and prevention of disease, illness, injury, disability and death.

Focus Area: Safe and Resilient

Priority: A Safe Community

The policy and strategic directions impacting on community safety and prention of violence are as follows:

Prevention of Violence:

National: The National Plan to Reduce Violence against Women and Children 2010 - 2022, Our Watch - Change the Story Framework, National Women's Policy

State: Safe and Strong - Victorian Gender Equity Strategy, Ending Family Violence - 10 Year Plan, Victorian Local Government Women's Charter, Royal Commision into Family Violence

Regional: Together for Equality and Respect 2012 - 16

- **PVAW National Strategic Directions**
- Prevention and early intervention
- Aboriginal and Torres Strait Islander women and their children
- Greater support and choice
- Sexual violence
- Responding to children living with violence
- Keeping perpetrators accountable across all systems
- **PVAW State Strategic Directions:**
- Family violence and gender inequality are not tolerated
- Victim survivors, vulnerable children and families, are safe and supported to recover and thrive.
- Perpetrators are held to account, engaged and connected.
- Preventing and responding to family violence is systemic and enduring

Community Safety

National: National Crime Prevention Framework, National Injury Prevention and Safety Promotion Plan, National Drug Strategy 2016 - 22, National Alcohol Strategy,

State: Victorian State Government's Safer Communities Framework, VicHealth Alcohol Cultures Framework, Victoria Police Capability Plan, Reducing the Alcohol and drug toll: Victoria's Plan 2013 - 17

- **Comunity Safety National Strategic Directions :**
- Reduction in Crime
- Increased community safety, security and cohesion
- Increased support for people to cope with the impact of victimisation
- Reduction in those already engaged in criminal or antisocial behaviour

- **Comunity Safety State Strategic Directions:**
- Emergencies, Crime Prevention, Road safety, Gambling, Water Safety, Protecting children and families

- **Drug and Alcohol State Strategic Directions**:
- Harm Reduction, Demand reduction and; Supply Reduction

Action: Resilient Community

The policy and strategic directions impacting on the Reslient Community priority is are as follows:

National: The National Strategy for Disaster Resilience (COAG, 2011); National Climate Resilience and Adaptation Strategy (Australian Government, (2015)

- **National Strategic Directions**
- Leading change and coordinating effort
- Understanding risks
- Communicating with and educating people about risks
- Partnering with those who effect change
- Empowering individuals and communities to exercise choice and take responsibility
- Reducing the risk in the built environment
- Supporting capabilities for disaster resilience

State: The Resilient Melbourne Strategy (2016) , Victorian Climate Change Adaptation Plan (2013), Plan Melbourne Refresh (2016), Strategic Framework to Strengthen Victoria' Social Cohesion and the Resilience of its communities (2015) and Emergency Management Victoria's draft Community Resilience Framework (2016).

- **State Strategic Directions**
- A stronger society
- A better connected society
- A competitive metropolis
- A healthier environment
- Integrated plans and actions

Regional: Eastern Metropolitan Council's Emergency Management Partnership Strategic Plan

- **Regional Strategic Directions**
- Partnering with regional stakeholders to effect change
- Integrated plans and actions
- Understanding risks
- Communicating with and raising awareness of the community about risks
- A stronger and better connected society

Focus Area: Connected and Vibrant

The policy and strategic directions impacting on the Connected and Vibrant focus area are as follows:

Creative

National: Corporate Plan 2016 - 2020 - Investment into the Arts

State: Victorian Cultural Strategy; Creative State Strategy

- **National Strategic Directions:**
- Participation in, and access to, Australia's art and culture through developing and supporting cultural expression;
- Strengthening and increasing skill development opportunities Aboriginal and Torres Strait Islander peoples
- **State strategic Directions:**
- Backing Creative Talent
- Strengthening the creative industries ecosystem
- Delivering wider economic and social impact
- Increasing participation and access
- Building international engagement

Connected

National: Stronger Families and Communities Strategy

State: Framework to Strengthen Victoria's Social Cohesion and the Resilience of its Communities , Liveablity Indicators

- **National Strategic Directions**
- Strengthen families through investing in prevention and early intervention.
- Strengthen communities through investing in community capacity to solve problems and grasp opportunities.
- **State Strategic Directions:**
- Empower communities to address economic, social and cultural issues
- Understanding the factors that strengthen or undermine social cohesion and community resilience
- Social cohesion underpinned by social justice and equity in which all people have a sense of belonging, acceptance and worth
- Increase intercommunity and intercultural interaction

Appendix 2: Manningham's Integrated Planning and Reporting Framework

All Council business aims to align to the Council Plan, in partnership with key resourcing and reporting documents, as illustrated below.
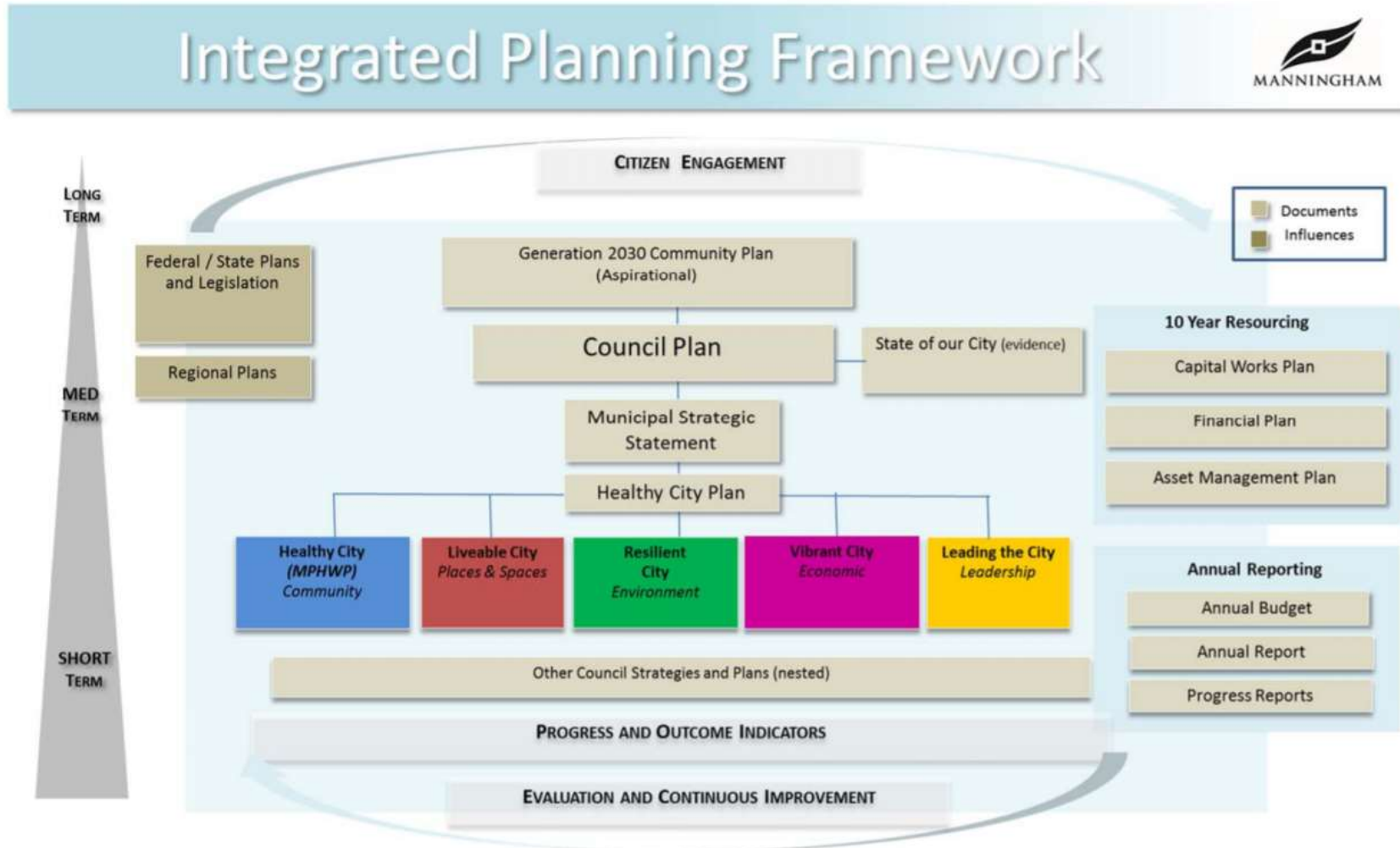
Appendix 3: Overview of Healthy City Plan 2013 – 2017 Evaluation Report

In October 2013, Manningham City Council endorsed its Healthy City Plan 2013 – 2017 with a vision of creating an active, connected, safe and equitable community that embraces healthy living and participates in our valuable natural and urban surrounds.

The Healthy City Plan 2013 – 2017 was developed in partnership with key stakeholders from the Municipal Public Health and Wellbeing Plan (MPHWP) Steering Committee to address five priority areas: Mental Wellbeing, Healthy Living, Safety, Healthy City and Leading Change.

To determine the success of the Plan and to meet the requirements under the Health and Wellbeing Act 2008, an evaluation framework was established during the planning phase. It considered outcome measures at a population level, impact measures across five strategic projects, process measures on all the actions and a partnership evaluation of the MPHWP Steering Committee.

The Healthy City Evaluation report collated all the elements evaluated over the four years and provided a summary of key learnings and reflections along with recommendations for the Healthy City Strategy 2017-2021

In summary, the Healthy City Plan delivered a total of 315 actions of which 98% were completed successfully. The actions which were monitored six monthly, focused on activities across the health promotion continuum. Both Council and its partners contributed to actions and were responsible for the implementation, reporting, and where appropriate, the evaluation.

Over the life of the plan, many significant achievements were accomplished which have positively impacted on the community and their health and wellbeing. These achievements which were documented within the report highlighted improvements in service access and service provision, changes to policy, increased community awareness, strengthened partnerships, allowed for greater information provision and promotion, advanced the liveability of our neighbourhoods and improved Manningham's places and spaces.

Many collaborative initiatives were implemented, which allowed for greater collective impact for the community. A number of the collaborative projects were evaluated for their impact on the intended target group. Five evaluation summaries were included within the report outlining the key objectives, learnings and future recommendations for the projects. Four out of the five projects evaluated will progress as key initiatives into the new Healthy City Action Plan: Inclusive Employment, Dementia Friendly City, Gender Equity Project and Live Well in Bulleen.

The evaluation report also collected trend information on outcome indicators to determine the broader population changes sought through the implementation of the plan.

The partnership of the Municipal Public Health and Wellbeing Plan Steering Committee was also evaluated with significant learnings for the Council and partners in developing, facilitating and partnering with key stakeholders when delivering a collective agenda and plan.

Overall the evaluation of Manningham's Healthy City Plan 2013-17 demonstrated that collaboration throughout all the phases of the plan were paramount in improving population health and wellbeing. Working together on identifying the needs of the community and the common priorities that stakeholders will be addressing over the life of the plan were imperatives. In addition, by all partners taking ownership of what they could contribute to addressing these issues within their own environments, settings or population groups allowed for activity across the health promotion continuum. Regular review and monitoring allowed for the stakeholders to be kept informed of projects and activities across the community influencing opportunities for greater partnership and collaboration.

The evaluation identified a series of recommendations for future planning including:

- The ongoing need for partnership and collaboration including stakeholders from across settings;
- The need to streamline policies, actions, reporting and evaluation processes;
- Consider the priorities of mental wellbeing, lifestyles, safety perceptions, social inclusion, liveability and gender equity in future planning.

- Continue to build workforce capacity in collaborative planning and evaluation;
- Strengthen the regional approach and collaborative projects; and
- Enhance the promotion of projects to the community and the health sectors.

These recommendations have been used to inform the planning and development of Manningham's Healthy City Strategy 2017 – 2021.

Appendix 4: Health and Wellbeing Status

The Healthy City Strategy undertook extensive community consultation through the 1000's of voices campaign and also researched into the health status and needs of our local community. The State of the City Resoure was developed to showcase this information to the community.

The information below is a summary and has been used to inform the development of priorities and action areas.

An Inclusive and Diverse Community

What our data and evidence said….

Manningham values and embraces the diversity of its community; and wants people from all cultural backgrounds including our Indigenous Australians, people with disabilities, people of different faiths, people who identify as Lesbian, Gay, Bisexual, Transgender, Intersex or Queer (LGBTIQ), people who are socially and economically disadvantaged and people of different ages and genders to be included in community life, accepted, valued and respected.

Furthermore, Council seeks to help to eliminate all forms of discrimination. When it occurs, this can exclude people from accessing services and from participating in employment, education, sport and social activities; and can lead to poor physical and mental health and reduce life expectancy.

Cultural Diversity: The State Government is committed to promoting the full participation of new, emerging and established multicultural communities in the economic, social and cultural life of Victoria, and to promoting the recognition that all Victorians contribute to our diversity. [26] In light of Manningham's highly culturally diverse population, Council is fully supportive of this commitment.

The Wurundjeri people are acknowledged as the traditional custodians of the land now known as Manningham. Since European settlement of Melbourne in 1835, successive waves of migrants from around the world have made Manningham their home. We are proud that our residents come from 140 countries worldwide, speak 106 languages and practice over 25 religious faiths. A significant 36.5% of residents were born overseas and over 50% had at least one of their parents born overseas. Furthermore, 39% of residents speak a language other than English at home and 6% (7,020 people) are not fluent in English or do not speak English at all. [15] These cultural and linguistic factors all need to be considered in determining how to enhance the health and wellbeing of Manningham's residents. Manningham continues to be a popular destination for migrant settlement, with on average over 1,000 new migrants settling here each year. However due to the high cost of local housing the vast majority of new migrants arrive on skilled migrant or family visas - only 224 refugees settled here in the past five years.[27]

Of note, with the continued growth of our cultural diversity it is important to recognise that members of culturally diverse communities may also identify with or experience other points of difference including ability, sexuality or gender.

Gender Equity and Gender/Sexual Identity: In Australia, 11% of people are of diverse sexual orientation, sex or gender identity and same sex couples have tripled from 1996 to 2011.[15] Unfortunately a very large percentage of Lesbian, Gay Bisexual, transgender, Intersex or Queer (LGBTIQ) people hide their sexuality or gender identity (34% while accessing services, 42% at social and community events and 39% at work) for fear of violence or discrimination. In addition, 60% have experienced verbal homophobic abuse and 20% have experienced physical homophobic abuse.[28] This prejudice and discrimination adds an additional layer of risk on top of biological, social, environmental and psychological factors which can lead to poorer health and wellbeing outcomes including mental health issues such as depression, anxiety and suicide.

Gender inequality continues to grow in Australia and is prominent in homes, workplaces, school yards, media and on sporting fields. Women and girls make up just over half (51.3%) of the Manningham population. While women comprise approximately 55.7% of all employees in Manningham, they tend to work part-time (three in four part time positons) and on average take home less income (16.2%) than men each week. At a national level, the pay gap has been 18.2% and has not improved substantially for the last two decades. Despite Equal Opportunity Laws, sexual harassment is still an issue that predominately affects women. In the workplace, women are more likely to experience discrimination at some point during pregnancy, parental leave or on return to work and 18% of mothers

indicated that they were made redundant or dismissed because of their care needs. With women generally being the main primary carers for children and parents as they age, this is concerning. On average women's superannuation is also just over half (57%) of men and as a result often experience greatest levels of poverty in their retirement years and are more reliant on the Age Pension.[29]

Women often experience poorer health outcomes than males with issues such as family violence, social isolation and finacial insecurity having direct impacts on their wellbeing. In Australia, one in four women experiencing intimate partner violence[30] and in Manningham there has been a rise from 532 reported incidents in 2012 to 772 in 2016. last year had 556.4 incidents reported per 100,000 in Manningham[31], social isolation (4511 women living alone in comparison to 2724 men) and Financial challenges (52% of women over 70 live on less than $400 per week).[15]

Disability: Almost one in five Australians currently report to be living with a disability (18.3%) and this is destined to grow with an ageing population over the next four years. Research shows that 31% of 55 – 64 year olds live with a disability and almost nine out of ten 90 year olds have a disability, which then places an impost on family and services to care for those in need.[32] In Manningham, we have 11,150 people currently providing unpaid assistance to a person with a disability with most carers being aged between 35 – 79 years.[15] Despite this personal demand, over one third of primary carers (37.8%) were also living with a disability themselves.

The health outcomes of people with disabilities have been shown through research to be lower than the general community with almost half (46%) of people aged 15 – 64 years with a severe or profound disability reporting poor or fair health compared to 5% for those without a disability.[33] In addition, people with disability

had a higher prevalence rate of all types of selected long term health conditions and almost half (48%) of people with a severe disability had mental health problems. Health risks such as being overweight and obese are also greater (69%) as compared with those without a disability (58%).[33] As a result, people with disabilities are more prone to both cardiovascular diseases and diabetes.   In addition, the Royal Commission found that women with disabilities are 40% more likely to be victims of domestic violence.

Discrimination and the opportunity to be included in all fragments of community life are still challenges often experienced by people with a disability. Unfortunately, young people with a disability are more likely to experience discrimination (20.5%) than those aged 65 years and over (2.1%).[15] In relation to employment, only 53% of people with a disability participated in the workforce, compared with 83% of people with no reported disability.[32] The housing needs of people with disabilities is also a growing concern in Manningham ensuring access to affordable and stable housing choices of a high standard.

What our community said....

The 1000s of voices community campaign identified a number of key areas that were important to the community in relation to Inclusive and Harmonious:

- ❖ *Inclusive Culture and Community*
- ❖ *Multicultural and diverse community*
- ❖ *Indigenous cultural education and space*
- ❖ *All abilities programs / basketball and activities*
- ❖ *Disability services, programs and support*
- ❖ *Improve access and support inclusion*
- ❖ *Promote and support community harmony*

Generation Friendly

What our data and evidence said….

Manningham supports people of all age groups from newborns with services such as Maternal and Child Health, to older adults who require assistance to stay living longer independently in their own homes. The health and wellbeing needs of each of these groups is quite diverse and must be considered and planned for in an effective and collaborative way.

Early Years: Good health and wellbeing during the early years creates positive foundations for later in life. In Manningham, we have 5,399 children aged 0 – 4 years and had 993 births in 2014 which has continued to rise to 1070 in 2016. Of these babies, 6% in 2013[17] are of low birth weight and Manningham has a low rate of infant mortality.[34] Breastfeeding is on the decline[34] in children 6 months and above, as is immunisation, especially in preschool age groups.

In the municipality there has been an increase of 114 households with younger children under the age of 15 between 2006 and 2011. More recent data (2015) shows that 11.1% of children being born in another country. Of these children, one quarter speak a language other than English and many (4.4%) are not proficient in English which has implications in their capacity to transition into school.[35] With a decline in children's language and cognitive skills and their physical health and wellbeing when entering school, it is important we continue to focus on children with higher needs and their development. Another area of growth in Manningham is an increase in children with special needs (5.4%) and those requiring further assessment (8.6%) with many new families moving into the area due to availability of local special development schools. [35]

The participation in early education settings has increased from 2012 to 2015 as follows: playgroups (15.9% to 21.5%), preschools (77.8% to 87.8%), family day care (1.2% to 3%) and family, mainly grandparents (12.4% to 16.1%).[35] Currently in Manningham there are 30 child care centres and 25 kindergartens but with the increase of demand, we are experiencing a growing demand in early year's services, many of which have waiting lists. In terms of schools, Manningham has

the lowest access in the Inner Eastern region with 1.5 Government Primary Schools per 1000 children which are not overly accessible with children having to walk a distance of 1.4km.

Youth: Young people in Manningham make up 13% of the population in 2014, a slight drop from 2011 with most living in coupled families, although sole families with teenagers are on the rise. [15] Young people are engaged in education and employment with only 3.5% of females and 6.9% of males between the ages of 20 – 24 years not having completed year 11.[15] In saying this, Manningham year 9 students have lower rates of minimum standards in numeracy, reading and writing when compared to the inner eastern region. [36] In relation to further education, 8.1% participate in TAFE whilst 42.3% are in University which is higher than the Victorian average. Access to employment is an area of growing concern for young people. In Manningham, 30.6% of males and 39.1% of females between the ages of 15-19 years and 70.5% of males and 74.5% of females between the ages of 20 – 24 years are employed.[15]

The health and wellbeing issues for young people in Manningham are similar to across the state. The leading issues are mental wellbeing with 22% of 15 -24 year olds presenting to hospital for mental health issues[46] and 9.7% reporting very high levels of psychological distress.[21] Issues affecting young people impacting on mental wellbeing include bullying (41%) including cyberbullying, not having a trusted adult in their life (33.8%) or someone to turn to for advice (16.5%). In terms of dealing with this issue, 40% of young people have high levels of resilience with girls dealing with issues better than boys.[21]

Risk taking behaviours continues to be a concern for young people in Manningham with 38.6% of 15-17 yo smoking regularly and over 38% having smoked cigarettes. Alcohol consumption is also high with 49.9% of 12 – 14 year olds and 76% of 15 – 17 having consumed alcohol in the last 30 days. Other behaviours such as drug usage the main concerns are smoking marijuana (13.6%) , glue sniffing (5.8%) with ice usage on the rise for 15-17yo. Unsafe sexual activity is also on the rise with only 31.4% practicing safe sex using a condom and only 60.8% of females using contraception to prevent pregnancy. This is having a direct impact on growing prevalence of sexually transmitted infections. Dental hygiene is an area that can

also improve with only 65.7% of adolescents brushing their teeth twice daily. Young people in Manningham also have poor lifestyle behaviours with only 13.8% exercising to adequate levels and only 19.9% eating the recommended serves of fruit and vegetables.[21]

There has been a rise in social media, with 82% of all teens in 2015 having gone online in the last four weeks with girls being higher users than boys. There has also been a rise in usage of smartphones to 80% in 2015 compared to 23% in 2011. Most usage is within their homes (98%) although accessing internet at schools and in wireless hotspots is increasing. 83% of teens go online three or more times daily with more than 74% accessing the internet between 5-10pm and 28% between 10pm – 12am midnight. The main impacting factor to this increase is the growth in mobile device usage.[37]

A recent survey, the Brighter Futures Report 2015 on youth in Manningham conducted by the YMCA Youth Services showed the issues cared most about by young people were bullying, public transport, drugs and alcohol, the environment and mental health. [38]

Older Adults Older people in Manningham have a wealth of knowledge and experience and actively contribute to the wellbeing of our community in many ways, such as caring for grandchildren (18%) and family, participating in paid and unpaid work and being active members of the community. Manningham is an ageing community with an estimated 11.8% aged between 60-69 years; 9.3% aged between 70-79 years and 5.2% aged over 80 years. The ageing of the Manningham population will continue to grow to an expected level of 31% by 2026.[15]

As life expectancy continues to grow well into the 80's, the health and wellbeing needs for older people needs to be considered on issues such as people's desire to stay independently living at home as well as staying active and involved in community life, the increasing demands on health and aged care services, the communication barriers associated with cultural diversity, ageism and the

discrimination related to getting older and, the economic challenges faced as people enter retirement.

In Manningham, the data reveals a unique set of challenges that potentially contributes to the higher incidence of 80+ year olds reporting fair to poor health (34%, EMR 23%).[40] With a high proportion of older residents being born overseas (49.6%), many of whom speak a language other than English (37.9%) primarily Italian, Greek and Chinese, there could be barriers in accessing health information in the formats that they can understand. Transport is also an issue experienced by older people with 29% identifying they have transport limitations.[39] The main health and wellbeing issues for older adults in Manningham are dementia, chronic diseases such as cancer, diabetes and heart disease, diagnosed depression, falls and disability management, elder abuse, and social isolation which is more significant in older women. Financially, older adults are living on lower income levels (52 % of 70-79 year olds living on < $400 per week). Carer support is also an important consideration with over a third of residents over 65 requiring assistance on one or more activities.[40]

What our community said....

The 1000's of voices community campaign identified a number of key areas that were important to the community in relation to Inclusive and Harmonious:

- ❖ *Access to child care and kindergarten*
- ❖ *Social Activities for families and children*
- ❖ *Maternal and Child Health and Immunisation*
- ❖ *Youth spaces and activities*
- ❖ *Youth Services*
- ❖ *Activities for seniors, Opportunities to stay active and get out and about*
- ❖ *Aged Care Services and Home Care*
- ❖ *Aged Care Facilities and suitable housing*

Healthy and Well

<u>What our data and evidence said….</u>

Manningham is one of the healthiest municipalities in Victoria with over 48.2% of people self reporting that their health is very good to excellent.[41] The research shows that the main health issues[42] for Manningham are Cancer (6.6%),[20] Diabetes Mellitus(3.2%), Cardiovascular- Blood Pressure (22%) & heart disease (7.5%), Asthma (13.2%), Arthritis (21.6%), Osteoporosis (5.9%), Hepatitis, Mental health (8.7% with high levels of Psychological distress) and Dementia(22.9 per 1000 population)[17] . In addition, the poorest health outcomes often occur in the most disadvantaged groups in Manningham, in particular, those on lower incomes, socially isolated or with disabilities, carers and/or with poor literacy.[43]

In terms of prevention of ill health, its important to consider our behaviours that can protect us in the long term. To do this we need to eat heatlhy, exercise often and not partake in behaviours such as smoking and excess consumption of alcohol. In Manningham, people are quite sedentary with nearly 1/4 (26%) sitting more than 8 hours per day and 50% not exercising to the required levels with men partaking in physical activity far less than females.[45] The preferred form of exercise is walking with 52% of people partaking regularly.[44] In terms of food consumption, 46% of people don't consume nutritious food and we consume less water (5.1 cups per day) than the Victorian average. Unfortunately this is having a direct impact on our weight with nearly half (44%) of our population being considered overweight or obese and men having more significant weight problems. On a positive note, smoking rates are on the decline (8.8%) but we still need to support those who do quit and young people to resist the temptation to start.[45]

Access to services is one of the greatest impacts on people's wellbeing. Unfortunately, Manningham is more disadvantaged than other inner eastern local government areas in areas of medical and community services, pharmasists, specialists and dentists.[46] Manningham residents are having to often travel further for direct service and program access.

What the community says:

<u>What our community aid….</u>

The 1000's of voices community campaign identified a number of key areas that were *important to the community* in relation to living healthy and well:

- ❖ *Appropriate and affordable support for those in need*
- ❖ *Education and learning opportunities*
- ❖ *Community and Health Services and Programs*
- ❖ *Sport, recreation and opportunities to be active*
- ❖ *Access to healthy and nutritious food*
- ❖ *Healthy living and lifestyles*
- ❖ *Emergency Relief*
- ❖ *Mental Wellbeing*

A Safe Community

What our data and evidence said….

Community Safety : Manningham is the safest municipality in the eastern region with a reported 3,956 crimes reported during October 2015 to September 2016. Despite having lower rates, there has been a 10.9% increase in the last 12 months. The three major crimes experienced in Manningham are Assault including Family Violence, Burglary (break and enter), deception and abduction.[31]

Prevention of Violence: Family Violence is on the rise in Manningham with 772 reported incidents in 2016 in comparison with 532 reported in 2012.[31] Although this rise is concerning, it is a good indication that the community is feeling more confident to seek the support they require and report any form of family violence such as emotional, physical, sexual or financial abuse or neglect. Its important to note that this data only tells us part of the story. It does not include data from family violence response agencies or victims who do not report to Police or seek help. In Manningham there has also been an increase in elder abuse, whereby an older person has been mistreated by someone whom they have a relationship of trust with.

Alcohol, Drugs and Gambling. In Manningham, 4.2% of adults are at risk of high risk short term harm and 22.8% are at risk of short term harm each month.[44] In relation to admissions, 39.2 adults and 16.7 of 15-24 year olds per 10000 have been hospitalised with alcohol related harm.[47] Binge drinking is also a rising concern in Manningham with 53.3% of 15-17 year olds having drunk alcohol in the last 30 days.[21] In Manningham we also expend on packaged liquor (52%) and at licenced premises (58%) at high levels and 21% of people feel its okay to get drunk now and then.[44] Based on Ambulance data 2013 / 14, the top three issues requiring abulatory care are anti-psychotic related attendances, GHB and Antidepressant misuse. There has been decreases in ambulatory care for cannabis and ICE.[47]

The Manningham YMCA Brighter Future Report in 2015 showed that young people (12 – 24 years) in Manningham showed that

- 56% of young people consume alcohol at least once a month
- 26% of young people have taken illicit drugs at least once
- Young people said they drink alcohol socially (54%), for fun (25%) and to relax (14%).
- 56% of young people said yes and 44% said no to drinking alcohol.
- 43% of those respondents said they drink more than once a fortnight
- 26% of young people said yes they use/tried illicit drugs with 74% who said no they have never used drugs.
- Of the 26% of young people who said yes they use/tried illicit drugs, cannabis was 49% followed by ecstasy 15% and amphetamine 13%.[38]

In Manningham there are seven gambling venues most of which are based in the western part of the municipality. Manningham had a total gaming machine expenditure of over $56 million in 2014/15 and there has been an increase in the number of gaming machines from 5.19 per 1000 adults in 2014 to 5.32 in 2016. On average, adults in the municipality expended $576.47 as at June 2016.[48] Other areas of gambling are growing in Manningham including online gaming.

What our community said….

The 1000's of voices community campaign identified a number of key areas that were important to the community in relation to Community Safety

- ❖ *Safe Environment/safety*
- ❖ *More Police/ Neighbourhood Watch / Emergency Services*
- ❖ *Keep parks and gardens Safe*
- ❖ *More Road Safety Education*

Resilient Community

What our data and evidence said….

Research indicates that Australia is forecast to incur a multitude of climate change impacts that will have a direct influence on the frequency and severity of natural disaster events by 2050. For Manningham a number of natural hazard risks have been identified which require community preparedness and adaptation to ensure effective response and recovery from emergency events (bushfire, flood, storm, heatwave etc.). Emergency events have, and will continue to have, a direct impact on the community and their wellbeing with social and economic disruption, environmental impact and even loss of life. These risks are significant in the rural and peri-urban areas of Manningham where community resilience and preparedness is highly important. To help our community prepare effectively for these natural hazard risks, Manningham is now taking a holistic all-hazards approach focussed on mitigation, resilience and recovery.

Manningham is recognised as a high fire risk area of Greater Melbourne due to its vegetation, topography, climate and demography. In particular, the localities of Warrandyte and Wonga Park are considered as extreme fire risk areas. Historically, bushfire threatens these areas from the north, being driven in a southerly direction by northerly winds. Manningham also has many low lying areas that are subject to flash flooding, including Bulleen, Templestowe, Lower Templestowe and East Doncaster. Manningham has experienced localised storms resulting in flash flooding where drains are overwhelmed due to the volume of deluge.

What our community said....

The 1000's of voices community campaign identified a number of key areas that were important to the community in relation to Resilient Community

- ❖ *Good Bush Fire Management*
- ❖ *Controlled regular fuel burn off*
- ❖ *More Police/ Neighbourhood Watch / Emergency Services*

Connected and Vibrant

What our data and evidence said….

Feeling a part of and participating in community life are important to the Manningham community. Through mediums such as the arts and culture, community activities and events, social gatherings at a neighbourhood level and volunteering in clubs and schools, people feel more connected at a local level. In saying this, the data shows that there are proportion of people who are socially isolated. A number of factors can contribute to this including language barriers, unemployment and low income, poor housing and transport access, crime, poor health and disability and family breakdown.

In Manningham, the evidence shows that there are 6754 people living alone in 2011 in their homes, with women and older people being most affected. There are also are many people (4,778) who do not speak english which impacts on their capacity to engage with the community outside their cultural group. Financial stress is a significant factor in whether people can get involved in activities and access the services they need and with 16% of households living on less than $600 and many households experiencing mortgage stress (10.6%) or rental stress (47%). In additon, Manningham has one of the lowest proportion of affordable housing options in rentals and social housing in the eastern region. With the rise in housing prices, this situation will only be destined to get worse.[15]

Despite the vast array of opportunities to get involved in community life, in Manningham we find that, 73.9% feel part of their community, only 40.5% demonstrate citizen engagement and get involved in matters that affect them, 40.8% of people participated in arts and cultural activities last month with males and older people less likely to participate, 91% felt they had enough 56.3% feel valued by society and only 18.6% volunteer with groups or clubs. [49][17]

Other factors include their connection with people in their lives. In Manningham, we find that 58% can definitely get help from their neighbours[17] and 79.4% have internet access[15] but only 39.7% of adults feel people could be trusted in their local area.[44]

The liveability of the local neighbourhood contributes to good health and wellbeing. These factors include transport and walkability along with access to housing, services, food, open space and employment. In Manningham, with its span of country areas and city spaces, there are some limitations that can impact on community connectedness. Council have committed to consider these factors using place-making approaches for Doncaster Hill and Bulleen, to enhance the connectedness and wellbeing outcomes of those communities.

What our community said....

The 1000's of voices community campaign identified a number of key areas that were important to the community in relation to Connected and Vibrant include:

- ❖ *My Friends, Family, Neighbours*
- ❖ *Community Spirit/ Sense of Communuity*
- ❖ *Communicty connections/ Neighbourhood*
- ❖ *Community Events and festivals*
- ❖ *Arts and Cultural Activities*
- ❖ *Connection between youth and older people*
- ❖ *Support for Volunteers*
- ❖ *Play house Theatre*

Appendix 5: Supporting Documents

The Healthy City Strategy is supported by existing Council commitments across a number of key Council documents. Each of these documents support the outcomes of this strategy.

Inclusive and Harmonious

Reconciliation Action Plan

Access, Equity and Diversity Strategy

Metro Access Community Strengthening Plan

Gender Equity Action Plan

Early Years Plan

Manningham YMCA Youth Service Specifiations

Ageing Well in Manningham

Disability Access and Inclusion Plan

Victorian Government and MAV Age Friendly Declaration

Healthy and Well

Active for Life - Recreation Strategy

Food Security Policy

Doncaster Hill Mode Shift Plan

Inclusive Manningham: Dementia Friendly City Action Plan

Manningham YMCA Youth Services Specification

Principal Pedestrian Network

Economic Development Strategy

Bicycle Strategy

Pandemic Plan

Open Space Strategy

Safe and Resilient

Prevention of Violence Against Women Action Plan

Community Safety Action Plan

Gender Equity Action Plan

Road Safety Action Plan

Graffiti Management Action Plan

Municipal Emergency Management Plan

Resilient Framework Emergency Management

Climate Change 2020

Securing the Future Adaptation Plan

Together for Equality and Respect Strategy

Gambling Policy

Heatwave Plan

Municipal Fire Management Plan

Connected and Vibrant

Cultural Strategy

Live Well in Bulleen

Doncaster Hill Strategy

Integrated Transport Strategy

Economic Development Strategy

Affordable Housing Policy and Action Plan

Residential Strategy

Urban Design Principles

Community Engagement Framework

Asset Management Strategy

Municipal Strategic Statement

Appendix 6: Manningham Partner Overview and Role in Public Health and Wellbeing

Manningham City Council acknowledge the partnership with key stakeholders in the planning, development, implementation and reporting of the Heathy City Strategy. It is as a result of the strength of this collaboration that we can collectively influence the issues that impact on our community's health and wellbeing. Thank you for your ongoing commitment and support. The table below outlines our partners and their role in public health and wellbeing.

Partner Agency	Partner Overview	Role in Public Health and Wellbeing
Access Health and Community (AccessHC)	AccessHC is a interdisciplinary primary health and community service focussing on provide services to those in our community most in need. AccessHC provide the full range of primary care and allied health services to the communities of Manningham, Boroondara and Yarra. In addition to clinical services, AccessHC delivers a range of social support, physical activity and skills based groups through our community programs at settings such as neighbourhood houses and Men's Sheds.	AccessHC seeks to improve and maintain the health of the communtiy, through the clinical services they deliver and build stronger community networks through our social support and community programs. AccessHC is also funded by the Victorian Governement to provide integrated, primary prevention-based health promotion under the Integrated Health Promotion funding stream.
Community Represenatives	The Healthy City Advisory Committee has two community representatives with extensive expertise and passion for community health and wellbeing. They provide the partnership with a strong community voice and advocate for the support and inclusion for older adults, women, disadvantaged community groups, people from Cultural and Linguistic Diverse backgrounds and improvements in health and wellbeing servicing and access.	
Department of Education and Training	A State Government Department with the "Education State Ambition" to have happy healthy and resilient kids. The health development of students helps drive the future prosperity of the state.	The Department of Education and training supports public health and wellbeing the the following strategic directions: • Starting Well-Early Years, MCH Kindergarten • Resilient adolescence and youth • Improving mental health • Place based approaches • Respectful Relationships • School Focused Youth • Preventative measures
Department of Health and Human Services	A State Government Department who's vision is to achieve the best health, wellbeing and safety of all Victorians so that they can lead a life they value. To do this successfully, the department's work is focused on four strategic directions: 1. Developing person-centred services and care 2. Building local solutions	The Department of Health and Human Services leads public health and wellbeing for Victoria through the planning and implementation of the Victorian Public Health and Wellbeing Plan 2015 – 2019 and monitoring population change through the Victorian Public Health and Wellbeing Outcomes Framework. The key strategic directions include

Partner Agency	Partner Overview	Role in Public Health and Wellbeing
	3. Providing earlier and more connected support 4. Advancing quality, safety and innovation through everything that we do	• Improvements at every stage of life (Starting Well, Resilient adolescence and youth, Healthy adulthood, Active and healthy Ageing). • Promoting Health and Wellbeing (Healthy Eating and active living, Tobacco Free living, Reducing harmful alcohol and drug use, Improving mental health, Preventing violence and injury, Improving sexual and reproductive health) • Platforms for change (Healthy and Sustainable environments, Place-based approaches, people centred approaches)
Doncaster Community Care and Counselling Centre (Doncare)	Doncare is an independent community services organisation that has provided support in the City of Manningham since 1969. A combination of professional staff and trained volunteers provide a broad range of services including: information and emergency relief, counselling for all age groups, support programs for women experiencing family violence, social support for the elderly/isolated and volunteer recruitment and referral.	Doncare has hands-on knowledge and experience in supporting the priority communities targeted within the MPHWP. We advocate on behalf of the most vulnerable, disadvantaged and marginalised in our community and ensure that they are supported in the same equitable way as all other members of this community through quality services and programs.
Eastern Melbourne PHN	The vision of EMPHN is better health outcomes, better health experience and an integrated health care system. We work as a Strategic Commissioner across an area of 3,956 km2 comprising a population of over 1.5 million people across the local governments of Manningham, Boroondara, Whitehorse, Maroondah, Knox, Banyule, Nilumbik, Whittlesea, and partial areas of Monash, Mitchell & Murrindindi. Our strategic priorities are to address health gaps and inequalities, enhance primary care, leverage digital health, data and technology, work in partnership to enable an integrated service system and be a high performing organisation.	As a Strategic commissioner of primary health care and integration services and projects, we are an organisation established to increase the efficiency and effectiveness of medical services for patients, particularly those at risk of poor health outcomes, and to improve coordination of care to ensure patients receive the right care in the right place at the right time.

Partner Agency	Partner Overview	Role in Public Health and Wellbeing
EDVOS	EDVOS is the specialist family violence service in Melbourne's eastern metropolitan region, empowering women and children who are responding to family violence. We provide integrated support, information, case management, safety planning, community education, programs for pet safety and a strong network of referral pathways to other services.	EDVOS has expertise in working with family violence as a public health issue. Our focus is on supporting the safety of women and children and the accountability of perpetrators. Our services cover primary prevention of violence against women and family violence, early intervention and changing the trajectory of women and children's experience of violence, and responding when violence occurs.
Haven; Home, Safe	Haven;Home, Safe (HHS) is Australia's only integrated affordable rental, crisis, transitional, support and housing services provider. A not for profit company based in Bendigo with a Metropolitan base in Preston HHS delivers an increasing number of services to a significant number of people including large parts of metropolitan Melbourne including those in the city of Manningham. Througout Melbourne's north and easter suburbs, HHS manages more than 300 tranistional and long term properties. We assist society's most vulnerable people by providing them with housing information, referrals to other support services, short term housing solutions and help with long term housing applications.	HHS operates along a continuum of housing and support to provide those who are homeless or in housing crisi access to the support and resources they need to eliminate their homelessness. HHS provides a range of social incljusion programs that assist client to reconnect to the community and develop individiual resilience. HHS has a strong history of advocacy for clients and works in partnership with local social services and private sectors to address risk factors leading to homelessness. The majority of the programs that HHS delivers relate directly back to early intervention strategies for people in need and at risk of homelessness as well as those who are homeless. The ultimate purpose of all our activities is to integrate people experiencing homelessness into broader community supports so that they may participate as valued citizens in the communities in which they live.
Heide Museum of Modern Art	Heide is a unique organisation. It demonstrates provocative cultural leadership, is a locally, nationally and globally enchanting destination, and is a greatly loved Melbourne institution. Heide is a cultural destination, offering an inspiring, educational and thought-provoking experience of modern and contemporary art, architecture, gardens and social history to local, national and international audiences. Heide holds an important collection of over 3,000 works—predominantly Australian modernist and contemporary painting and works on paper dating —and a sculpture park with more than forty significant Australian and international	Heide celebrates arts and culture in myriad forms. Through art, architecture, sculpture, heritage, landscape, gardens and its educational and volunteer programs, it provides numerous opportunities for residents to engage with art and culture. It strengthens the Creative Industries in Manningham and increases cultural tourism to the city. Heide's Education and Public Programs offer opportunities for learning and development across all ages and demographics and its year round program of activities and events encourages participation, social inclusion and connectedness.

Partner Agency	Partner Overview	Role in Public Health and Wellbeing
	sculptures. Its dynamic and engaging education and public programs augment its program, providing an innovative and thought provoking way to engage with art, culture and our community.	
Inner East Primary Care Partnership	PCPs develop and sustain partnerships and leverage these partnerships to: • deliver health wellbeing outcomes in their local communities • reduce the impact of changes to the service system on our most vulnerable populations • assist health and social services to understand how to support consumer choice	Inner East Primary Care Partnership focuses on the following priorities to support health and wellbeing: 1. Prevention • Upstream social determinants and behaviour change • Supporting partner organisations to have a collective impact on catchment priorities • Linking to the Victorian public health and wellbeing plan 2015-2019 and outcomes framework 2. 'Access, equity & integration' • Addressing access barriers for vulnerable populations as well as facilitating how parts of the system integrate with each other
Manningham Strategic Alliance	The Manningham Strategic Alliance is made up of the five community houses in Manningham; Living & Learning @ Ajani, Pines Learning, Park Orchards Community House & Learning Centre, Warrandyte Neighbourhood House and Wonga Park Community Cottage.	Our role in public health and wellbeing is to provide the community the opportunity to participate in a range of activities. The Manningham Strategic Alliance provide activity classes for physical health such as yoga, pilates, dancing, strength classes, tai chi and walking groups. We provide creative classes for personal interest such as music lessons, art and craft. We provide healthy eating activities such as cooking classes and information sessions. We provide childcare that gives parents respite and the opportunity to work or study. We provide pre accredited and VET courses for those wishing to improve skill sets or to achieve a qualification. We provide free club, classes and functions for community members to socially engage when there are financial barriers to participation.
YMCA Manningham	As an independent association of YMCA Australia, YMCA Manningham incorporated has been serving the community of Manningham since 1992. Since its formation, YMCA Manningham has provided health, wellness and community development programs as an integral part of its mission to help people build a healthy body, mind and spirit. While many people	Through its current operations, YMCA Manningham delivers a broad range of community- building programs and services and includes: • the current management contract of Aquarena Aquatic and Leisure Centre • the management of the Manningham City Council Youth Services Agreement

Partner Agency	Partner Overview	Role in Public Health and Wellbeing
	may be aware of this particular aspect of the YMCA and may have experienced its benefits, our objective is to enrich and enhance the lives of members of our Manningham community with a strong belief in the power of inspired young people. In all that we do we endeavour to look at it through the lens of the young and give them an opportunity to have a voice within our community.	• the management of six Manningham City Council Indoor Highball Stadiums • various self-funded Manningham YMCA community programs • Foundation Y Manningham (benevolent assistance to the Manningham community)
Onemda	Disability Service Provider and is a centre for learning and therapeutic development for people with disabilities.	'Onemda enhances the quality of life of people with a disability their families and carers living in Manningham. Opportunities for social interaction community engagement and connectedness are provided through a wide variety of services, supports, information, and experiences which develop independence and assist health and wellbeing
Victoria Police – Manningham Police Service Area	The Mannigham Community is serviced by two police Stations – Doncaster & Warrandyte. These two police stations provide the Mannigham Community with a seven day 24 hour patrol reponse and counter service.	Our role is to serve the Victorian and Mannigham community and uphold the law so as to promote a safe, secure and orderly society. We achieve this by: • responding to calls for assistance in matters of personal and public safety, emergencies and serious incidents; • preventing crime through a range of proactive community safety programs; • detecting and investigating offences, and bringing to justice those responsible for committing them; • supporting the judicial process to achieve efficient and effective court case management, providing safe custody for alleged offenders, supporting victims and ensuring fair and equitable treatment of victims and offenders; and • promoting safe road-user behaviour
Whitehorse Manningham Libraries	Providing Library services to the Cities of Whitehorse and Manningham. Services provided to Manningham via 4 branch libraries in Bulleen, Doncaster, The Pines & Warrandyte. Web access to electronic resources is provided 24/7.	In addition to the provision of library material for information & recreational purposes, the library runs events and information sessions for the community on a regular basis. Some of these will have an obvious link with wellbeing eg: information sessions on preventing fatigue. Others provide an opportunity for community members to become more connected with others eg Book Circles and Conversation Circles. There is also a strong emphasis on supporting early literacy with programs such as the popular "1000 books before school".

Partner Agency	Partner Overview	Role in Public Health and Wellbeing
Women's Health East	Women's Health East is the women's health promotion agency for the Eastern Metropolitan Region of Melbourne. Our work is focused on improving outcomes for women across the seven local government areas of Yarra Ranges, Knox, Maroondah, Manningham, Monash, Whitehorse and Boroondara. Our vision is Equality, Empowerment, Health and Wellbing for all Women. Women's Health East addresses the social, cultural, economic, and environmental factors impacting on the health and wellbeing of women in the region. We work to build the capacity of services and programs in the region to optimally address issues affecting women.	Our key public health priorities are to: - Advance gender equity - Prevent violence against women - Improve women's sexual and reproductive health

Appendix 7: Table of Figures

Appendix 8: References

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