



Shire of
Serpentine
Jarrahdale



HEALTH AND WELLBEING STRATEGY

2016-2019



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SHIRE PRESIDENT'S FOREWORD

The Shire of Serpentine Jarrahdale is committed to protecting, promoting and enhancing the health and wellbeing of its people.

As part of this commitment, the Shire has collected community opinions on personal health and lifestyle choices by undertaking a number of healthy and active living surveys. The surveys were conducted by interviewing over 400 people, asking them about their physical activity and food choices.

The communities' responses were very clear, with 87% saying that they regularly make use of our parks and reserves. 72% of the community said they were happy with their current health and lifestyle choices. They indicated that it would help them become more active, and make healthier food choices if there was more public exercise equipment, walk trails and other recreational facilities within the Shire and if more food outlets provided healthier choices.

These substantial community opinions offer opportunities for all stakeholders to respond to the growing lifestyle concerns, such as obesity, diabetes and heart disease. Statistics gathered by the South Metropolitan Population Health Unit for the Shire's Health and Wellbeing Profile also stated the need for effective planning to create an environment for communities to enjoy good health⁽¹⁾.

The Shire recognises that people's health and wellbeing is essential to the vitality of the community. If we can promote healthy and local foods economies, enhance the built environment to encourage physical activity, and encourage our natural assets such as the Darling Scarp and beautiful open spaces to support recreation, social interaction, community connectedness and wellness, it will create a healthier, active and more resilient community.

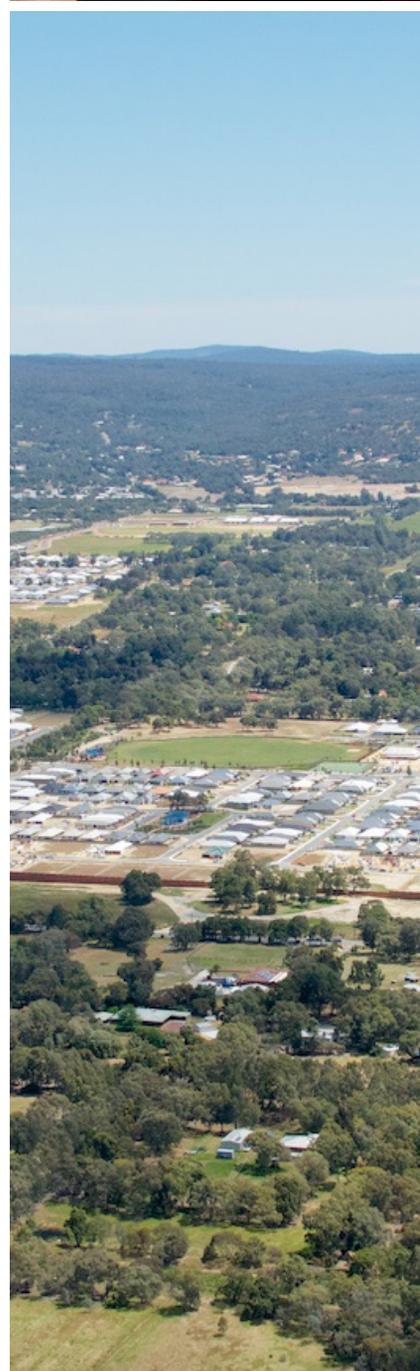
The Health and Wellbeing Strategy is intended to be an informing strategy to both the Shire's Strategic Community Plan and Corporate Business Plan and fulfils the requirements of the Public Health Act 2016.

EXECUTIVE SUMMARY

The Shire recognises that its legislative role in promoting health and wellbeing is through urban planning, social and physical infrastructure, contemporary health protection initiatives, community programs and the creation of healthy and safe environments.

This Health and Wellbeing Strategy aims to positively influence the community's public health status by identifying health and wellbeing needs, establishing priorities and strategies and by providing a framework that supports an integrated and collaborative approach that will enhance the community's ability to lead healthy, active and connected lives.

Our vision is to protect and promote **public health** so that the community can lead healthy, active and connected lives.





POSITION STATEMENT

The Shire recognises that individual and community good health and wellbeing is important to Serpentine Jarrahdale’s vitality, and acknowledges the importance of supporting public health planning initiatives that develop policies and programs to administer its functions under the Public Health Act 2016 (the Act). In performing its functions, the Shire will also apply the objectives and principles of the Act to promote healthy living and protect the community from disease and other public health risks.

To achieve relevant public health outcomes, the Shire will align its approach with regional, state and national strategies and policies. It will also pursue supportive partnerships that enable greater community participation in planning for, creating, and maintaining healthier environments for current and future populations.

DEFINITIONS

Public Health refers to ‘improvements to health and wellbeing through approaches which focus on whole populations. Priorities are to reduce disparities in health status between social groups and to influence the underlying social, economic, physical and biological determinants.’⁽²⁾

Social determinants of health have been defined as ‘the socio-economic conditions that influence the health of individuals, communities and jurisdictions as a whole. These determinants also establish the extent to which a person possesses the physical, social and personal resources to identify and achieve personal aspirations, satisfy needs and cope with the environment.’⁽³⁾



STRATEGIC COMMUNITY PLAN AND CORPORATE BUSINESS PLAN ALIGNMENT

The Shire's Strategic Community Plan 2013 – 2022 outlines the community's aspirations and vision for the future of Serpentine Jarrahdale and was informed by a consultation process. The Plan contains a series of community vision categories including:

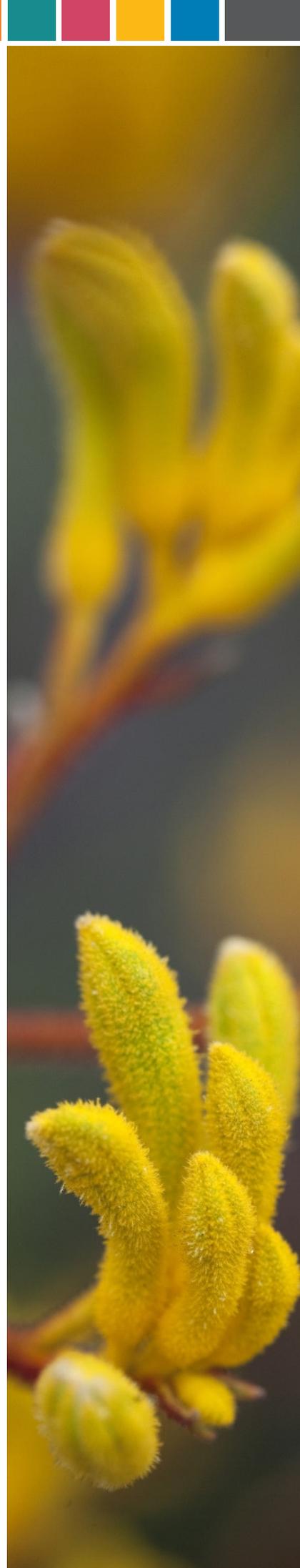
- Governance and Leadership
- Financial Sustainability
- Built Environment
- Local Economy
- Natural Environment
- Community Wellbeing⁽⁴⁾

The Health and Wellbeing Strategy, as an informing strategy, supports these community visions in a number of ways. The strategy identifies the importance of developing partnerships with internal and external stakeholders which are key outcomes of governance, leadership and financial sustainability. It aspires for the creation of a built environment that supports physical activity and well as recognising the importance of the natural environment for recreation and community wellbeing. It continues to support the local economy and businesses to manage their activities so as not adversely impacting on health, local amenity or the environment. Finally it supports community wellbeing by encouraging all residents to lead healthy, active and connected lives.

The Shire's Corporate Business Plan 2013 – 2017 has been developed in line with the Strategic Community Plan and sets out the Shire's commitments to achieving the community's aspirations and vision. The long-term vision for the Shire is 'a sustainably developed Shire, where the community, local economy and natural environment are interconnected and thriving.' This vision is underpinned by a set of community values⁽⁵⁾.

The development of the Shire's Health and Wellbeing Strategy is identified in the Corporate Business Plan as a key strategic action, and aligns with the communities values for an active lifestyle.

We are motivated to lead healthy, active,
and connected lives.





LOCAL DEMOGRAPHICS

The Shire is one of the fastest growing local governments in WA, located in the Peel region and approximately 45 kilometres south of the Perth CBD. The Shire encompasses a total land area of 905km² and has a current population of 27,747 as of 2016, with a forecast population of 63,336 by 2036 according to Forecast i.d.⁽⁶⁾

The Shire is set against the picturesque backdrop of the Darling Scarp, with forested hills, wetlands, wildlife and an abundance of wildflowers. A variety of local industries include dairy farming, poultry farming, nurseries, extractive industries, orchards and burgeoning urban areas in Byford and Mundijong.

Residents are predominately of Australian or British descent, with 94.4% of residents nominating this heritage in the 2011 census. At present, 21.5% of employed residents work within the Shire, with the the biggest employment categories being Technicians and Trade Workers (21.8%), Clerical and Administrative Workers (15.7%), Managers (11.9%), and Professionals (11.7%).

Of those residents who are employed, approximately 68.5% drive to work, whilst only 4.9% catch public transport, 2.2% walk and only 0.2% ride a bike⁽⁷⁾.

HEALTH PROFILE

Lifestyle risk factors for chronic disease, such as poor nutrition, insufficient physical activity, risky alcohol use and smoking are prevalent in Serpentine Jarrahdale. Self-reported information collected through the WA Health and Wellbeing Surveillance System (HWSS) indicate that 69.9% of adults in the Shire are either overweight or obese⁽¹³⁾. There is a significantly higher prevalence of obesity and asthma in our community compared to counterparts statewide.

Furthermore, of the residents surveyed through the HWSS, 18.1% reported being diagnosed with a mental health condition, and 6.5% felt they had a lack of control over life in general⁽¹³⁾.

Serpentine Jarrahdale has a low proportion of adults aged 20 to 34 years and 65 years and over, and a higher proportion of children aged 0 to 14 years and adults aged 35 to 54 years, compared with the State. Most deaths in the region were associated with chronic health conditions, including ischemic heart disease, cerebrovascular disease (strokes) and cancers. Many diseases could be prevented or delayed through public health measures that discourage smoking and excessive alcohol consumption and encourage a healthy diet and physical activity⁽¹⁾.

THE JOURNEY

A key step in developing the Strategy was ensuring that the community was involved. The Shire's Health Services team conducted community surveys to gather residents' opinion on healthy lifestyle choices and to inform the redevelopment of the previous Health Services Team Plan. The surveys were conducted personally by Shire Health Officers at community events in Mundijong and Byford. Over 400 people completed the survey, answering questions about physical activity and access to healthy foods. Along with these community based approaches, an online survey was also circulated to all elected members, Shire Staff and a community mailing list. Overall approximately 450 people completed the survey.

The responses from the community included:

- 28% unhappy with their current health and lifestyle choices.
- 55% regularly exercising for 30 minutes, 15% said they did no exercise.
- 62% feel it's important that food outlets provide healthy choices and approximately 74% state that it would help them maintain a healthy lifestyle if food outlets provided healthy choices.
- 36% want more walk trails and 41% want more public exercise equipment in our parks.
- 49% of people would prefer the nutritional information panel on packaged food be easier to understand.
- Between 35% to 55% of people stated they would use parks more frequently if there was more access to adult exercise equipment, drinking fountains, more bbq areas, better facilities for children and dog exercise areas.
- 90% of people identified as non-smokers but of the 10% who did, 72.7% would prefer local discussion support groups to help them quit.

A number of residents also provided anecdotal comments regarding the provision of more cycle paths, foot paths and public exercise equipment in parks.

Given the prevalence of poor nutrition and insufficient physical activity within the Shire, high levels of obesity and other chronic health conditions such as diabetes emphasise the need for the Shire to align with relevant strategies to encourage opportunities to create a healthy built environment and to ensure the community has access to safe, secure and healthy food choices.

EVALUATION

The Health and Wellbeing Strategy will be reviewed collectively by the Health team annually, and a report prepared for the Leadership team, elected members and the Department of Health.



PROGRAMS AND OBJECTIVES

The following programs and objectives have been developed to align with national, state and local health priorities. The Health and Wellbeing Strategy identifies existing activities currently undertaken by the Shire, and identifies new programs areas following feedback from the community.

Together with existing responsibilities and feedback from the community on emerging public health issues, three themes have been identified:

1 ENVIRONMENTAL HEALTH PROTECTION

2 SAFE, SECURE AND HEALTHY FOODS

3 ACTIVE LIFESTYLES



ENVIRONMENTAL HEALTH PROTECTION

‘Environmental health addresses all the physical, chemical, and biological factors external to a person, and all the related factors impacting behaviors. It encompasses the assessment and control of those environmental factors that can potentially affect health. It is targeted towards preventing disease and creating health-supportive environments. This definition excludes behavior not related to environment, as well as behavior related to the social and cultural environment and genetics’⁽⁸⁾.

PROGRAMS	OBJECTIVE	HOW WE WILL ACHIEVE THIS
Water safety and quality	Ensure non scheme drinking water provided to the public is safe to drink and aquatic and recreational water bodies available to the public are safe for their intended use.	<ul style="list-style-type: none"> • Undertake important water sampling for food businesses not on scheme water and for public aquatic facilities. • Provide information and advice to the community on water quality and safety.
Public buildings and event management	Ensure that public buildings and events are safe for the community and that risks are identified appropriately and adequately managed or mitigated.	<ul style="list-style-type: none"> • Undertake risk assessments of the Shire and privately owned public buildings. • Assess and provide guidance to event organisers on risk management and key health and safety requirements.
On-site waste water management	Ensure that the on-site treatment, disposal and/or storage of effluent and liquid waste is managed to minimise risk to public health and the environment.	<ul style="list-style-type: none"> • Assess applications for on-site wastewater treatment systems to maintain a high standard of installations. • Ensure Aerobic treatment units are being serviced to minimise risk to public health and the environment.
Community amenity	Minimise unwanted exposure to hazards and emissions that are offensive, impact on amenity and/or a risk to the health of the community.	<ul style="list-style-type: none"> • Respond to customer and community service requests in a way that is relevant to the customer’s needs and reflects organisational values.
Health Risk and Impact Assessments	Protect people’s healthy lifestyles and support the community’s vitality.	<ul style="list-style-type: none"> • Apply the state, regional and local health, planning and environmental frameworks to assess the potential health risks and impacts associated with new proposals and ensure that negative risks and impacts are managed or mitigated and positive implications are maximised.
Public Health Emergency Management	Helping Local Emergency Management Committee and the community in the preparation, response and recovery from natural disasters and emergencies.	<ul style="list-style-type: none"> • Contribute to Local Emergency Management Committee meeting objectives and actions. • Provide support as required to emergencies and natural disasters in managing associated public health and environmental risks.



Image courtesy of LWP Property Group.

SAFE, SECURE, AND HEALTHY FOODS

‘Food safety encompasses actions aimed at ensuring that all food is as safe as possible. Food safety policies and actions need to cover the entire food chain, from production to consumption’⁽⁹⁾.

‘Food security is ‘the ability of individual, households and communities to acquire appropriate and nutritious foods on a regular and reliable basis using socially acceptable means’. Food security is determined by people’s local food supply and their capacity and resources to access and use that food’⁽¹⁰⁾.

PROGRAMS	OBJECTIVE	HOW WE WILL ACHIEVE THIS
Food Safety and Quality	Ensure the community has access to safe food and support local food business to maintain food safety standards.	<ul style="list-style-type: none"> • Administering the Food Act 2008 and Food Regulations 2009 and apply National assessment frameworks. • Support local food business and food handlers to maintain the required skills and knowledge. • Assess food business based on food safety risk and performance. • Apply compliance responses based on risk and severity and escalate compliance actions where there are ongoing food safety non compliances.
Secure and Healthy Food	To ensure the whole community has access to a healthy food supply and support food producers and outlets to provide a variety of healthy and nutritious food choices.	<ul style="list-style-type: none"> • Understanding our community’s food security needs and the barriers people face when trying to access enough healthy food. • Working with the community, state and federal agencies to promote better access to healthy food.
Alcohol Management	To enhance opportunities that minimise alcohol related harm in the community.	<ul style="list-style-type: none"> • Where there is capacities apply relevant state and regional initiatives to local alcohol related issues.



ACTIVE LIFESTYLES

‘It is important that the environments where we live and work support physical activity. The urban and built environment can have a significant impact on our health. The environment influences opportunities for walking, cycling and public transport use, as well as recreational physical activity’⁽¹¹⁾.

PROGRAMS	OBJECTIVE	HOW WE WILL ACHIEVE THIS
Healthy Built Environments	Advocate the need for the built environment to be designed to support, encourage and enable active living.	<ul style="list-style-type: none"> Supporting planning, transport and land use opportunities which encourage people to be more active ⁽¹²⁾, by engaging with developers to implement healthy active by design principles into existing and emerging residential areas. Exploring opportunities to endorse developments that are implementing and creating healthier environments.
Healthy Active Communities	Promote healthy lifestyles in the community to address obesity and increase physical activity.	<ul style="list-style-type: none"> Develop resources for the community identifying and encouraging physical activity opportunities. Promote the use of alternative, sustainable transport options such as walking and cycling to improve health outcomes.



ACKNOWLEDGEMENTS

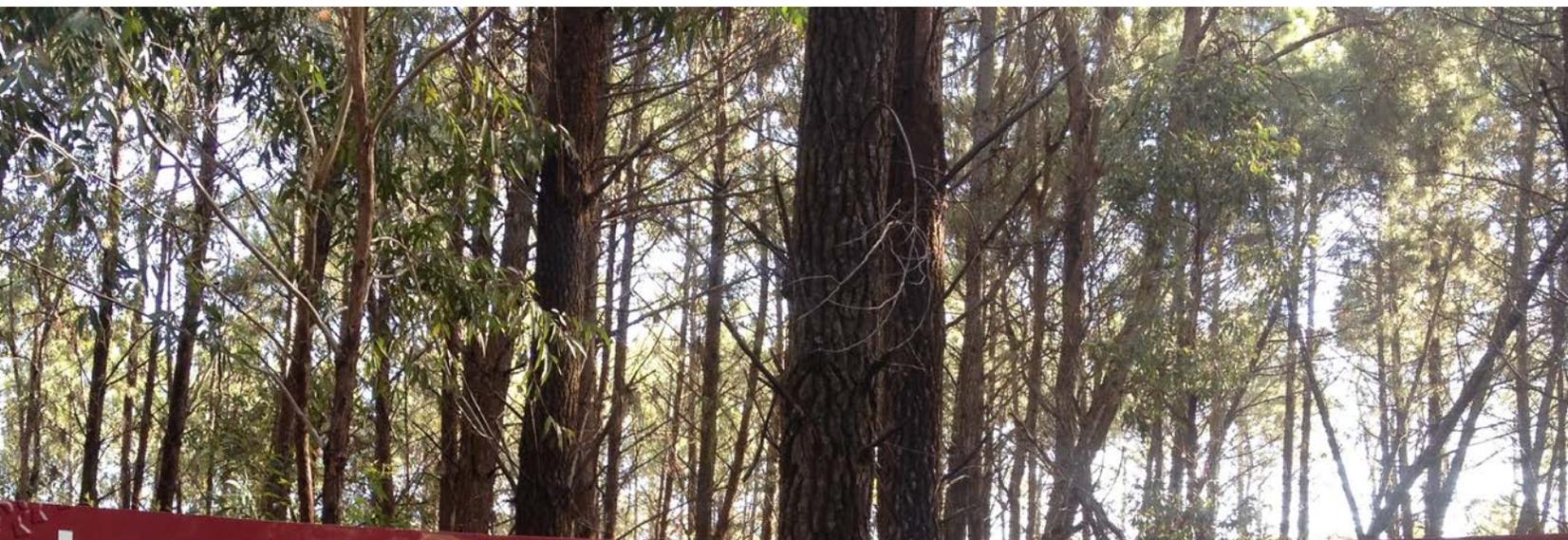
The Shire would like to acknowledge the contribution of the South Metropolitan Population Health Unit in the preparation of this strategy.

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Langford Park Mountain Bike Trails

Mountain bike trails

Langford Park mountain bike trails

- Trail 1: Adventure's Edge**
 - Trail length: 1.5km
 - Difficulty: Moderate
 - Features: Single track, technical, steep descent
- Trail 2: The Flow**
 - Trail length: 1.2km
 - Difficulty: Easy
 - Features: Flow trail, technical, steep descent
- Trail 3: Crossing Opportunity**
 - Trail length: 1.8km
 - Difficulty: Moderate
 - Features: Single track, technical, steep descent
- Trail 4: Sunset Lane**
 - Trail length: 1.0km
 - Difficulty: Easy
 - Features: Flow trail, technical, steep descent
- Trail 5: Adventure Trail**
 - Trail length: 2.0km
 - Difficulty: Moderate
 - Features: Single track, technical, steep descent
- Trail 6: Adventure**
 - Trail length: 1.5km
 - Difficulty: Moderate
 - Features: Single track, technical, steep descent
- Trail 7: Devil's post hole**
 - Trail length: 0.5km
 - Difficulty: Easy
 - Features: Flow trail, technical, steep descent
- Trail 8: Sunset trail**
 - Trail length: 1.0km
 - Difficulty: Easy
 - Features: Flow trail, technical, steep descent
- Trail 9: Sunset trail**
 - Trail length: 1.0km
 - Difficulty: Easy
 - Features: Flow trail, technical, steep descent

Mountain bike trail grades:

- Easy**
 - Minimal effort - easiest trails
 - Relatively smooth terrain, gentle slopes, no technical features
 - Designed for recreational riders of all abilities
- Moderate**
 - Some technical - easy trails
 - Some technical features, moderate slopes
 - Designed for recreational riders of all abilities
- Very Difficult**
 - More technical - difficult trails
 - More technical features, steep slopes
 - Designed for experienced recreational riders
- Extremely Difficult**
 - Mostly technical - extreme trails
 - Mostly technical features, very steep slopes
 - Designed for experienced recreational riders

Remember always to wear safety gear, including a helmet, and to ride responsibly. These guidelines should be used along with your own judgement.

Mountain bike code of practice

Plan ahead

Ride safely

Make your respect

Share the trail

For emergencies, ring 000

Further information:
 Shire of Serpentine and Jarrahdale
 6 Paterson Street, Mundijong WA 6123
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Shire of Serpentine Jarrahdale

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