

Frankston City Health and Wellbeing Plan 2021-2025

DRAFT FOR COMMUNITY CONSULTATION



Lifestyle Capital of Victoria



DRAFT

Acknowledgement of Country

Frankston City Council respectfully acknowledges that we are situated on the traditional land of the Boon Wurrung and Bunurong in this special place now known by its European name, Frankston. We recognise the contribution of all Aboriginal and Torres Strait Islander people to our community in the past, present and into the future.

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Message from the Mayor

As Mayor of Frankston City, I am pleased to present the Health and Wellbeing Plan for 2021-2025. This Plan will be integral to us working collaboratively with our community and partners towards a liveable, innovative and proud City where each person has equal opportunity to live a long and healthy life.

Over the course of a person's life, factors such as support in the early years, levels of education and security of food, employment and housing will have an impact on their health and wellbeing.

Although the majority of people in Frankston City are living healthily and reporting similar levels of wellbeing to other Victorians, it's important to acknowledge that this is not the experience of all members of our community. Frankston City has more cases of obesity, diabetes, heart disease and people living with one or two chronic diseases than the Victorian average. Rising experiences of mental health challenges (including as a result of COVID-19) are also concerning.

When health is a persistent challenge, it not only impacts on an individual's ability to take up opportunities and improve their life chances, it can also affect their families and many of those around them.

Local governments are directly connected to their communities, making them uniquely placed to promote positive social influences and create environments that foster better health and wellbeing – the foundation for a good life. Through our role in planning and designing liveable neighbourhoods we can create environments that foster inclusive and resilient communities that are supported to take positive actions to reduce risks to their health.

These positive choices may include exercising and socialising more due to improving facilities, smoking less because there are less public places where doing so is permitted and choosing venues which lessen the likelihood of problem gambling because they are open in the evening.

This Health and Wellbeing Plan further expands on how Council will encourage active and healthy lifestyles, with a focus on well-planned neighbourhoods that encourage walking and cycling, access to high quality open spaces, the provision of community amenities that are welcoming and culturally safe, and universally accessible services.



We have developed six priorities and multiple objectives to drive action that includes improving opportunities for active travel, improving access to open spaces and recreation opportunities, support for good nutrition, opportunities that build social inclusion and community connections, responses to health issues arising from climate change, and support for healthy and sustainable homes, buildings and public spaces.

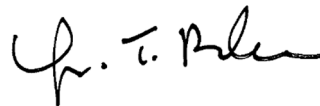
The Plan identifies how Council will also address family violence by strengthening prevention as a priority in universal services and promoting respect and inclusion to reduce elder abuse and encourage gender-equitable workplaces, services and programs.

You will also see in this document how safe public spaces, positive cultures, strong partnerships and smoke-free communities

can be built to reduce harms from gambling, smoking, alcohol and other drugs.

The Plan was created in partnership with staff, community health agencies and through community consultation, and draws on extensive research to analyse and understand our community's health and wellbeing needs.

I believe the priorities and objectives in this Plan, identified for targeted action over the next four years, will put us all on a path to better health and prospects.



Cr Kris Bolam
Mayor, Frankston City

Executive Summary

The Draft Health and Wellbeing Plan 2021–2025 is Frankston City Council’s strategic plan for how we will work with our partners over the next four years to create well planned and liveable environments with healthy, strong and safe communities so everyone has the equal opportunity to enjoy good health and wellbeing at every stage of life.

In doing so, Council will be placing primary prevention at the heart of what we do, taking a systemic approach to the design, planning and delivery of our policies, universal services, infrastructure, recreation facilities, activity centres and open spaces to enhance opportunities that support good health and wellbeing for all.

The Draft Plan is informed by local social and health population data, community consultation and research and provides a framework to lead coordinated and collaborative action across the municipality by Council and our partners.

The Draft Plan aligns with the Community Vision 2040, Council Plan 2021-2025 and Municipal Planning Strategy to ensure that health and wellbeing outcomes are integrated with our long-term ambitions for Frankston City and reflect the community’s needs.

The Draft Plan has been developed in consultation with the community and in collaboration with our partners, and will

enable Council and our partners to understand the evidence on the most pressing health and wellbeing issues and health inequalities within Frankston City that require the strongest focus to guide planning and service delivery, and work collectively towards improved health and wellbeing within Frankston City.

The Draft Plan has been developed within the context of the ongoing impacts of the COVID-19 pandemic, which has affected every member of our community, and for some has resulted in widening health inequities. The Draft Plan will aim to address health inequities across all stages of life.

The Draft Plan will be implemented through an action plan that is reviewed and updated annually throughout its four-year lifecycle. This process aims to ensure that the Draft Plan remains dynamic, relevant and responsive to the changing policy environment and our community’s place-based needs.

Our draft health and wellbeing priorities and objectives are as follows:

Priority 1

Building active communities

- 1.1** Improve opportunities for walking, cycling and active travel
- 1.2** Improve equitable access to public open spaces, play spaces and recreation facilities
- 1.3** Improve access to inclusive club sports and active recreation opportunities

Priority 2

Building healthy communities

- 2.1** Create healthy and secure food environments through Council policy
- 2.2** Strengthen local food systems to improve equitable access to healthy, secure and sustainable food
- 2.3** Support good nutrition throughout the life course

Priority 3

Increasing mental wellbeing and inclusion

- 3.1** Increase opportunities for volunteering and community participation
- 3.2** Support opportunities that build social inclusion and community connections
- 3.3** Strengthen connection with the arts, natural environments and Aboriginal and Torres Strait Islander peoples' culture

Priority 4

Strengthening climate action for community wellbeing

- 4.1** Increase awareness of the health impacts of climate change
- 4.2** Strengthen response to public health threats and emergencies for vulnerable communities
- 4.3** Support healthy and sustainable homes, buildings and public spaces

Priority 5

Strengthening gender equality and respectful relationships

- 5.1** Embed prevention in universal services to stop family violence
- 5.2** Build respect and inclusion for seniors to prevent elder abuse
- 5.3** Create gender equitable workplaces, services and programs

Priority 6

Reducing harms from gambling, smoking, alcohol and other drugs

- 6.1** Create safe public spaces through Council policy, planning and design
- 6.2** Build partnerships that change cultures and reduce harm
- 6.3** Create smoke free communities

About our Health and Wellbeing Plan

The Draft Health and Wellbeing Plan 2021–2025 is Frankston City Council’s strategic plan for how we will work with our partners over the next four years to create well planned and liveable environments with healthy, strong and safe communities so everyone has the equal opportunity to enjoy good health and wellbeing at every stage of life. The Plan provides a framework for an integrated approach to addressing health and wellbeing within Frankston City.

Legislative requirements

Under the Victorian *Public Health and Wellbeing Act 2008*, Council has a statutory obligation to prepare a Municipal Health and Wellbeing Plan within 12 months of each general election. The plan must:

- Include an examination of data about health status and health determinants within the municipality
- Identify goals and strategies based on available evidence for creating a local community in which people can achieve maximum health and wellbeing
- Provide for the involvement of people in the local community in the development, implementation and evaluation of the plan
- Specify how Council will work in partnership with agencies undertaking public health initiatives, projects and programs to accomplish the goals and strategies identified in the plan
- Be consistent with the Council Plan and Municipal Strategic Statement
- Have regard to the Victorian Public Health and Wellbeing Plan

In addition, the plan must provide for the following requirements:

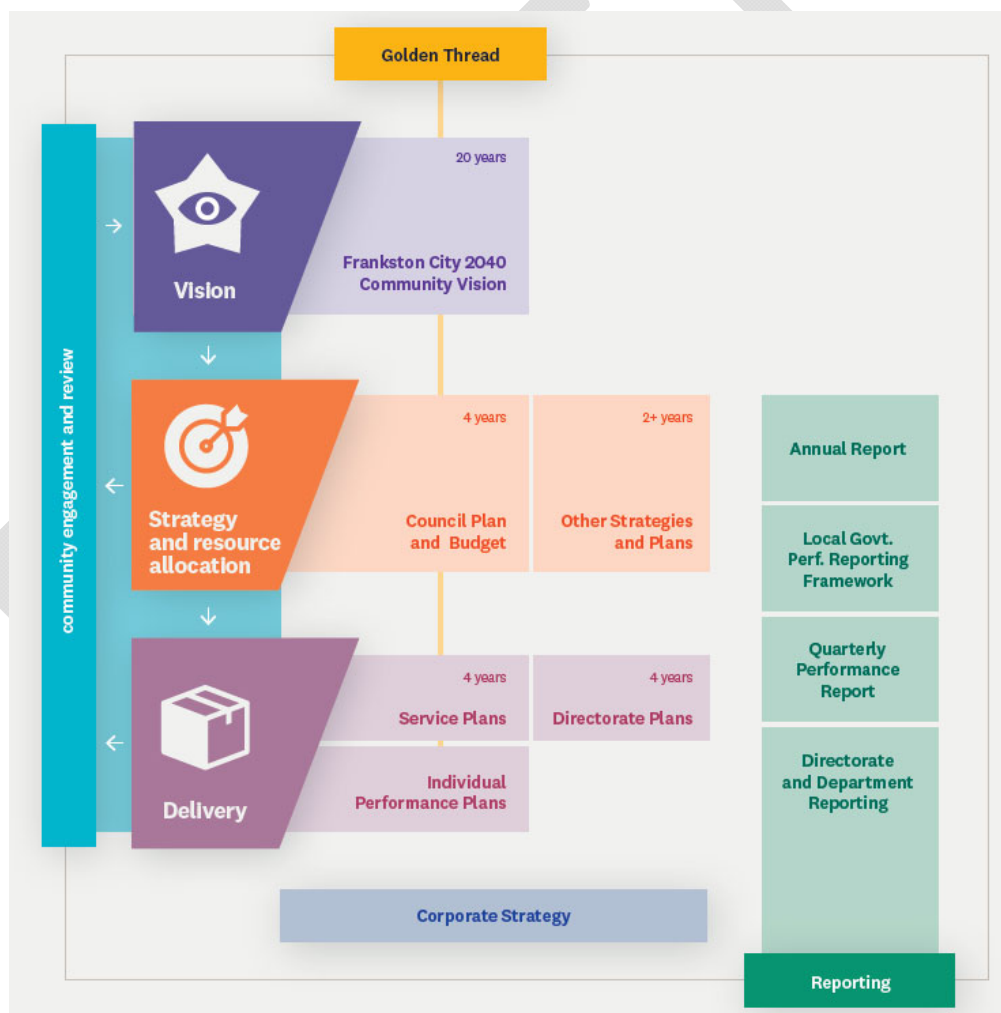
- The Victorian *Climate Change Act 2011*, which requires Council to consider climate change during the preparation of a Municipal Health and Wellbeing Plan
- The Royal Commission into Family Violence Recommendation 94, which requires that councils report on the measures they propose to take to reduce family violence and respond to the needs of victims in preparing their Municipal Health and Wellbeing Plans

Our integrated planning approach to health and wellbeing

Council is taking an integrated planning approach to the development of its policies, strategies and plans to ensure that we are working towards a set of shared outcomes that incorporate a long-term view of our community's desired future for the municipality.

This approach has been formalised through the introduction of our Integrated Planning and Reporting Framework, which connects our community's long-term aspirations in the Community Vision 2040 with Council's long-term resourcing strategies and medium term strategic plans and policies.

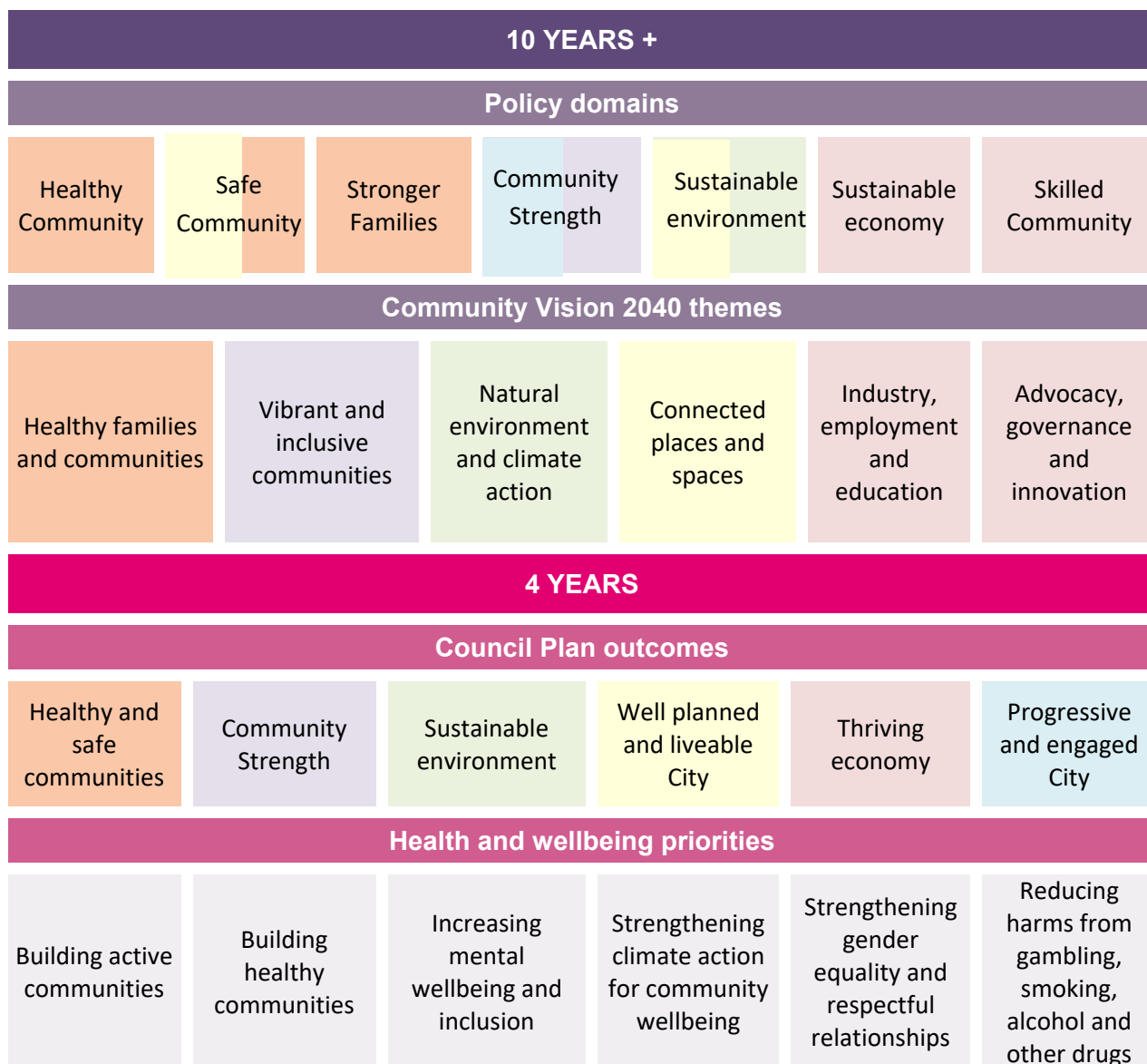
Figure 1: Council's Integrated Planning and Reporting Framework



The Draft Health and Wellbeing Plan 2021-2025 has been developed to strategically align with the Community Vision 2040 and Council Plan 2021-2025, forming part of the golden thread to achieving our shared outcomes.

Our shared outcomes

Our Council Plan outcomes are based on our Community Vision 2040 and policy domains (long-term outcomes). The Draft Health and Wellbeing Plan will work towards the achievement of Frankston City's Council Plan outcomes to ensure that Frankston City is recognised as being **liveable, innovative and a proud City**.



Our Community Vision 2040

The Frankston City Community Vision 2040 is our community's long-term vision and aspirations for the future of our City, providing an aspiration description of what our community wants for the future of our municipality, in terms of its look, feel and liveability.

The Community Vision 2040 sets the direction for our whole community, inspiring us all to work together to create a future for our City that our community wants to see, live and experience.

Our Community Vision

Frankston City 2040 is the place on the bay to learn, live work and play in a vibrant, safe and culturally inclusive community. Our City is clean, green and environmentally responsible.

Our Community Vision 2040 was created through a deliberative engagement process with a representative community panel of residents, and is voiced in their own words.

The Community Vision 2040 forms part of Council's strategic planning and reporting framework, ensuring it incorporates a long-term view of the community's desired future into strategic planning and decision making. In particular, the Community Vision helped to shape the Council Plan 2021-2025 and will guide future Council planning across the next 20 years.

The aspirations from the Community Vision 2040 have been used to help guide the development of this Draft Plan.



Community aspirations

Our priorities for health and wellbeing align with our Community Vision 2040 and Council Plan 2021-2025, as follows:

10 YEARS +	4 YEARS	
Community Vision 2040 Themes and aspirations	Council Plan 2021-25 Outcomes	Health and Wellbeing Plan Strategic priorities
Healthy and safe families Frankston City empowers everyone to improve their health and wellbeing through access to green space, quality health services, social supports, education and opportunities to be physically active.	Healthy and safe communities Active and healthy lifestyles that support residents living independently longer Long-term health and learning outcomes established in early childhood Reduction of harms from family violence, gambling, alcohol and other drugs	Building active communities Building healthy communities Strengthening gender equality and respectful relationships Reducing harms from gambling, smoking, alcohol and other drugs
Connected places and spaces Frankston City is a well-connected and safe community with a unique identity, recognised for its vibrant City Centre that capitalises on its natural assets and heritage. Frankston City is the place that people want to visit, study, work and live in.	Well planned and liveable city Urban design renewal of public places and spaces Connected, accessible, smart and safe travel options	Building active communities
Vibrant and inclusive communities The community is proud of First Nations Peoples heritage and culture, and promotes a sense of pride and belonging for the local Aboriginal and Torres Strait Islander community. Frankston City is known as a cultural hub with a thriving arts community, embracing diversity and promoting wellbeing.	Community strength Accessibility of services to enhance social inclusion and mental wellbeing Volunteering to build connections and resilience within the community Frankston City's arts and cultural identity	Increasing mental wellbeing and inclusion
The natural environment and climate action Frankston City is green and sustainable, and a leader in sustainable industry and development. Both Council and community are committed to protecting and enhancing the environment and actively addressing climate change.	Sustainable environment Climate emergency response and leadership Green canopy cover to reduce urban heat Diversion of waste from landfill Protection, access and connection to the natural environment	Strengthening climate action for community wellbeing

Our policy domains

Our policy domains (long-term community outcomes) are based on key indicators of health and liveability, expressed in our Community Building Outcomes Framework.

Figure 2: Frankston City Community Building Outcomes Framework



Our framework draws from a number of key theoretical approaches to enable Council to develop a deep understanding of our community, where and how to best use resources, improve service delivery, form partnerships and build social capital to affect long-term positive change. When applied, the Framework facilitates a place-based planning approach to the development of key prevention and early intervention strategies and initiatives that are integrated into Council's universal service delivery system and management of community infrastructure.

Integrated policy and planning framework for health and wellbeing

Our Draft Health and Wellbeing Plan provides a framework for our integrated policy and planning approach to addressing health and wellbeing within Frankston City to ensure a collaborative approach to improving outcomes.

Strategies

Our Draft Plan aligns with the following key strategies, working towards shared outcomes for health and wellbeing:

- Municipal Planning Strategy
- Leisure Strategy
- Play Space Strategy
- Climate Change Strategy
- Open Space Strategy
- Economic Development Strategy
- Community Safety Strategy
- Integrated Housing Strategy
- Integrated Transport Strategy


Action Plans

Our Draft Plan also aligns with the following specific action plans for different population groups and issues, providing direction for action to improve health and wellbeing outcomes:

- Municipal Early Years Plan
- Youth Action Plan
- Positive Ageing Action Plan
- Disability Action Plan
- Family Violence Prevention Action Plan
- Reconciliation Action Plan

Alignment with the Victorian Health and Wellbeing Plan

Frankston's Health and Wellbeing Plan has also been guided by the Victorian Public Health and Wellbeing Plan 2019-2023 and the following priorities to improve all Victorians' health and wellbeing:

- Increasing active living
 - Increasing healthy eating
 - Tackling climate change and its impact on health
 - Reducing tobacco-related harm
 - Improving mental wellbeing
 - Preventing all forms of violence
 - Reducing harmful alcohol and drug use
 - Reducing injury
 - Decreasing the risk of drug resistant infections in the community
- 

Our role in improving health and wellbeing

Local government plays an important role in improving health and wellbeing through the planning and design of liveable neighbourhoods to create environments that foster inclusive and sustainable communities and promote physical and mental wellbeing.

The way Council plans our City influences both the function, feel and character of our City Centre and suburbs. Integrated land use planning and development determines where we live, work and play and how we move around. It plays an important role in creating a safe, attractive, economically viable and environmentally sustainable City.

We know that creating accessible, safe and attractive local areas, where people can access most of their everyday needs within a 20 minute walk, cycle or local public transport trip, will make Frankston City a more desirable, healthier and more inclusive place to live.

A well planned City will provide a diverse range of housing opportunities, good connections to and from neighbourhoods, places of work, commercial services and community facilities, open spaces and accessible public transport. Well-designed development improves the amenity and safety of our City and creates a sense of place and identity.

The health and wellbeing of our community will also be supported through Council's universal services and community infrastructure, advocacy, partnerships and participation in awareness campaigns.

The role of local government

This Draft Plan will strive to ensure that Frankston City's local communities are well-planned and liveable and that people enjoy good health and wellbeing through Council's role as:

- A **service provider** of universal services to all population groups across all life stages, including: maternal and child health; childcare; youth hang outs; community centres; libraries; aged care and disability services; arts and cultural activities, events and major festivals.
- A **local leader, partner and advocate** that facilitates partnerships and collaborative action between the community, government, services, not-for-profit, education and private sectors to create positive outcomes for the municipality.
- A **planner** of services, recreation, infrastructure, the environment and economic development; a social and community planner; and a town planner (statutory planning, strategic planning).
- A **manager** of infrastructure, waste, the environment and recreation and open space providing and maintaining infrastructure and facilities to accommodate people of all abilities and life stages. This includes eight community centres and neighbourhood houses; 138 playgrounds; 75 sporting pavilions; 26 kindergartens; 22 maternal and child health centres; a regional arts centre; plus more.

- A **local laws, building surveyor** and **environmental health enforcer** that upholds compliance with local laws, animal management and inspects food premises.
- An **information provider**, providing information and referrals to community services, opportunities, events, activities and places.
- A **community builder** providing community engagement and development, community grants and facilitates networks.
- An **employer** that encourages the development of its staff to deliver quality services to the public.

Working in partnership

Council has an ongoing commitment to working in partnership in order to deliver improved health and wellbeing outcomes of the community.

Our key health partners in the Frankston City community include (but are not limited to) the following:

Peninsula Health as the major provider of clinical and community health services in Frankston City and the Mornington Peninsula.

Frankston Mornington Peninsula Primary Care Partnership who fosters connection between local government, clinical and community health services and community agencies, and assumes major responsibility for health promotion in Frankston and on the Mornington Peninsula.

South East Melbourne Primary Health Network who is funded by the federal government with the key objectives of increasing the efficiency and effectiveness of medical services for patients, particularly those at risk of poor health outcomes, and improving coordination of care.

Women's Health in the South East who work to improve the health and wellbeing of women in the Southern Metropolitan Region of Melbourne and focuses on two main priority areas: sexual and reproductive health, and mental health including the prevention of violence against women.

Bunurong Land Council Aboriginal Corporation, the area's Registered Aboriginal Party.

Government departments, including (but not limited to) Department of Health, Department of Transport, Department of Environment, Land and Planning and VicRoads

Victoria Police

Community groups, such as the Disability, Access and Inclusion Committee, Positive Ageing Ambassadors and Youth Council.

Community sector, including (but not limited to) Community Support Frankston, SalvoCare Eastern, Peninsula Legal Community Legal Centre and disability services.

Determinants of health

According to the World Health Organisation, the social conditions in which people are born, live and work is the single most important determinant of good health or ill health.ⁱ Over the course of a person's life these key determinants of health have a cumulative effect on health and wellbeing as they interact and accumulate.ⁱⁱ

This Draft Plan has been prepared within the context of following key determinants of health, taking into account how they interact with each other to impact long-term health and wellbeing and drive health inequity:

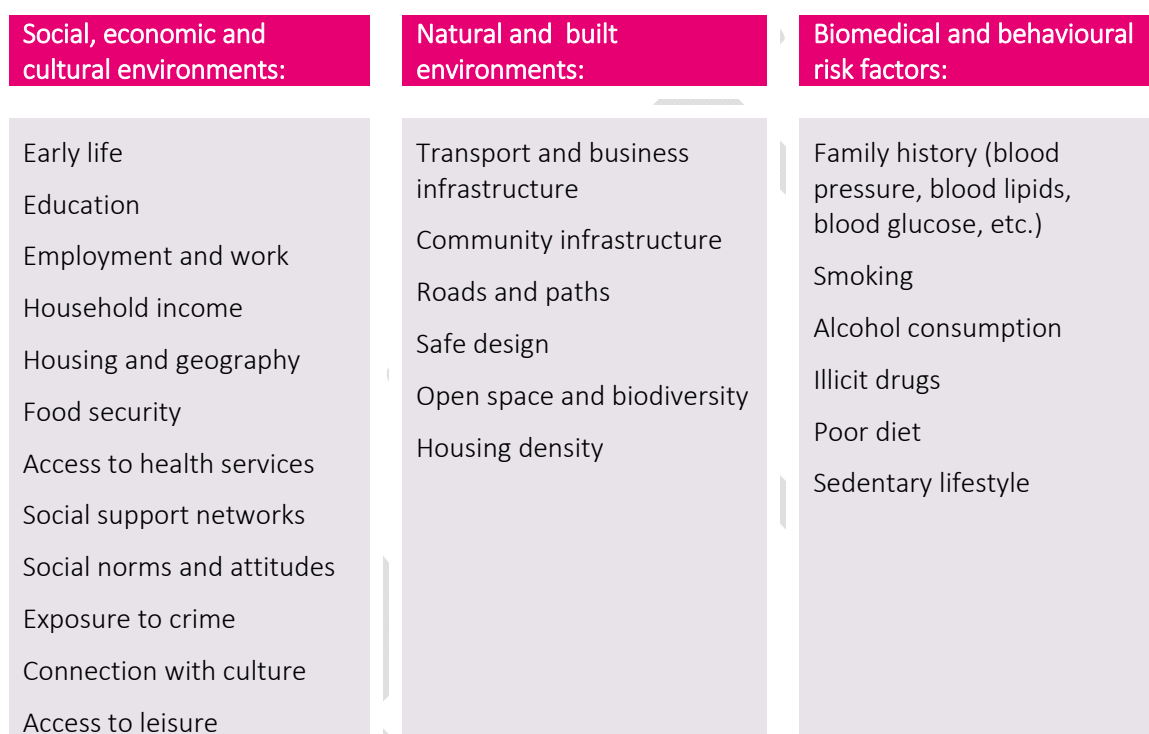


Figure 2: Framework for determinants of health



Source: Dahlgren & Whitehead 1991

Health inequalities – our focus populations

A key challenge for local government is to promote health equality across the municipality, ensuring that all population groups within the community have equitable access to services, infrastructure, programs and open spaces that promote health and wellbeing, enabling an equal opportunity to live long and healthy lives.

To reduce health inequalities, the principle of health equity must be applied. Health inequalities are differences in health status between population groups that result from social, economic and geographical influences that are avoidable, unfair and unnecessary.ⁱⁱⁱ Social inequalities and disadvantage are the main reason for avoidable and unfair differences in health outcomes.

Health equity therefore is the notion that all people should have a fair opportunity to attain their full health potential, and that no one should be disadvantaged from achieving this potential if it can be avoided.^{iv} Focussing on health equity allows Council to orient resources and supports to the people who need them the most, how and where they need them.

This Draft Plan will aim to address health inequalities across all stages of life through an equity approach.

Population groups at risk of health inequities that will be a focus in this Draft Plan:

- Aboriginal and Torres Strait Islander peoples'
- People with disabilities or chronic health problems
- Women
- People experiencing socio-economic disadvantage
- People from culturally and linguistically diverse backgrounds
- Older people
- LGBTQI+

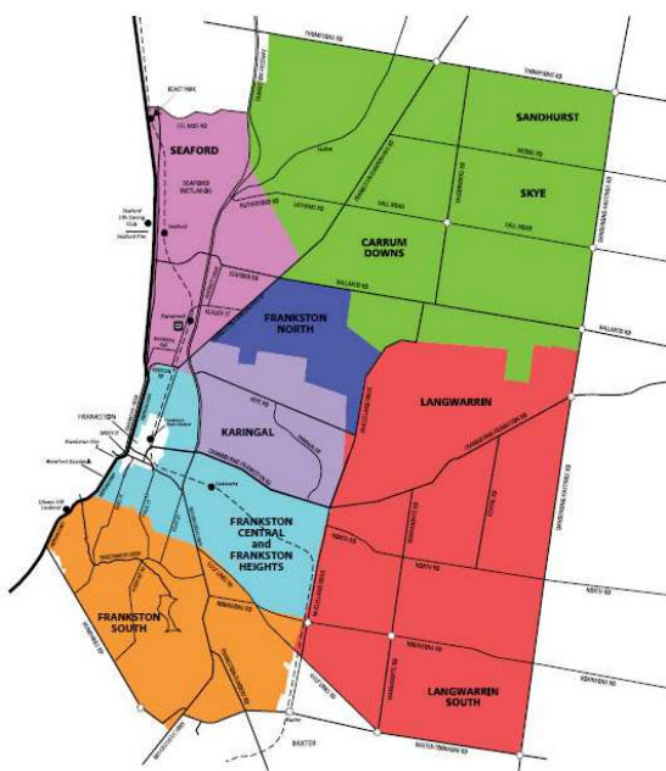
The COVID-19 pandemic has had a wide ranging health, social and economic impact, working to widen the health inequities being experienced within our population.



Our community profile

Frankston City is located on the eastern shores of Port Phillip Bay within Metropolitan Melbourne, approximately 40 kilometres south of Melbourne CBD. The municipality covers an area of about 131 square kilometre. Our City is known for its 11 kilometres of pristine coastline, award-winning beaches and natural bushland, vibrant lifestyle and growing business, arts, education and health facilities.

Frankston City is made up of the following eleven local communities, each with their own unique needs: Carrum Downs, Frankston Central, Frankston Heights, Frankston North, Frankston South, Karingal, Langwarrin, Langwarrin South, Sandhurst, Seaford and Skye.



The Traditional Custodians of the land in and around Frankston are the Bunurong/Boon Wurrung peoples, part of the language group known as the Kulin nation. The country of the Bunurong/Boon Wurrung peoples extends from Werribee Creek to Tarwin River and Wilson's Promontory.

Our community profile has been developed from the .id community profile, and based on the Australian Bureau of Statistics 2016 Census. Please visit our website for a more detailed *Frankston City Health and Wellbeing Community Profile 2021*.

▲ Higher than Greater Melbourne average

▼ Lower than Greater Melbourne average

143,338

2020 estimated resident population
Population density = 11 people per hectare

163,610

2041 projected resident population
12.07% growth from 2021 to 2041



38 ▲

2016 median age

5.4% ▲

2016 resident population with
a disability (7,227 residents)



1,338 ▲

2016 residents identifying as
Aboriginal and Torres Strait
Islanders
1% of the resident population

29.4% ▼

2016 couples with children households

22.1%

2016 couples without children households

13.1% ▲

2016 one parent family households

21% ▼

2016 resident population born overseas

11% ▼

2016 resident population speaking a
language other than English at home

50.8% ▼

2016 resident population identifying as
belonging to a faith group

39% ▲

2016 resident population stating no religion



1001

2016 SEIFA index of disadvantage

18.6% ▲

2016 low income households

21% ▼

2016 medium and high density housing

25.3% ▲

2016 lone person households

27%▼

2016 households renting

38%▲

2016 households with a mortgage

33.2%▲

2016 households living in rental stress

9.7%▼

2016 households living in mortgage stress

3%▼

2016 resident population attending university

15%▼

2016 resident population with a university qualification

24%▲

2016 resident population with a trade qualification



62%▼

2016 resident workforce participation

6%▼

2016 resident population using public transport to work

13.6%▲

2016 young residents that were disengaged (15 to 24 years of age)

53.1%▲

2016 households with two or more cars

Our health and wellbeing profile

The majority of people in Frankston City are living in relative good health. However research shows that there are some key issues in the municipality that are having a significant impact on health and wellbeing, with these issues being felt more acutely within population groups that experience health inequalities.

▲ Higher than state average
▲ Increasing over time

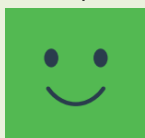
▼ Lower than state average
▼ Decreasing over time

Health status

2017 Victorian Population Health Survey

74.6% ▼▼

Self-reported health status



Resident population reporting their health as being good, very good or excellent

77.8% ▼▼

Women's self-reported health status compared with the state average of 78.1%

69.8% ▼▼

Men's self-reported health status compared with the state average of 79.7%

57% ▲▲

Body weight status

Resident population who are overweight or obese

47.9% ▲▲

Women who are overweight or obese compared with the state average of 43.7%

67.36% ▲▲

Men who are overweight or obese compared with the state average of 58.2%

Health conditions

2017 Victorian Population Health Survey

7.1% ▲▲

Type 2 diabetes

Resident population reporting they have been diagnosed by a doctor

5.7% ▲▲

Women with Type 2 diabetes compared with the state average of 4.6%

8.9% ▲▲

Men with Type 2 diabetes compared with the state average of 6.3%

7% ▲▼

Heart disease

Resident population reporting they have been diagnosed by a doctor

7.6% ▲▲

Women with heart disease compared with the state average of 5.4%

6.6% ▼

Men with heart disease compared with the state average of 8.2%

8.8% ▲ ▼

Cancer

Resident population reporting they have been diagnosed by a doctor

10.3% ▲

Women with cancer compared with the state average of 8.4%

6.8% ▲ ▲

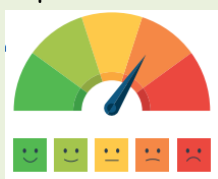
Men with cancer compared with the state average of 7.6%

Mental wellbeing

2017 Victorian Population Health Survey

34.9% ▲ ▲

Depression and anxiety



Resident population who have ever been diagnosed with depression or anxiety

45.1% ▲ ▲

Women ever diagnosed compared with the state average of 33.5%

23.8% ▲ ▲

Men ever diagnosed compared to the state average of 20.9%

21% ▲ ▲

Psychological distress

Resident population reporting high or very high levels of psychological distress

25.3% ▲ ▲

Women reporting high or very high levels compared with the state average of 18%

15.9% ▲ ▲

Men reporting high or very high levels compared with the state average of 12.8%

Health behaviours

2017 Victorian Population Health Survey

21.6% ▲ ▲

Smoking

Resident population reporting as being a current smoker

17.7% ▲ ▲

Women who currently smoke Compared with that state average of 13.2%

24% ▲ ▲

Men who currently smoke Compared with the state average of 20.3%

65.7% ▲

Lifetime risk of alcohol related harm

Resident population at increased lifetime risk of alcohol related harm

48.4% ▲

Risk of alcohol related injury

Resident population at increased risk of alcohol related injury from a single occasion of drinking

4.7%▲▼

Healthy eating

Resident population reporting that they consume the recommended serves of fruit and vegetables per day

14.4%▼▲

Sugary drinks

Resident population reporting that they consume sugary drinks daily

51.2%▲▲

Physical activity

Resident population engaging in sufficient levels of physical activity



46%▼▲

Women meeting guidelines compared with the state average of 49%

57.6%▲▲

Men meeting guidelines compared with the state average of 52.8%

7.5%▼▲

Active transport

Resident population traveling to work or study by public transport, walking or cycling
ABS 2016 Census

\$173,430

Gambling

Amount spent on pokies per day in 2019-2020
Victorian Responsible Gambling Foundation

To view a detailed health and wellbeing profile, please visit:
www.frankston.vic.gov.au/healthandwellbeing

Impacts of COVID-19 pandemic

Findings from a range of studies indicate that the COVID-19 pandemic has had an impact on the health and wellbeing of the community, the effects of which are likely to be felt for many years to come, particularly for those groups hardest hit.

One of the most comprehensive studies conducted on the health and wellbeing of Victorians has been the VicHealth Coronavirus Victorian Impact Study, which has tracked the impact of the pandemic on people's health and wellbeing. The results from this study has demonstrated that the following groups have experienced the most significant health and wellbeing impacts compared to the Victorian population overall:

- People who are unemployed, includes both people who were unemployed prior to the pandemic and those who have lost a job/opportunities to study due to the pandemic
- Young people aged 18 to 35 years
- People on low incomes
- Aboriginal and Torres Strait Islander peoples

The study found that some of the most significant social impacts relating to the COVID-19 pandemic relate to self-reported wellbeing, mental wellbeing and social connection.

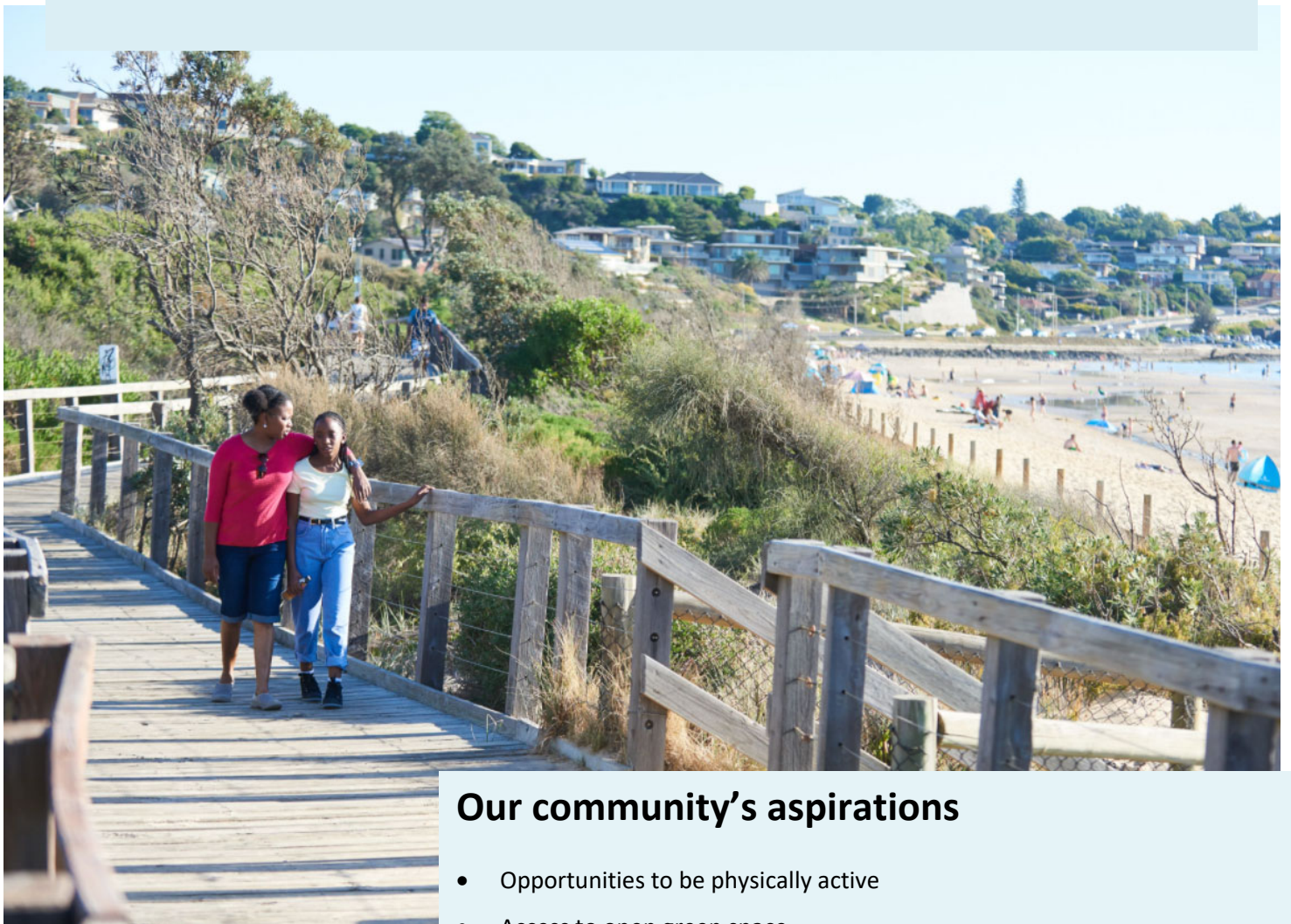
From this study, it can be assumed that the COVID-19 pandemic has had an impact on the health and wellbeing of residents in Frankston City, as we know that prior to COVID-19 our community was already experiencing much higher rates of psychological distress and anxiety compared to other Victorians.

PRIORITY 1:

Building active communities

Our strategic objectives

- 1.1** Improve opportunities for walking, cycling and active travel
- 1.2** Improve equitable access to public open spaces, play spaces and recreation facilities
- 1.3** Improve access to inclusive club sports and active recreation opportunities



Our community's aspirations

- Opportunities to be physically active
- Access to open green space
- Fitness equipment in parks and sporting facilities are available in all local areas for people of all ages and abilities to enjoy good health and wellbeing
- Universal design principles are applied to infrastructure and public spaces enabling people with disabilities to participate
- Improved public transport with commuter bike storage facilities to reduce reliance on cars
- Well connected and safe walking and cycling shared paths, with improved connections to the beach and between key public spaces

Why this is a priority for Frankston City

Participating in regular physical activity has significant benefits for health and wellbeing, including reduced risk of chronic conditions and improved mental wellbeing.

- Being involved in sports and recreation improves physical and mental health, and leads to feelings of social connection.^v Being part of a sporting group enables people from different backgrounds to come together and share a common interest or goal.
- Physically active children and youth are more socially active, have reduced symptoms of depression and anxiety, and perform better at school.^{vi}
- For older people, sustaining or increasing physical activity can help maintain independence, improve digestion and immune function, as well as multiple other mental and physical health benefits.^{vii}
- Our population is ageing and growing in diversity, creating the need for a wider variety of sporting and recreation options.
- Physical activity levels vary by social position, with people with lower levels of education, are unemployed, or living in socio-economically disadvantaged neighbourhoods being more likely to be inactive or engage in low levels of physical activity.^{viii}
- Having inequitable access to supportive walking and cycling infrastructure, green space, community infrastructure and transport options limit opportunities for people to live a healthy and prosperous life.^{ix}

The ongoing restrictions associated with the COVID-19 pandemic are impacting the way we participate in physical activity, with most organised sports and fitness activities being suspended or delivered virtually. This makes access to local open green spaces and liveable neighbourhoods even more important.

- Adults with wide range of green spaces around their home report 37% lower hospitalisation rates and 16% lower self-reported rates of heart disease or stroke.^x
- People who live in walkable neighbourhoods close to natural environments with well-connected paths are more likely to walk and engage in physical activity. The more street trees along the footpath network, the more likely residents are to walk for 60 minutes each week.^{xi}
- Living within walking distance of shops and other facilities increases the proportion of people that walk or cycle, with well-lit streets and footpaths and feelings of safety also contributing to higher levels of active travel.^{xii}
- Active travel includes travel by walking, cycling, public transport and other non-motorised vehicles, and has both health and environmental benefits due to increased physical activity and reduced emissions.

Insights from our Health and Wellbeing Survey 2020 told us that the following would help our residents to be more physically active in open spaces:

- Accessible and well connected shared paths
- Feelings of safety
- More shade provided by tree canopy

Key facts and figures

<p>Only half (51.2%) of adults in Frankston City are meeting physical activity guidelines and doing enough exercise to reduce their risk of preventable health conditions</p> <p><i>Victorian Population Health Survey 2017</i></p>	<p>24.6% of adults in Frankston City spend more than seven hours sitting during an average week day</p> <p><i>Victorian Population Health Survey 2017</i></p>	<p>The three most popular non-organised physical activities in Frankston City are:</p> <ul style="list-style-type: none"> • Walking (53.7%) • Jogging/running (10%) • Cycling (7.6%) <p><i>VicHealth Indicators Survey 2015</i></p>
<p>People in Frankston City are highly car dependant, choosing to travel to work or study by car (76.3%), with 5.9% travelling by public transport and 1.6% walking or cycling.</p> <p><i>ABS Census 2016</i></p>	<p>12.5% of households are within walking distance (400m) of public transport with regular 30 minute weekday service, compared to 48% for Greater Melbourne.</p> <p><i>Australian Urban Observatory</i></p>	<p>50.6% of households in Frankston City are within walking distance (400 metres) of a large open space, compared to 49% for Greater Melbourne.</p> <p><i>Australian Urban Observatory</i></p>

Our policies, strategies and plans

Policies	Strategies	Plans
Health and Wellbeing Policy	<p>Leisure Strategy 2021 – 2029 (to be adopted)</p> <p>Open Space Strategy 2016-2036</p> <p>Play Space Strategy 2021-2041 (to be adopted)</p>	<p>Sports Development Plan 2013-2019 (to be reviewed)</p> <p>Local Parks Action Plan 2021-2031 (to be adopted)</p> <p>Lighting Frankston Plan 2020-2030 (to be adopted)</p> <p>Urban Forest Action Plan</p> <p>Paths Development Plan</p> <p>Masterplans</p>

What we are already doing

- Planning and design of open spaces and play spaces
- Property and contract management of sports and leisure facilities
- Development and implementation of strategies and plans that align with best practice and emerging trends
- Maintaining a large public open space network, including over 400 parks, 122 play spaces, 55 nature reserves, 33 recreation reserves/ovals, 11km of shoreline, two gardens and a golf course
- Maintenance of a 966km of pedestrian footpath network, in addition to shared pathways and trails
- Maintaining 75 sporting pavilions and associated infrastructure, including ovals and lighting
- Supporting over 100 community sporting clubs, with over 30,000 active members
- Capital grants funding to upgrade and build new sporting facilities, play spaces and open space and parks improvements
- Provision of traffic and land use planning to support the provision of public transport
- Providing school crossing supervisors to assist children and other pedestrians to safety cross roads

Our key action areas for 2021-2025

Our objectives and key action areas

1.1 Improve opportunities for walking, cycling and active travel

- Develop and implement strategies to improve sustainable transport options and movement networks that make active travel easy, safe and accessible
- Improve our shared path network to be better connected with local neighbourhoods and key destinations
- Collaborate on community education initiatives and promotional campaigns that encourage walking and cycling and normalise active travel
- Explore the transport and movement needs of the local community within our plans to revitalise Frankston's city centre

1.2 Improve equitable access to public open spaces, play spaces and recreation facilities

- Undertake a social needs assessment to better understand our community's current and future community infrastructure and open space needs to influence planning and design
- Develop and implement strategies to improve access to a diverse range of high quality open spaces for active recreation and play
- Develop and implement a Lighting Frankston Plan 2020-2030 to improve the safety, comfort and enjoyment of open spaces at night

- Proactively apply for infrastructure grants to improve equitable access to open space, sports and active recreation opportunities

1.3 Improve access to inclusive club sports and active recreation opportunities

- Develop and implement a Leisure Strategy 2021-2029 to provide inclusive opportunities for all people to be active
- Support community facilities to create more opportunities for inclusive active recreation
- Build greater gender equality and inclusion into club sports

How we will measure progress

Indicator	Desired result
Proportion of adults who are sufficiently physically active Victorian Population Health Survey	Increase
Use of public transport, walking and cycling for transport ABS Census	Increase
Proportion of adults with chronic diseases Victorian Population Health Survey	Decrease
Proportion of residents satisfied with sport and recreation facilities Community Satisfaction Survey	Increase
Proportion of open space and infrastructure that is fit-for-purpose Community Satisfaction Survey	Increase
Proportion of residents who are satisfied with travel options around the municipality Community Satisfaction Survey	Increase
Proportion of residents living within 200m of public open space To be confirmed	
Participation rates of gender diversity, disability and Aboriginal and Torres Strait Islander communities in structured sport Sporting clubs – to be confirmed	Increase

PRIORITY 2:

Building healthy communities

Our strategic objectives

- 2.1 Create healthy food environments through Council policy
- 2.2 Strengthen local food systems to improve equitable access to healthy, secure and sustainable food
- 2.3 Support good nutrition throughout the life course



Our community's aspirations

- Healthy living is promoted in festivals and events run by Council.
- Fresh healthy food is available for all through:
 - Partnerships with local supermarkets to incentivise fresh and healthy food purchases
 - Support for growing and sharing of backyard produce
 - Promoting the availability of healthy food choices in Council and community settings

Why this is a priority for Frankston City

Healthy eating and nutrition is important to good health and wellbeing, and reduces the risk of disease.

- A healthy diet helps to prevent and manage risk factors such as overweight and obesity, high blood pressure and high cholesterol, as well as chronic conditions like type 2 diabetes, heart disease and some cancers.^{xiii}
- A healthy diet is considered to be one that is high in fruit and vegetables and low in saturated fats, added salt and sugar. To promote health and wellbeing and reduce the risk of chronic disease, the Australian Dietary Guidelines recommend that adults eat a minimum of two serves of fruit and five serves of vegetables per day.
- Most people in Frankston City are not eating enough fruit and vegetables required to keep them healthy. At the same time, we are seeing an increase in obesity and preventable chronic conditions such as type 2 diabetes.
- There is a trend in Victoria for a lower fruit and vegetable consumption amongst people who are unemployed and areas with a low SEIFA score.^{xiv}
- Research shows that Australians of all ages are eating too much discretionary food, which is food that's high in energy and low in nutrients. In Frankston City, 14.4% of adults are consuming sugary drinks daily.
- Unhealthy food and drinks are often the most heavily promoted and readily available, with marketing influencing behaviour.

- Whereas being close to a supermarket supports health eating by providing easy access to fruit, vegetables and healthy food, it can still be hard for individuals and families who are under stress to buy, store, prepare and cook healthy options.

Insights from our Health and Wellbeing Survey 2020 told us that the following would help our residents to eat more fruit and vegetables:

- Lower prices
- Growing their own at home
- Better quality and availability

- Food insecurity relates to a lack of healthy food options being available.

The ongoing impacts of the COVID-19 pandemic is impacting food security. The VicHealth COVID-19 Wellbeing Impact Survey found that more Victorians experience food insecurity during lockdown restrictions, with more people relying on a limited range of low-cost unhealthy food and running out of food and unable to buy more.

- A healthy local food system promotes health and enhances the natural environment, improving equitable access to safe, affordable, nutritious and culturally appropriate food. Our food system includes everything that it takes to get food onto our plate, from farming, storing, transporting, marketing, selling, cooking, eating and then disposing of our food waste (Cardinia Shire Council, 2018).

Key facts and figures

<p>The majority of adults in Frankston City (95.3%) are not meeting guidelines for the daily consumption of fruit and vegetables</p> <p><i>Victorian Population Survey 2017</i></p>	<p>14.4% of adults are consuming sugary drinks daily, higher than the Victorian average of 10.1%</p> <p><i>Victorian Population Survey 2017</i></p>	<p>8.5% of adults are eating takeaway at least three times per week, which is lower than the Victorian average of 10.2%</p> <p><i>VicHealth Indicators Survey 2015</i></p>
<p>11.2% of adults in Frankston City have experienced food insecurity, running out of food and not being able to afford to buy more</p> <p><i>Victorian Population Survey 2017</i></p>	<p>The average distance to a healthy food outlet (supermarket or greengrocer) for households in Frankston City 1.5km, compared to 1.1km for Greater Melbourne</p> <p><i>Australian Urban Observatory</i></p>	<p>Bodyweight is increasing, with more than half of the adult population in Frankston City being either overweight or obese (57%)</p> <p><i>Victorian Population Survey 2017</i></p>

What we are already doing

- Implementing a Healthy Choices Policy providing more healthy options at council owned facilities and events
- Delivering a universal Maternal and Child Health Service to undertake health development assessments, education and support for families with children aged 3.5 years and under, providing advice and guidance on nutrition, breastfeeding and oral health
- Delivering a Meals on Wheels service for eligible residents
- Delivering community and in-home care services, including shopping and meals preparation
- Administering permits for food and health businesses
- Making public open space available for community gardens
- Supporting Community Support Frankston to provide emergency food relief and grocery vouchers

Our policies, strategies and plans

Policies	Strategies	Plans
Healthy Choices Policy		Municipal Early Years Plan 2021-2025 (to be adopted) Youth Action Plan (to be adopted) Positive Ageing Action Plan 2021-2025

Our key action areas for 2021-2025

Our objectives and key action areas

2.1 Create healthy food environments through Council policy

- Continue to implement our Healthy Choices Policy to embed healthy food and drink options in council-owned facilities and events
- Develop and implement a Healthy, Secure and Sustainable Food Action Plan to improve equitable access to healthy food
- Promote healthy eating initiatives and campaigns within sports clubs

2.2 Strengthen local food systems to improve equitable access to healthy, secure and sustainable food

- Collaborate to transform community spaces into places for the community to come together to grow healthy food, connect and learn new skills
- Participate in The Community Plate to improve access to the local food system
- Support initiatives to promote food literacy, food security, access to healthy food and food growing

2.3 Support good nutrition throughout the life course

- Embed innovative evidence-based healthy eating initiatives into universal services
- Promote the Achievement Program as a tool to improve healthy eating in community settings

How we will measure progress

Indicator	Desired result
Proportion of adults who are consuming fruit and vegetables Victorian Population Health Survey	Increase
Consumption of sugar sweetened beverages Victorian Population Health Survey	Decrease
Consumption of take away foods VicHealth Indicator Survey	Decrease
Proportion of adults who are overweight or obese Victorian Population Health Survey	Decrease
Proportion of adults with Type 2 Diabetes Victorian Population Health Survey	Decrease

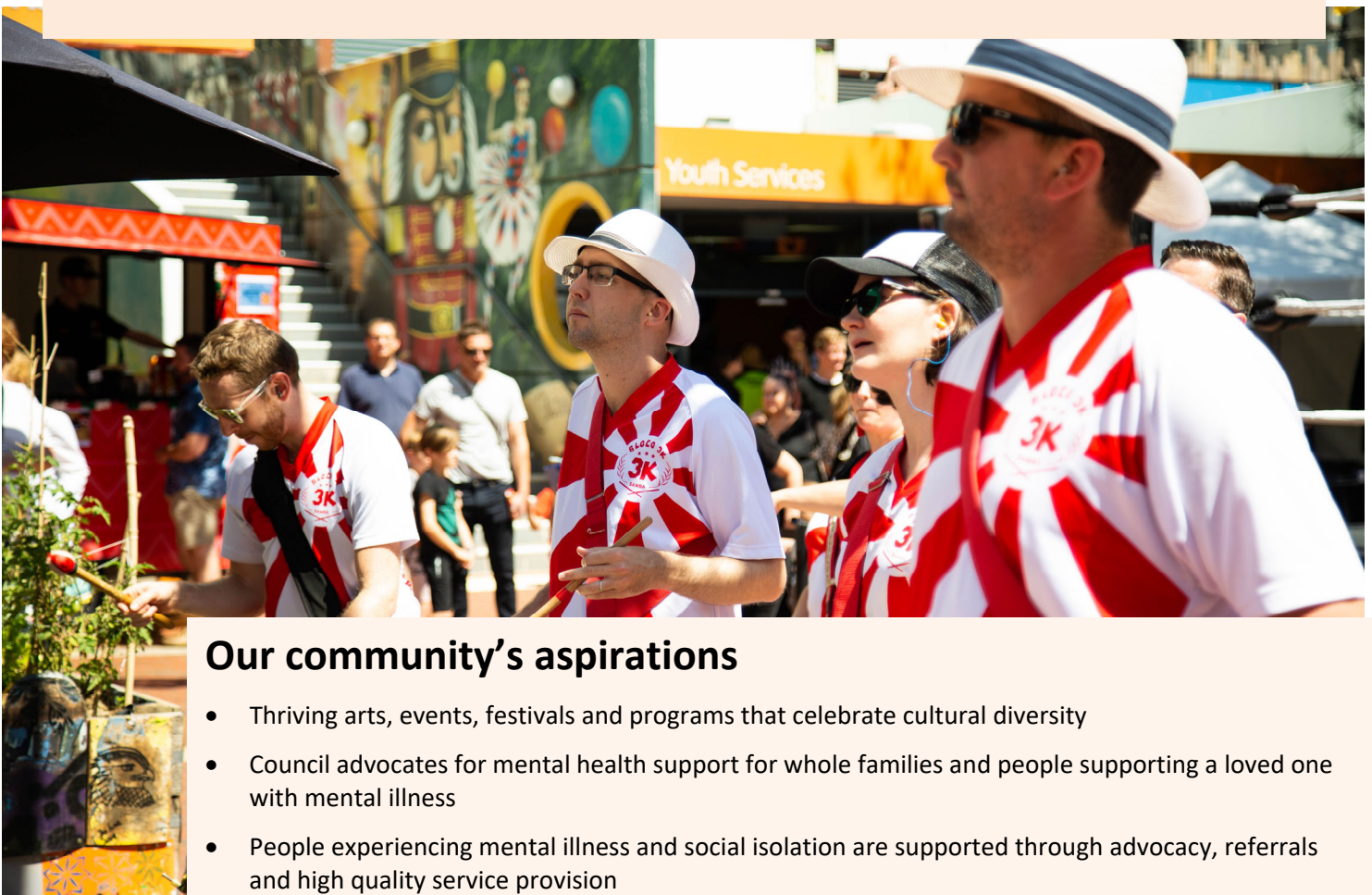
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PRIORITY 3:

Increasing mental wellbeing and inclusion

Our strategic objectives

- 3.1** Increase opportunities for volunteering and community participation
- 3.2** Support opportunities that build social inclusion and community connections
- 3.3** Strengthen connection with the arts, natural environments and Aboriginal and Torres Strait Islander peoples' culture



Our community's aspirations

- Thriving arts, events, festivals and programs that celebrate cultural diversity
- Council advocates for mental health support for whole families and people supporting a loved one with mental illness
- People experiencing mental illness and social isolation are supported through advocacy, referrals and high quality service provision
- Well promoted and affordable activities and programs that encourage residents to be connected, including young people
- A 'direct point of contact' referral service within Council to health and wellbeing services for vulnerable people
- Shared multi-purpose facilities that are accessible and culturally safe to strengthen community connections
- Greater access to information about First Nations Peoples history and cultural heritage, including the creation of an Indigenous Walking Trail
- People from all backgrounds, ages, cultures, genders and sexualities are represented on committees
- Work with private developers and State Government to increase the availability of housing for older people

Why this is a priority for Frankston City

Social and mental wellbeing are important determinants for health and wellbeing across the life course, impacting the ability to participate fully in everyday life.

- A person's mental health affects how they feel, think, behave and relate to others. According to the World Health Organisation, mental health is a state of wellbeing in which every individual realises their potential, can cope with normal stresses of life, can work productively and is able to make a contribution to their community.
- Almost half of all Australians aged 16 and over will experience mental illness at some point of their life, with the most common conditions being anxiety, depression and substance use disorders.
- Poor mental health can affect anyone at any stage of life. People living with poor mental health are at higher risk of: poor physical health; being unemployed; being homeless; and entering into the justice system.
- Adolescence and early adulthood are peak periods during which mental health conditions first emerge, with 75% of mental health conditions first occurring between the ages of 12 and 25 years.^{xv} Suicide and self-inflicted injuries were the leading cause of burden of disease amongst young people aged 15-24 years.^{xvi}
- Experiencing discrimination because of our sexuality, gender identity, ethnicity or religion can cause psychological distress and make us much more vulnerable to anxiety and depression.
- Loneliness and lack of positive social connections can have a significant impact on mental health and physical wellbeing. Social connection can

improve mental health and resilience and reduce stress and depression.^{xvii}

Insights from the Health and Wellbeing Survey 2020 told us that the following would make their lives more satisfying: Better physical health; more sleep and rest; and better mental health

- Spending time in nature helps reduce anxiety, depression and loneliness, while a lack of green space is associated with increased symptoms.^{xviii}
- Participating in the arts and cultural activities has a positive impact on health and wellbeing, including reducing social isolation and strengthening community connection.^{xix}
- Culture is considered to be a key social determinant of health. Aboriginal and Torres Strait Islander peoples have long maintained that culture is vital to good health and wellbeing, and includes: connection to country; cultural beliefs and knowledge; language; family, kinship and community; cultural expression; and self-determination.^{xx}
- Aboriginal and Torres Strait Islander peoples experience poorer social and emotional wellbeing outcomes than non-Indigenous Australians, with high to very high rates of psychological distress being nearly three times higher.^{xxi}

The potential for COVID-19 to impact mental health and wellbeing was recognised early in the pandemic. In addition to fear of contracting the virus itself, the widespread restrictions of movement, social distancing measures, lockdowns, loss of employment, remote learning and working have also had an impact.

Key facts and figures

<p>Adults in Frankston City are experiencing high to very high levels of psychological distress at a higher rate than many other Victorians (21% in Frankston City compared to 15.4% for Victoria)</p> <p><i>Victorian Population Health Survey 2017</i></p>	<p>34.9% of adults in Frankston City have been diagnosed with anxiety or depression at some point, compared to 27.4% for Victoria</p> <p><i>Victorian Population Health Survey 2017</i></p>	<p>Women in Frankston City are experiencing poor mental wellbeing more acutely, with 45.1% of women in Frankston City had been diagnosed with anxiety or depression compared to 23.8% of men</p> <p><i>Victorian Population Health Survey 2017</i></p>
<p>Over a quarter of households in Frankston City have individuals that live alone (25.3%), with this expected to increase with our ageing population</p> <p><i>ABS Census 2016</i></p>	<p>39.6% of adults in Frankston City reported that they felt valued by society, lower than the Victorian average of 48.4%</p> <p><i>Victorian Population Health Survey 2017</i></p>	<p>33.4% of people in Frankston City regularly help out at a local group as a volunteer, compared the Victorian average of 36%</p> <p><i>Victorian Population Health Survey 2017</i></p>

What we are already doing

- Delivering a Maternal and Child Health Service to promote the health and wellbeing of children from birth to 6 years of age, which includes provision of assessments, support and referrals
- Advocacy and referrals for residents that require community and in-home supports
- Facilitating Supported Playgroups and supporting community playgroups
- Frankston Arts Centre and Cube 37, presenting a yearlong program of works and activities, workshops and programs
- Frankston City Libraries, providing opportunities for information, technology and social connection
- Providing community spaces, including neighbourhood houses, community centres, youth hang outs and community meeting rooms
- Providing Community Transport to shopping centres, Frankston City Libraries and local seniors clubs to meet the needs of disadvantaged residents, those experiencing difficult with using public and private transport
- Delivering the Frankston City Public Art program, building connection with the arts
- Coordinating the Frankston City Housing and Homelessness Strategic Alliance to inform local planning and advocacy
- Facilitating a broad range of inclusive and accessible activities and services that meet community needs, including youth programs, library story-times and Positive Ageing activities
- Impact Volunteering Service and volunteering opportunities offered across Council

Our policies, strategies and plans

Policies	Strategies	Plans
Stronger Families Policy Volunteer Policy	Arts and Culture Strategic Plan 2020-2023 Integrated Housing Strategy (to be adopted)	Municipal Early Years Plan 2021-2025 (to be adopted) Youth Action Plan (to be adopted) Positive Ageing Action Plan 2021-2025 Reconciliation Action Plan Disability Action Plan 2021-2025 (to be adopted)

Our key action areas for 2021-2025

Our objectives and key action areas

3.1 Increase opportunities for volunteering and community participation

- Facilitate initiatives that support recovery from the COVID-19 pandemic, including the Community Recovery Call Centre and Job Advocates Victoria Program
- Continue to build opportunities for people to engage and influence Council decisions that impact them
- Support and promote volunteering opportunities
- Through the Municipal Early Years Plan, explore opportunities to support families to engage and participate

3.2 Support opportunities that build social inclusion and community connections

- Develop policies, strategies and plans that promote inclusion
- Embed innovative evidence-based mental wellbeing and positive psychology programs into universal services
- Support and promote digital literacy
- Support community events that encourage social connection, diversity and inclusion
- Through the Integrated Housing Strategy, plan and advocate for affordable housing and support for people experiencing homelessness

3.3 Strengthen connection with the arts, natural environments and Aboriginal and Torres Strait Islander peoples culture

- Deliver accessible and inclusive arts and cultural programs, major events and library programs that promote cultural expression and diversity
- Through the Biodiversity Action Plan and Urban Forest Action Plan, support initiatives that build connection with the natural environment through volunteering
- Collaborate with Traditional Owners to protect, recognise, promote and build respect for Aboriginal and Torres Strait Islander peoples culture and heritage

How we will measure progress

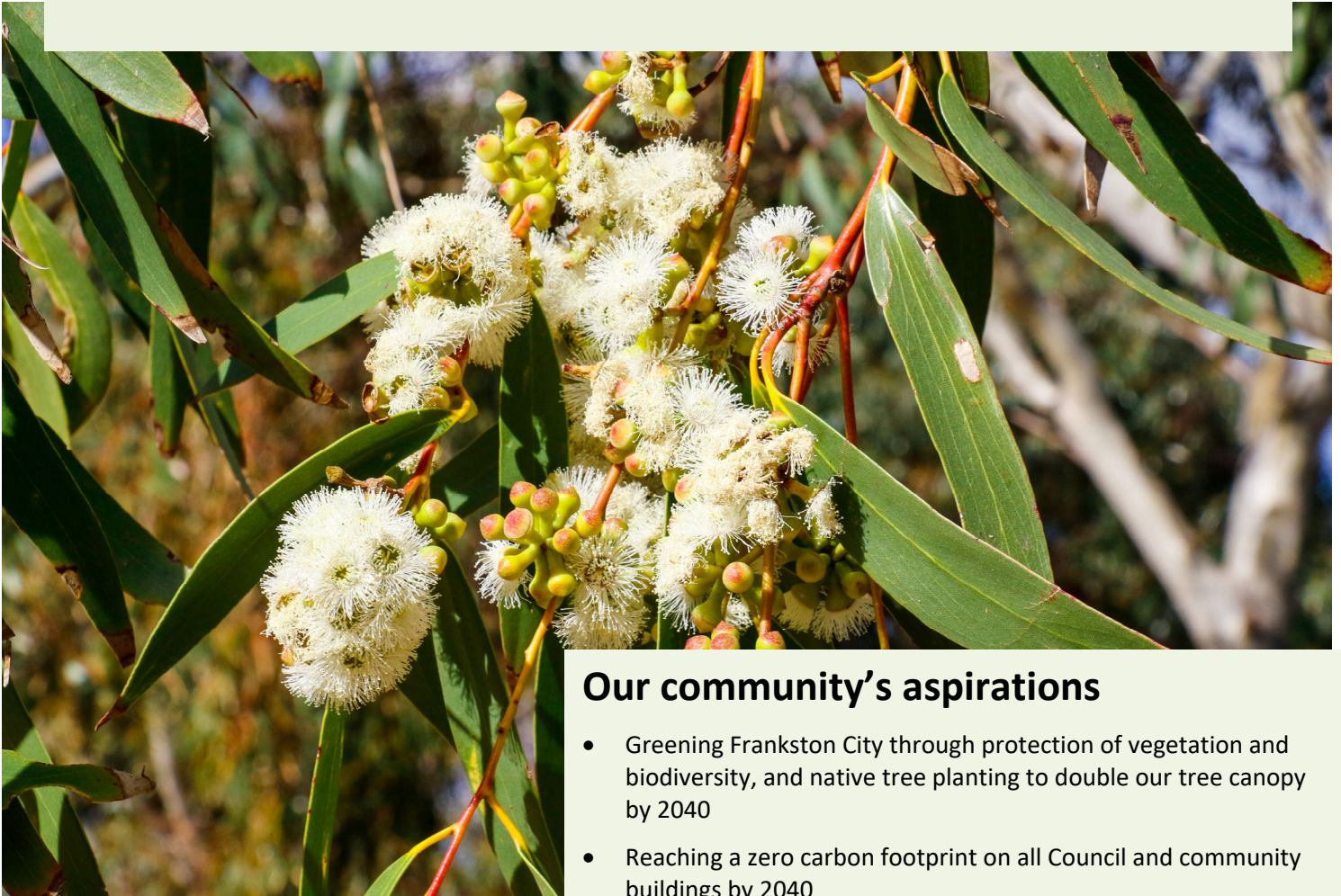
Indicator	Desired result
Proportion of adults reporting high to very high rates of psychological distress Victorian Population Health Survey	Decrease
Proportion of people who have ever been diagnosed with depression or anxiety Victorian Population Health Survey	Decrease
Proportion of people who are satisfied with their life as a whole VicHealth Indicators Survey	Increase
Proportion of people who feel valued by society Victorian Population Health Survey	Increase
Percentage of residents who regularly volunteer Victorian Population Health Survey	Increase

PRIORITY 4:

Strengthening climate action for community wellbeing

Our strategic objectives

- 4.1** Increase awareness of the health impacts of climate change
- 4.2** Strengthen response to public health threats and emergencies for vulnerable communities
- 4.3** Support healthy and sustainable homes, buildings and public spaces



Our community's aspirations

- Greening Frankston City through protection of vegetation and biodiversity, and native tree planting to double our tree canopy by 2040
- Reaching a zero carbon footprint on all Council and community buildings by 2040
- Programs and education that assist the community and businesses to avoid, reduce, reuse and recycle waste, and to achieve carbon neutrality by 2040
- Leading the way on climate change adaptation, encouraging the use of clean, renewable energy to reduce greenhouse gas emissions and protect against sea level rise
- Developers use sustainable design principles
- Green urban areas, clean streetscapes and litter prevention

Why this is a priority for Frankston City

Climate change has been described by the World Health Organisation as the greatest threat to global health in the 21st century.

- The earth is warming at an unprecedented rate as a result of increasing concentrations of greenhouse gases in the atmosphere caused by rising emissions.
- Our health is closely linked to the environment we live in, and our changing climate will have significant consequences for health, wellbeing and safety.
- Victoria is already experiencing direct and indirect health and wellbeing impacts of climate change, including events such as floods, fires and heatwaves, which are occurring at a greater frequency and intensity.
- Direct impacts of climate change are caused by exposure to extreme weather events such as bushfires, droughts, floods and heatwaves and include heat stress, injury, trauma and death. Indirect health impacts include exacerbation of existing chronic conditions like respiratory and cardiovascular diseases, infectious diseases, mental illness, allergies, injuries, poisoning and undernutrition.^{xxii}
- The health impacts of climate change will not be experienced equally. The most vulnerable households are likely to be the least able to adapt or manage the risks from climate change, due to poor housing design, fewer financial resources and under-insurance.^{xxiii}
- The impact of poor quality and energy inefficient housing on health and wellbeing is an ongoing concern for Frankston City, exacerbated by the direct impacts of climate change. Of concern is the impact of inadequate protection from outdoor conditions resulting in poor living conditions, higher energy use and more expensive utility bills, contributing to energy poverty and disconnections.
- Adapting to climate change is critical to building community resilience and managing risks. Actions to decrease health impacts can be made through implementing policies, strategies and measures on key determinants of health like transport, parks and open space, land use, housing and waste minimisation. Action across these areas provide opportunities to reduce emissions, support adaptation to climate change impacts and improve health and wellbeing all at the same time.^{xxiv}
- A healthy tree canopy can help reduce the impacts of climate change and absorb the impacts of climate change, as well as improving the liveability of a neighbourhood encouraging people to exercise outdoors.

Both the COVID-19 pandemic and climate change are known to impact certain population groups more than others, contributing to health inequities.

Key facts and figures

<p>90% of Victorians haven't thought about how health is affected by climate change</p> <p><i>Sustainability Victoria</i></p>	<p>Frankston City's major emissions source is electricity consumption with the majority of this coming from industrial electricity consumption</p> <p><i>Snapshot, community climate tool</i></p>	<p>18.8% of Frankston City households have solar installations compared to 21.1 % across Victoria</p> <p><i>Australian PV Institute, 2021</i></p>
<p>Frankston City residents say the most important areas for Council to work to address climate change are:</p> <ul style="list-style-type: none">• Biodiversity and urban forests• Renewable energy• Reducing waste to landfill <p><i>Frankston City Climate Change Survey 2020</i></p>	<p>Key climate change concerns on the local area for Frankston City residents are:</p> <ul style="list-style-type: none">• Loss of biodiversity• Sea level rise and coastal erosion• Harsher and longer fire season/bushfires <p><i>Frankston City Climate Change Survey 2020</i></p>	<p>Frankston City's tree canopy cover is 17%, which is low compared to other urban areas across Greater Melbourne, contributing to pedestrian exposure to heat</p> <p><i>Frankston City Urban Forest Action Plan</i></p>

What we are already doing

- Declared a climate emergency calling for urgent action to reverse global warming
- Providing environmental and waste minimisation education, information and resources for the community
- Ensuring that Council-owned facilities are meeting best practice standards for energy efficiency, renewable energy and water efficiency
- Frankston Regional Recycling and Recovery Centre
- Providing strategic advice, planning controls and partnerships to facilitate urban development and transport projects that help create low carbon communities
- Collaborating to provide free energy advice and an independent referral services for local residents
- Upgrading 7,000 fluorescent street lights with energy efficient LEDs
- Managing around 62,000 street trees made up of more than 450 species
- Protecting and enhancing native vegetation cover, habitat value and diversity across public and provide land
- Supporting and planning to assist the community to respond to emergencies

Our policies, strategies and plans

Policies	Strategies	Plans
Sustainability Policy Urban Forest Policy Waste Wise Events Policy	Greening Our Future – Environment Strategy 2014-2024 Climate Change Strategy (to be adopted)	Urban Forest Action Plan 2020-2040 Climate Change Impacts and Adaptation Plan 2011 (to be replaced with the Climate Change Strategy) Biodiversity Action Plan (to be adopted) Towards Zero Emissions Plan 2019-2023 Waste Minimisation Management Plan 2015-2020 Domestic Wastewater Management Plan Integrated Water Management Plan Emergency Management Plan

Our key action areas for 2021-2025

Our objectives and key action areas

- 4.1 Increase awareness of the health impacts of climate change
- Develop and implement a Climate Change Strategy to lead climate action on mitigation and adaptation
 - Advocate to state government for better statistical information on the potential impacts of climate change on health and wellbeing
 - Facilitate community education programs to increase awareness and action
 - Implement the Urban Forest Action Plan to increase tree canopy coverage in areas recognised as a priority

4.2 Strengthen response to public health threats and emergencies for vulnerable communities

- Review Municipal Emergency Management planning and recovery with a climate change lens, considering direct and indirect health impacts with a focus on vulnerable groups
- Support initiatives that build community emergency preparedness and resilience
- Provide accessible community spaces for people without adequate heating and cooling

4.3 Support healthy and sustainable homes, buildings and public spaces

- Adopt and implement initiatives that promote Environmental Sustainable Design to improve living standards
- Support initiatives that enable the community to make adaptations to improve the sustainability of their homes
- Implement measures that reduce the pressure on drinking water supplies

How we will measure progress

Indicator	Desired result
Community satisfaction with Council meeting its responsibilities towards the environment Frankston City Council, Community Satisfaction Survey	Increase
Percentage of tree canopy cover	Increase
Proportion of household waste being recycled Victorian Local Government Annual Waste Services Report	Increase
Proportion of households with solar installations Australian PV Institute	Increase

PRIORITY 5:

Strengthening gender equality and respectful relationships

Our strategic objectives

- 5.1 Embed prevention in universal services to stop family violence
- 5.2 Build respect and inclusion for seniors to prevent elder abuse
- 5.3 Create gender equitable workplaces, services and programs



Our community's aspirations

- People experiencing family violence will be supported through advocacy, referrals and high quality service provision
- Council to play an active role in the prevention of family violence through community education.

Why this is a priority for Frankston City

Violence against women and children is an abuse of human rights that has a devastating impact on health and wellbeing.

- Family violence affects all family members, however data shows that the majority of victims are women and the majority of perpetrators are men.
- Family violence includes violence or threatening behaviour, or any other form of behaviour that coerces or controls a family member or causes that family member to be fearful.
- Family violence carried out against a current or former partner is known as intimate **partner** violence. Women are experiencing intimate partner violence at a much higher rate than men, with men's violence against female partners being more likely to inflict severe injury.^{xxv}
- Research shows that family violence is more damaging to the health of Victorian women aged 15–44 years than high blood pressure, obesity and smoking.^{xxvi}
- In Victoria, sexual violence is overwhelmingly perpetrated by men against women. The majority of sexual violence often goes unreported due to the majority of sex offenders being known to their victims. Sexual assault has profound effects on the wellbeing of victims/survivors, including emotional, psychological, legal, health, spiritual and socio-economic impacts.^{xxvii}
- Family violence occurs at higher rates for Aboriginal and Torres Strait Islander peoples than for non-Indigenous Australians, with social disadvantage and intergenerational

trauma being factors for consideration.^{xxviii}

- Violence against women is largely driven by gender inequality and is preventable. A key way to prevent violence is to strengthen positive, equal and respectful relationships.
- Gender equality is when people of all genders have equal rights, responsibilities and opportunities. Gender inequality is therefore when women and men do not have equality social status, power, resources or opportunities.
- For many people, gender inequality may be compounded by other forms of disadvantage or discrimination that a person may experience due to other intersecting characteristics, such as: ethnicity; Aboriginality; disability; age; sexual orientation; gender identity; and religion.
- Factors like the harmful use of alcohol, socio-economic conditions and exposure to violence can make violence worse, but are not considered to be the underlying cause.
- Research shows that disaster situations result in an increase in the severity and frequency of family violence, and can trigger a change on the nature of family violence already being used or even the onset of family violence.

For many women the COVID-19 pandemic coincided with the onset or escalation of violence and abuse. Victoria Police data shows that reported family violence incidents rose by 11% between Q4 2019 and Q4 2020.

Key facts and figures

<p>Women in Frankston City make up 54% of our local workforce and are more likely to hold tertiary qualifications than men, yet women are more likely to earn a low income (43.7%) compared to men (29.1%)</p> <p><i>ABS Census 2016</i></p>	<p>Women in Frankston City are undertaking more unpaid domestic duties than men, with 29% of women doing 15 hours or more per week compared to 9.6% of men</p> <p><i>ABS Census 2016</i></p>	<p>Women in Frankston City are providing more unpaid caring duties than men:</p> <ul style="list-style-type: none"> • 13.6% provided unpaid care for a person with a disability, long term illness or old age compared to 9.1% of men • 33.3% provided unpaid care to children compared to 25.8% of men <p><i>ABS Census 2016</i></p>
<p>Frankston City has the highest rate of family violence in Metropolitan Melbourne</p> <p><i>Crime Statistics Agency, 2021</i></p>	<p>Women in Frankston City are more likely to be to be a victim of intimate partner violence than men, and other Victorian women (103.32 per 10,000 compared to 25.12 per 10,000 for men, and 81.6 per 10,000 for the Victorian state average for women)</p> <p><i>Victorian Women's Health Atlas, Reported incidents for 2020</i></p>	<p>Women in Frankston City are experiencing sexual assault at a far higher rate than men (13.64 per 10,000 compared to 1.71 per 10,000 for men)</p> <p><i>Victorian Women's Health Atlas, Reported incidents for 2020</i></p>

What we are already doing

- Providing family violence consultations led by Maternal and Child Health and making referrals
- Implementing a Family Violence Prevention Action Plan
- Launched Choose Respect, a smart phone app providing respectful relationships advice for young people
- Participating annually in the 16 Days of Activism campaign to eliminate violence against women and their children
- Participating annually in International Women's Day
- Participating in the Respecting Seniors Network Steering Committee
- Collaborating on World Elder Abuse Awareness Day activities and promotions
- Advocating for seniors through the Age Friendly Frankston Ambassadors

Our policies, strategies and plans

Policies	Strategies	Plans
Stronger Families Policy Child Safe Policy		Family Violence Prevention Action Plan Positive Ageing Action Plan 2021-2025 Municipal Early Years Plan 2021-2025 (to be adopted)

Our key action areas for 2021-2025

Our objectives and key action areas

5.1 Embed prevention in universal services to stop family violence

- Review and implement the Family Violence Prevention Action Plan.
- Implement 'Men as Role Models' initiatives to support men and boys to live respectful relationships that are free from violence and other harmful behaviours.
- Collaborate with partners to explore innovative evidence-based initiatives to promote gender equality within the community.
- Participate in campaigns to raise community awareness of gender equality and prevent violence against women.

5.2 Build respect and inclusion for seniors to prevent elder abuse

- Implement positive ageing initiatives to prevent elder abuse.
- Participate in the Respecting Seniors Network Steering Committee.

5.3 Create gender equitable workplaces, services and programs

- Develop and implement a Gender Equality Action Plan to improve gender equality within the workplace at Frankston City Council.
- Undertake Gender Impact Assessments on key Council policies, services and programs to ensure our services and facilities are equitable, safe and inclusive.
- Through the Skilled Community and Sustainable Economy Strategies, improve access to education, training, entrepreneurship and employment pathways for women and under-represented groups.

How we will measure progress

Indicator	Desired result
Rate of incidents of family violence recorded by Victoria Police Crime Statistics Agency	Decrease
Reported cases of elder abuse To be confirmed	Decrease
Proportion of women who spend more than 15 hours per week carrying out unpaid domestic work compared to men ABS Census	Decrease
Proportion of women who undertake unpaid carer roles compared to men ABS Census	Decrease

DRAFT

PRIORITY 6:

Reducing harm from gambling, smoking, alcohol and other drugs

Our strategic objectives

- 6.1 Create safe public spaces through Council policy, planning and design
- 6.2 Build partnerships that change cultures and reduce harm
- 6.3 Create smoke free communities



Our community's aspirations

- People experiencing gambling harm and social isolation will be supported through advocacy, referrals and high quality service provision
- Frankston City is a smoke free City
- A safe train station and public spaces within Frankston's city centre

Why this is a priority for Frankston City

Harms from alcohol and other drugs, gambling and smoking all have a significant impact on individual health and wellbeing, as well as the safety and health of the broader community.

- The consumption of alcohol, tobacco and other drugs is a major cause of preventable disease, illness and death in Australia.
- Tobacco contributed to 9.3% of the total burden of disease in Australia in 2015, followed by alcohol contributing to 4.5% of the total burden and disease and illicit drugs contributing 2.7%.^{xxix}
- The consumption of alcohol is widespread and there is an established drinking culture within many social and cultural activities. Harmful levels of consumption is a major health issue associated with increased risk of chronic disease, injury and premature death.
- The more alcohol a person drinks, the greater their risk of developing an alcohol-related injury or disease during their lifetime. More than 4,000 people die from alcohol-related injuries, illness and accidents every year in Australia.^{xxx}
- New alcohol guidelines that state that adults should have no more than 10 standard drinks a week to reduce the risk of cancers and have no more than four standard drinks in one day to reduce the risk of injury and accidents.
- Local government has the opportunity to prevent and minimise harm from alcohol through the design and

management of public spaces, festivals and events, in licensed venues, through communication and information and through strategic partnerships.

- Gambling is an activity that affects the quality of life of many people. While many people enjoy the recreational benefits of gambling, there are also many people who experience harm. There are links between gambling harm and issues that impact our communities such as poor mental health, family violence, poverty, homelessness and chronic illness. Harm to health caused by 'low' and 'moderate' risk gambling is greater than that experienced by 'problem' gambling.^{xxxi}
- Smoking is highly addictive and harms almost every part of the body, increasing the risk of many diseases, including lung cancer, chronic obstructive pulmonary disease, heart disease and stroke.^{xxxii}
- Over the last 20 years there has been a significant decrease in smoking rates in the general population. However, smoking remains to be most prevalent in lower socio-economic groups.

The VicHealth Coronavirus Victorian Impact Study follow up survey showed that 22% of Victorians who smoke reported they smoked more than usual during the COVID-19 'lockdown' restrictions. Those living alone (38%) and people with a disability (39%) were more likely to report an increase in smoking.

Key facts and figures

<p>As of December 2020, there were 259 licenced premises in Frankston City</p> <p><i>Victorian Commission for Gambling and Liquor Reform</i></p>	<p>Frankston City has 514 electronic gaming machines (pokies) in nine gaming venues</p> <p><i>Victorian Commission for Gambling and Liquor Reform</i></p>	<p>More adults in Frankston City are smoking (21.6%) compared to the average for across Victoria (16.7%), however there are also higher rates of people reporting as ex-smokers (29% compared to 24.4%)</p> <p><i>Victorian Population Health Survey 2017</i></p>
<p>Each week, 28.5% of adults in Frankston City are putting themselves at lifetime risk of alcohol-related harm due to the amount of alcohol that they are consuming (compared to an average of 24.7% for Victoria)</p> <p><i>Victorian Population Health Survey 2017</i></p>	<p>People in Frankston City are being admitted to hospital for alcohol related harm at a much higher rate than what is average for Metro Melbourne (a rate of 869.3 per 100,000 compared to an average of 549.1 per 100,000), with the majority of admissions being men aged 47 to 64 years</p> <p><i>Turning Point AODstats, 2017-18</i></p>	<p>People in Frankston City are being admitted to hospital for harm relating to illicit drugs at a much higher rate than what is average for Metro Melbourne (a rate of 446.3 per 100,000 people compared average rate of 277.5), with the majority of admissions being men aged 25 to 39 years</p> <p><i>Turning Point AODstats, 2017-18</i></p>

What we are already doing

- Maintaining a high quality CCTV network
- Implementing the MAV Tobacco Agreement, including tobacco visits, audits and investigations
- Local law management
- Authorise Victoria Police under the Community Local Law and work in partnership to promote community safety
- Undertake routine monitoring of food premises to ensure food safety and hygiene standards are maintained
- Undertake routine food sampling at food premises to monitor food safety procedures and standards
- Activating public spaces to improve community safety
- Implementing the Libraries After Dark program to prevent gambling harms
- Conducting impact assessments of licence applications for liquor and Electronic Gaming Machines
- Ensuring sporting clubs that lease facilities from Council are members of the Good Sports Program and comply with Responsible Service of Alcohol requirements
- Managing festivals and events through an application process to ensure they support low-risk drinking practices

Our policies, strategies and plans

Policies	Strategies	Plans
Gambling Policy Community Local Law Community Safety Policy (to be adopted)	Community Safety Strategy (to be adopted)	Lighting Frankston Action Plan (to be adopted)

Our key action areas for 2021-2025

Our objectives and key action areas

6.1 Create safe public spaces through Council policy, planning and design

- Develop policies and strategies that encourage a diverse mix of activities in public spaces, including the development and implementation of the Frankston City Centre Revitalisation Action Plan
- Develop policies and plans that improve the safety of public spaces, including the development and implementation of the Community Safety Strategy and Lighting Frankston Action Plan
- Facilitate initiatives that encourage people to engage in lower risk behaviours and alternative recreational activities, like Libraries After Dark

6.2 Build partnerships that change cultures and reduce harm

- Partner with the Alliance for Gambling Reform to advocate legislative reform to reduce gambling harm
- Work in partnership to coordinate and implement alcohol and other drug harm prevention and minimisation initiatives
- Support sports clubs to create healthy environments that prevent harms from smoking, gambling and alcohol and other drugs

6.3 Create smoke free communities

- Use the Smoke Free Charter as a tool to promote smoke free environment within Council and community settings.
- Provide community education
- Support retailers to comply to reduce exposure to second-hand smoke and de-normalise smoking

How we will measure progress

Indicator	Desired result
Proportion of residents who feel safe in public areas in Frankston City Community Satisfaction Survey	Increase
Proportion of adult population that self-report as smokers Victorian Population Health Survey	Decrease
Number of infringements issues in relation to selling tobacco to minors Frankston City Council	
Proportion of people who consume alcohol who are at lifetime risk of harm Victorian Population Health Survey	Decrease
Alcohol-related hospitalisation rate per 10,000 population Turning Point Alcohol and Drug Data	Decrease
Amount of player losses on EGMs (pokies) in dollars Victorian Commission for Liquor and Gambling Regulation	Decrease

Delivering the Health and Wellbeing Plan

Implementation

The outcomes and priorities outlined in the Draft Plan will be progressed through the implementation of an Action Plan. The actions are prevention-based and outcomes-focussed, aiming to take preventative action at scale within local communities to effect change and impact long-term health and wellbeing. The actions are designed to align with Council's other strategies and action plans, for collaborative implementation, monitoring and reporting. The actions will focus on the local communities and population groups that are experiencing the greatest health inequalities. Whereas the actions are listed by the Draft Plan's six strategic priorities, the majority of actions are integrated in that they address more than one priority and outcome, recognising that many health issues share underlying determinants.

Delivering the actions set out in our Draft Action Plan will be a process of continuous improvement allowing for flexible and responsive implementation. As such, the Draft Action Plan will be reviewed and updated annually throughout the Plan's four-year lifecycle. By doing so, Council will have the opportunity to reflect on the way the actions are being implemented and draw upon evidence in order to make improvements and achieve better results. We will also be able to accommodate any key policy changes occurring at all levels of government, key service system changes, as well as any changing needs of the community.

Monitoring and evaluation

It is a statutory requirement for councils to review their Municipal Health and Wellbeing Plans annually. As such the Draft Plan will be reviewed at the end of each financial year based on progress being made with the implementation of the Draft Action Plan and analysis of any available data.

The Draft Plan will be fully evaluated at the end of the four years, based on the set of indicators outlined for how we will measure progress. These indicators are based on our priorities and have been drawn from Council's Community Building Outcomes Framework to monitor and assess any change that may be occurring within the seven outcomes across the seven local communities.

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