



# Living Well

*The City of Unley's Plan  
for Health and Wellbeing*

2021 - 2025









# Mayor's Statement

*I am delighted to present Living Well, the City of Unley's Plan for public health and wellbeing. This plan responds to emerging health issues and trends in our community, and aligns with the state's vision for a 'healthy, liveable and connected community for all South Australians'.*

The City of Unley is committed to playing a key role in shaping our local environment and providing council services for the health and wellbeing of our community. Living Well articulates the actions Council will take to maintain and improve health for all people who live, work, study and play in the City of Unley. We embrace this opportunity to promote healthy living through our direct roles and partnerships with others.

During the development of the Living Well Plan, Council and our community have faced the Coronavirus pandemic. This period has highlighted the crucial role we play in promoting and protecting the health of our community, and I am especially proud of our community and staff for their work in developing this plan during this time.

Living Well addresses our current and emerging public health challenges and provides us with a framework for action for the next five years. We are committed to building our capacity, as well as working with our community, to address our four focus areas for living well:

1. An engaged and purposeful community
2. A healthy and active community inside and out
3. A safe community
4. An inclusive and connected community

**Mayor Michael Hewitson AM**



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*We would like to acknowledge the City of Unley is part of the traditional lands for the Kaurna people and we respect their spiritual relationship with their country. We acknowledge the Kaurna people as the traditional custodians of the Adelaide region and that their cultural and heritage beliefs are still as important to the living Kaurna people today.*



**PART A**

# Introduction

## Context

Good health enhances quality of life, increases our capacity for learning, and strengthens families and communities<sup>1</sup>. The City of Unley community values its health and wellbeing, and feeling safe<sup>2</sup>. Council plays a vital role in supporting these values. We aim to promote health through our functions and services, and in our capacity as a local public health authority under the *SA Public Health Act 2011*<sup>3</sup>.

Living Well, Council's second Public Health and Wellbeing Plan, has been developed to meet the requirements of the *SA Public Health Act 2011* (the Act). Under the Act, local councils are required to prepare and maintain regional public health plans for their areas, building upon the state's vision for a 'healthy, liveable and connected community for all South Australians'.

In developing Living Well, the City of Unley recognises that health and wellbeing means different things to different people, and priorities may differ as people transition through life stages and circumstances.

***We've adopted the following commonly accepted definitions:***

**Public Health:** The health of individuals in the context of the wider community<sup>3</sup>.

**Health:** A complete state of physical, mental and social wellbeing, not merely the absence of disease or illness<sup>4</sup>.

**Wellbeing:** The condition or state of being well, contented and satisfied with life. Wellbeing has several components, including physical, mental, social and spiritual. Wellbeing can be used in a collective sense to describe how well a society satisfies people's wants and needs<sup>5</sup>.



1 *Adelaide Statement on Health in All Policies. WHO, Government of South Australia, Adelaide 2010*

2 *Your Say Survey Results 2020*

3 *South Australian Public Health Act 2011*

4 *World Health Organisation*

5 *Measuring progress, Cited 1998. Department of Human Services Environments for Health. Municipal Public Health Planning Framework. Victorian Government. Melbourne, 2001*

# Overview

Living Well is a strategic document that guides Council's work to maintain and improve the health and wellbeing of our community. It brings together and recognises the important contribution Council currently makes to community health, and guides our actions over the next five years with a focus on creating the conditions and environments that enable health and wellbeing at every stage of life.

In 2014, Council developed and endorsed its first Living Well Public Health and Wellbeing Plan in partnership with the City of Mitcham. This second iteration of the plan has been prepared independently and solely focused on the City of Unley. The aim of this second plan was to review Council's priorities for promoting public health and wellbeing with consideration of the state of health in our area, emerging trends and priorities since the 2014 plan, and in consideration of the 2019-2024 State Public Health Plan priority areas of:

- Promote: Build stronger communities and healthier environments
- Protect: Protect against public and environmental health risks and respond to climate change
- Prevent: Prevent chronic disease, communicable disease and injury
- Progress: Strengthen the systems that support public health and wellbeing.

**This new Living Well Plan supports our Community Plan vision of:**

'A City that is recognised for its enviable lifestyle, environment, business strength and civic leadership' and addresses the four focus areas for community health and wellbeing in the City of Unley.

Objectives and actions are listed under each focus area, providing the framework for our health and wellbeing action with a line of sight to Council's Community Plan and relevant Council strategies: Living Active – Sport and Recreation Plan, Living Young Action Plan, Living City Open Space Strategy, Active Ageing Strategy, Environmental Sustainability Strategy, Traffic Pedestrian and Cycle Plans, Asset Plans, Tree Strategy, Disability Access and Inclusion Plan and the Community Land Management Plan.

**Figure 2 City of Unley Strategic Planning Framework and Vision<sup>6</sup>**

## Our Vision

Our City is recognised for its enviable lifestyle, environment, business strength and civic leadership.

**Our Strategic Planning Framework**





**The Living Well Plan is structured as follows:**

- **Part A – Introduction:** An introduction and overview to the background and structure of the Living Well Plan.
- **Part B – Our Local State of Health:** An overview of the City, demography and the state of health as it relates to each of the four focus areas of the Living Well Plan.
- **Part C – Strategic Directions for ‘Living Well’ in Unley:** Objectives and actions for the four Living Well focus areas, demonstrated alignment to our Community Plan, the State Public Health Plan, and relevant Council strategies.
- **Part D – Implementation and Reporting:** Guidance on implementation strategies, which apply across the suite of actions in the plan, and a guiding framework for reporting on plan progress.







## Role of Local Government

Council plays many roles in the planning and delivery of community health and wellbeing and can influence the local social, economic and natural and built urban environments that are critical to promoting healthier lifestyles. Various Council functions shape our local environment and play a role in protecting and promoting health and these include:

- Community services, activities and events to promote socially inclusive and vibrant communities
- Libraries for community education and information sharing
- Urban and infrastructure planning functions to promote environments for physical activity and access for people of all ages and abilities
- Environmental health functions and services such as immunisation and public health management to provide education, support safe environments and control and support the community to stop the spread of infectious diseases

A range of stakeholders play a role in shaping health and wellbeing in the City of Unley. This plan recognises the scope of the role of local government in promoting and supporting community health and wellbeing. The role of Council will be dependant upon the significance of the issue, available resources and funding, and legislative responsibilities. Living well is a responsibility of everyone in the community and Council and others have a role to play in this.

**The role of Council has been defined within this plan by the following categories:**

**No role:** There are instances where Council does not have a role to play.

**Advocate:** The action is outside of the scope of Council's role. Council will advocate on behalf of the community to the responsible agency or government department.

**Facilitate:** Council can facilitate public health outcomes through partnerships, consultation, information provision or community support.

**Coordinate:** Council has a lead role in project management and program/service delivery. It is a core role and function of Council. Council has direct legislative responsibilities.

Council public health plans cannot address all public health issues, rather they are a first step to articulating key public health issues to be managed within the scope of current functions.

While councils are the local public health authority under the Act, they are not solely responsible for addressing public health priorities in their community. Public health planning provides a mechanism for councils to adopt a variety of roles for addressing public health matters for their communities.



## Developing the Living Well Plan

Living Well recognises and builds upon the current activities of the Council that influence public health and wellbeing. The plan has been developed through:

- A comprehensive analysis of demographic data, and health and liveability statistics which inform the 'state of health' of the City of Unley (Part B of the plan)
- A review of the national, state and regional policy content to ensure a line of sight between Unley's plan and broader health priorities
- A community survey through 'Your Say Unley'
- Engaging the professional expertise of Council officers to explore how health and wellbeing can be promoted through various functions
- A review of Council's Community Plan and corporate strategies
- Consultation on the draft plan with the City of Unley community, the Chief Public Health Officer, and key partners and stakeholders

# Guiding Planning Concepts

## Living Well embraces four key concepts.

### Population Health Approach

Population health aims to improve the health of the entire population whilst reducing health inequities. It acts upon the broad range of social, economic, environmental and physical factors and conditions that influence our health – collectively known as the ‘social determinants of health’.

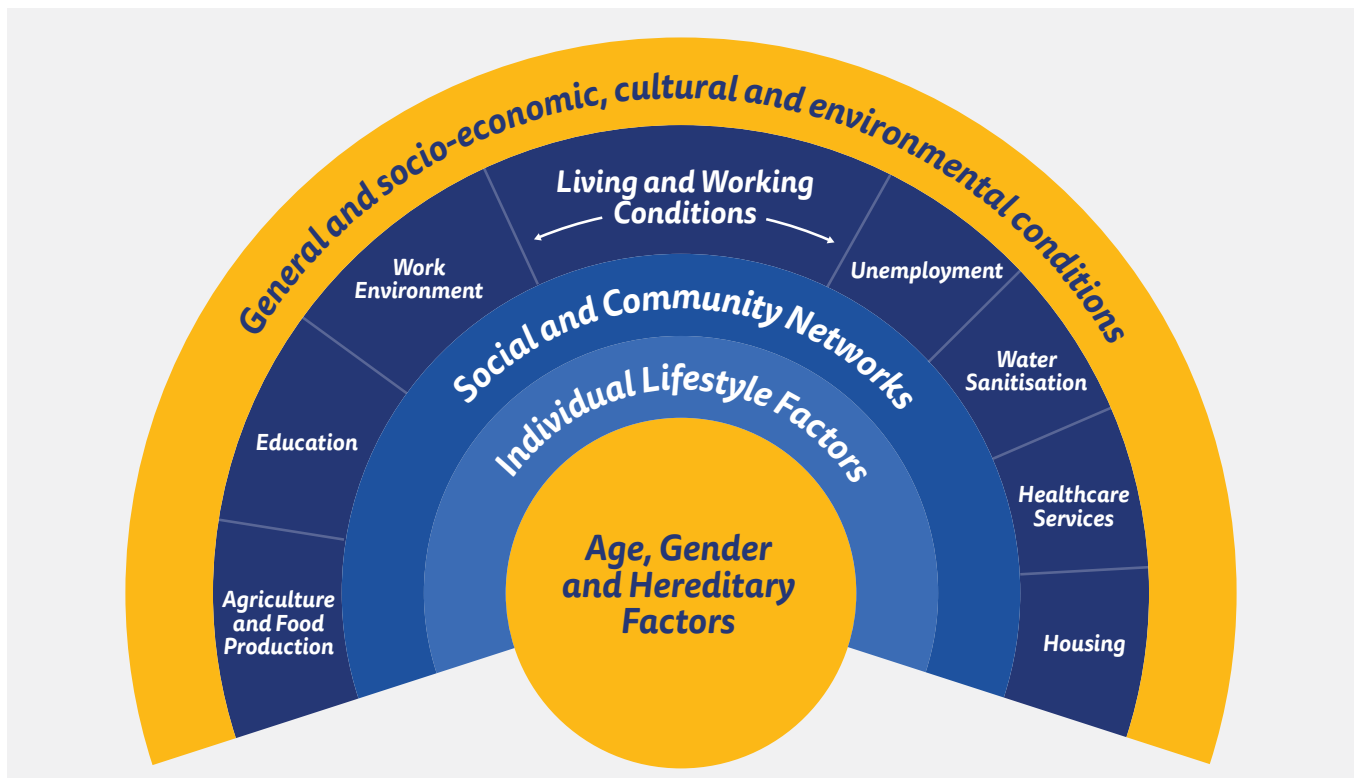
Living Well acknowledges the range of factors that impact on the health and wellbeing of individuals and communities. Figure 1 shows the array of determinants of health and how they relate to each other<sup>7</sup>.

**Figure 1 Framework for the determinants of health<sup>8</sup>**

### Health in All Policies

Health in All Policies is an approach by the South Australian Government, underpinned by an assumption that health is not merely the product of health care activities, but is influenced by a wide range of sectors. The Health in All Policies initiative works across government to better achieve public policy outcomes.

A Health in All Policies approach in the local government context can incorporate a number of strategies to improve community health and wellbeing, and strategically link areas not traditionally recognised as delivering ‘public health’ value. In this approach, local government contributes to public health outcomes using its sphere of control to integrate health objectives and outcomes within policy and planning<sup>9</sup>.



<sup>7</sup> State Public Health Plan 2019-2024, Department for Health and Ageing, Government of South Australia

<sup>8</sup> The determinants of health, World Health Organisation.

<sup>9</sup> Guide to Regional Public Health Planning: A resource to assist in the preparation and maintenance of a regional public health plan. Draft for Consultation 2019, Local Government Association of SA



Council is committed to Health in All Policies through integrating health considerations across functional areas. There is a role for all staff to play in supporting the health and wellbeing of our community.

**Life-Course and Place-Based Approaches**

The Life-Course approach considers the assumption that, throughout life, individuals are likely to experience multiple changes in health, and these changes may be influenced by the places in which people spend their time. A deep understanding of the interaction between place and life-stage on health and wellbeing can be used to design and deliver both place-based and life-stage-specific initiatives that address the key pillars of active ageing including health, lifelong learning, participation and security.

**Diversity and Inclusion**

Public health action is strengthened when the needs of people of all ages, gender, cultural background, economic status, and other differences are considered.

Inclusion occurs when a diversity of people feel valued and respected, have access to opportunities and resources, and can contribute their perspectives and talents to their community.



## PART B

# Our Local State of Health



The State of Health data, beginning with an overview of the City and its demography, then exploring the state of health as it relates to each of the four focus areas of the Living Well Plan.

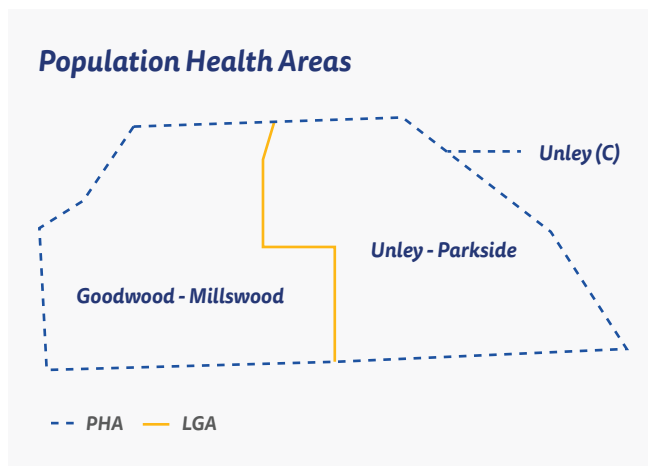
State of Health data has been obtained from various sources including the City of Unley Population Health Profile which details Council data for a selection of indicators of public and population health and their determinants, drawn largely from data published for Local Government Areas (LGAs) and Population Health Areas (PHAs) by the Public Health Information Development Unit (PHIDU)<sup>10</sup>.

# Our City: A General Overview

Located four kilometres south-east of Adelaide's CBD, the City of Unley has a land area of 14.4 square kilometres. The City is mostly residential and includes some commercial and industrial areas. Its population is over 39 000 and, based on estimates<sup>11</sup>, it is expected to increase by approximately 7000 by 2040. Population movement has been significant, as indicated by an estimated 40% of people who had a different address nine years ago, in 2011.

The City of Unley is engaged in quality urban design that maintains and enhances the distinctive character of spaces and places, including buildings, pedestrian amenity, parking and housing. The City is also noted for its bike and walking trail infrastructure, encouraging the use of active transport to access services and amenities, and enjoy tree-lined streets, parks and open spaces.

**Figure 3: Population Health Areas**



## Socio-Economic Profile of our Community

The region has two Population Health Areas (PHA), Unley–Parkside, and Goodwood–Millswood (Figure 3).

Achieving an overall 'Socio-Economic Indexes for Areas (SEIFA)\*' score of 1066, the City of Unley ranks relatively highly, with scores of 1068 for the Goodwood–Millswood area and 1065 for the Unley–Parkside area. This is above the metropolitan Adelaide score of 989, indicating that the population in the City of Unley is relatively advantaged socio-economically, in comparison to metropolitan Adelaide, and Australia overall.

\*The SEIFA score measures the relative level of socio-economic disadvantage based on a range of Census characteristics. In South Australia, people living in the most disadvantaged areas were two times more likely to die from avoidable causes than people living in the most advantaged areas<sup>12</sup>.

## Demographic Profile

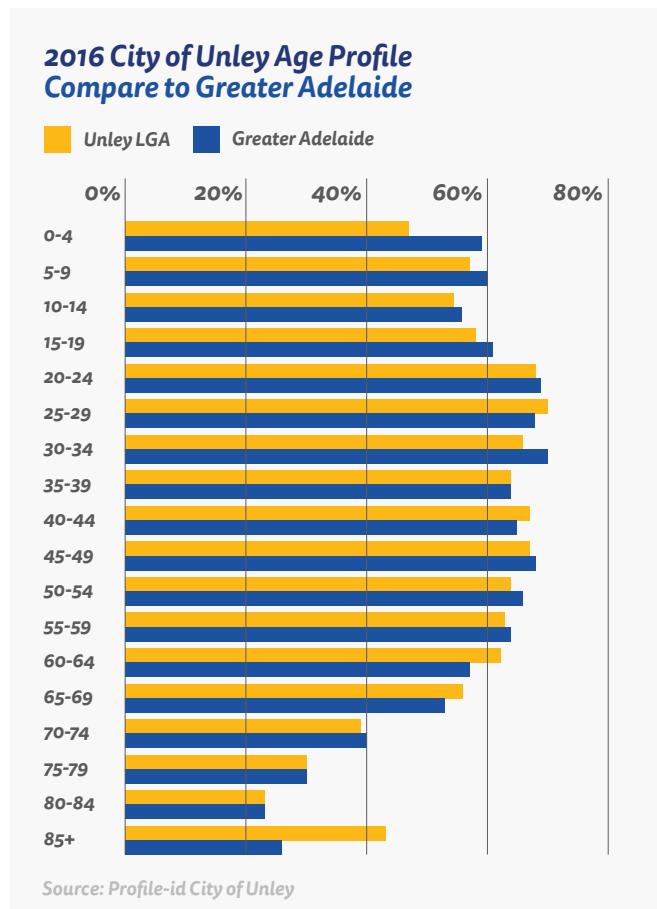
The City of Unley has a mixed aged group similar to that of metropolitan Adelaide. In 2016, the median age for the City of Unley was 41, which is older than the Greater Adelaide median age of 39. In 2011, the median age for the City of Unley was 39, suggesting the population is ageing<sup>13</sup>. Overall however, the population is still relatively young, with 80.9% under 65 years and 35.5% under 30 years<sup>14</sup>.

11 The 30-Year Plan for Greater Adelaide 2017 Update, Government of South Australia.  
 12 State Public Health Plan 2019-2024, Government of South Australia-SA Health  
 13 Community Profile. City of Unley, 2018  
 14 Census for Unley. Australian Bureau of Statistics (ABS), 2016.





- Median Age: 41 years<sup>15</sup>
- Service age group profile<sup>15</sup>:
  - Babies and pre-schoolers 0-4yrs (4.7%)
  - Primary schoolers 5-11yrs (7.9%)
  - Secondary schoolers 12-17yrs (6.6%)
  - Tertiary education and independence 18-24yrs (9.4%)
  - Young workforce 25-34yrs (13.5%)
  - Parents and homebuilders 35-49yrs (19.8%)
  - Older workers and pre-retirees 50-59yrs (12.7%)
  - Empty nesters and retirees 60-69yrs (11.9%)
  - Seniors 70-84yrs (9.2%)
  - Elderly aged 85 years and over (4.3%)



## Household Composition

Nearly 28% of households are composed of couples with children, while 29% are lone-person households.

- One-parent families: 7.8% (less than Greater Adelaide at 11.1%)<sup>16</sup>
- Couples with children: 28%<sup>17</sup>
- Couples without children: 24.4% of households (similar to Greater Adelaide at 24.8%)<sup>17</sup>
- Lone persons: 29% (more than Greater Adelaide at 26.2%)<sup>17</sup>

## Levels of Employment, Wealth and Housing

Wealth is an important determinant of health and wellbeing, and has an impact in either a direct way, such as access to health services and healthy food, or an indirect way such as lower education, living and working conditions. At the time of the 2016 Census, the City of Unley is characterised by low unemployment, however noting this may have changed due to the impacts of COVID-19 on employment. The main occupation categories for people aged 15 years and over are professionals (37.6%), managers (17.4%), clerical and administrative workers (13.1%), and community and personal service workers (9.6%)<sup>17</sup>.

- Young people learning and earning: 92% (Greater Adelaide: 87%)<sup>17</sup>

The City of Unley has a relatively high proportion of high-income households, with 28.2% earning \$2500 per week or more (Greater Adelaide: 16.7%). However, there are indications of potential financial stress.

- 17.0% of households are earning less than \$650 per week (Greater Adelaide: 20.6%)<sup>17</sup>
- 7.4% of children younger than 16 years are in low-income families (Greater Adelaide: 23%)<sup>18</sup>

- 4.7% of homeowners in Unley–Parkside region experience mortgage stress and 4% in the Goodwood–Millswood region<sup>19</sup>
- 23.7% of residents experience rental stress (Greater Adelaide: 29.7%)<sup>18</sup>
- 18% of people are receiving government support as their main source of income (Greater Adelaide: 31%)<sup>18</sup>
- 5.2% are Healthcare Card holders (Greater Adelaide: 8.4%)<sup>18</sup>
- 2.6% of the population aged 16-64 years are receiving an unemployment benefit (Greater Adelaide: 6.3%)<sup>18</sup>
- 48.1% of elderly people receive the Aged Care Pension (Greater Adelaide: 67.9%)<sup>18</sup>
- 3.8% of the population receive the Disability Support Pension (Greater Adelaide: 6.3%)<sup>18</sup>



<sup>16</sup> idcommunity-City of Unley Community Profile.

<sup>17</sup> Census for Unley. Australian Bureau of Statistics (ABS), 2016.

<sup>18</sup> Population Health Profile-City of Unley 2019. Public Health Information Development Unit (PHIDU)

<sup>19</sup> A family or individual is considered to be in mortgage stress if they are in a low income bracket and pay more than 30% of their income on mortgage repayments.



## Gender Equity

Gender equity is important as it results in better health outcomes for the whole community. Gender equality in our community is achieved through a society in which women and men enjoy the same opportunities, rights and obligations in all facets of life.

Addressing gender equity in the workforce is a national priority. The national gender 'pay gap', being the difference between men and women's average weekly earnings is 15.3%, and it has remained stuck between 15% and 19% for the past two decades<sup>20</sup>.

## Childhood Health

The data indicates a relatively positive health and wellbeing outlook for children and infants in the City of Unley. This outcome may be partly attributed to the low rates of negative socio-economic influences that children in the City of Unley experience, which can adversely impact on health and wellbeing:

- Children living in low income, welfare-dependent families: 7% (Greater Adelaide: 23%)<sup>21</sup>

- Children aged 16 years not participating in full-time secondary education: 4.1% (Greater Adelaide: 12%)<sup>22</sup>
- University admissions in Goodwood–Millswood and Unley–Parkside: 36% and 47% respectively (Greater Adelaide: 32%)<sup>21</sup>

However, 14.1% of children in the Unley region were assessed in their first year of school as developmentally vulnerable on one or more domains of the Australian Early Development Census (AEDC) (Metropolitan Adelaide: 23%), and of these, 19.8% live in Goodwood–Millswood region and 8.9% in Unley–Parkside region.

The AEDC measures the development of children in their first year of full-time school across five domains of early childhood development: physical health and wellbeing, social competence, emotional maturity and language and cognitive skills. The AEDC domains have been shown to predict later health, wellbeing and academic success.

<sup>20</sup> [humanrights.gov.au/our-work/education/face-facts-gender-equality-2018](https://humanrights.gov.au/our-work/education/face-facts-gender-equality-2018)

<sup>21</sup> Population Health Profile-City of Unley 2019. Public Health Information Development Unit (PHIDU)

<sup>22</sup> The indicator for 16 year old children not participating in full-time secondary education is not intended as an indicator of educational participation; it is included because young people completing Year 12 (and who would be still at school at age 16) are more likely to make a successful initial transition to further education, training and work than early school leavers



# Focus Area 1:

## An Engaged and Purposeful Community

### Social and Civic Engagement

The City of Unley has an engaged community with strong neighbourhood, social and business networks. Civic participation is encouraged through a wider range of volunteering opportunities and advisory groups for our volunteers, youth and older citizens.

Volunteering in the City of Unley is strong:

- 25.5% of people aged 15 years and over participating (8080 people) compared with 19.5% for Greater Adelaide<sup>23</sup>.
- Of those surveyed, 57% of people said that they would like to contribute more to the local community and equally receive more feedback about decisions that affect them<sup>24</sup>.
- Young people in the City of Unley also said that they would like more support in volunteering<sup>25</sup>.

### Engagement in Mental Health and Wellbeing Support

The City of Unley is doing well in regards to the provision of health and wellbeing services. Most respondents in the Your Say Survey 2020 agreed that they can access the health and wellbeing services and programs they need.

City of Unley residents generally rate their overall health and wellbeing positively and in times of crisis with 94% able to get support. However, poor mental health including depression, anxiety and stress has become one of the biggest threats to overall health and wellbeing in Australia, in particular due to the impacts of COVID-19, with indications that it is also a priority area for attention in the City of Unley<sup>26</sup>:

- 11% of people rated their wellbeing as fair or poor.<sup>23</sup>

- 10% of residents reported a high or very high level of psychological distress.<sup>23</sup>
- 15 people died by suicide between 2011 and 2015 in the City of Unley.<sup>23</sup>
- 15% of males and 19% of females reported other mental health problems, (rates consistent with state and national averages).<sup>23</sup>
- Loneliness was a common theme in Living Well survey responses.<sup>25</sup>

For young people locally, online methods of learning and participating are highly valued<sup>27</sup>. However, a recent national survey of young people by Mission Australia, also highlighted that the most important issue to young people was mental health. Indications from interstate suggest that loneliness in particular, is a significant factor that impacts young people<sup>28</sup>. Local data is not available, however planning should consider the balance between the online interests of young people that can lead to social isolation, with authentic face-to-face social interactions.

In the City of Unley, 145 children and young people were clients of Child and Adolescent Mental Health Support Service between 2015 and 2018, a standardised rate of 547 per 100,000 people. This number is half that of the percentage for Greater Adelaide, however, it still suggests that mental health is a local issue for young people<sup>29</sup>.

### Waste, Water and Energy-Wise Actions

The City of Unley Council is committed to the effective management of waste and the sustainable use of water and energy. In the City of Unley, there is a positive trend towards reducing the amount of waste sent to landfill. Between 2017 and 2019, 5000 tonnes of green organics, 3665 tonnes of recyclables, and 335 tonnes of hard waste were collected by Council<sup>30</sup>.

<sup>23</sup> Population Health Profile – City of Unley 2019, Public Health Information Development Unit (PHIDU)

<sup>24</sup> Your Say 2020 Living Well Survey, City of Unley

<sup>25</sup> Living City Open Space Strategy – Unley 2015, City of Unley

<sup>26</sup> Determined from thematic analysis of the Living Well Survey responses.

<sup>27</sup> [Mission Australia Youth Survey](#)

<sup>28</sup> [Young Australian Loneliness Survey](#)

<sup>29</sup> The Child and Adolescent Mental Health Service (CAMHS) plays an important role in the community supporting children, young people and their families.

<sup>30</sup> City of Unley Annual Report 2017-18

Stormwater is managed through capture, filtration and reuse in parks, gardens and verges<sup>31</sup>.

Council has achieved positive outcomes in waste resource management including relatively low cost to rate payers, high diversion of waste from landfill, and improved service levels. Over the last 6 years diversion from landfill has improved by around 5%, and the amount of waste sent to landfill has reduced by around 1,000 tonnes per year (13.7% of all residential waste). Meanwhile, the population has increased by around 2.8%, resulting in modest (ca. 3%) reduction in per-ratepayer cost for waste management. Compared to other Councils, the City of Unley has one of highest known landfill diversion rates in the State and competitively priced spend per property.

The Council also aims to reduce its carbon footprint, with energy consumption being a significant strategy. Achievements have been made through a dual-pronged approach of energy-use reduction and an increase in the use of renewable energy sources. Energy-use reduction has been achieved by using LED lighting and improving energy efficiency of buildings. The ongoing promotion of renewable energy in households and businesses – via solar, wind and battery storage – has resulted in an increase of community uptake in renewable energy sources.

The natural environment is noted as the second most important issue for young people nationally<sup>32</sup>. Locally, young people are interested in greener technologies, solutions to help reverse climate change and gaining a wider variety of playgrounds with more opportunities for nature play.<sup>33</sup>

The City of Unley's Tree Strategy recognises the important contribution trees and vegetation make to the City and our community and sets out a vision to ensure the City of Unley remains leafy for future generations through the retention and expansion of our urban forest.



31 *Greening Unley 2016-2020, Environmental Sustainability Strategy, City of Unley*  
32 *Mission Australia Youth Survey* <https://www.missionaustralia.com.au/publications/youth-survey>  
33 *Living City Open Space Strategy, City of Unley*

## Focus Area 2: A Healthy and Active Community Inside and Out

### Chronic Disease

In the City of Unley, the median age at death was 85 years for males and 88 years for females, indicating people are living longer on average compared to Metropolitan Adelaide (80 and 85 years respectively). Premature mortality – i.e. death before 75 years – can occur as a result of factors such as socio-economic position, remoteness and chronic disease.

Premature mortality in the City of Unley was less than the Metropolitan Adelaide rates of 288 deaths per 100,000 for males and 181.4 for females, however there was marked variation between regions<sup>34</sup>

- 268.8 deaths per 100,000 males in Unley–Parkside region, to 218.6 deaths per 100,000 males in Goodwood–Millswood region<sup>34</sup>.
- 157.5 deaths per 100,000 females in Unley–Parkside region, to 125.4 deaths per 100,000 females in Goodwood–Millswood region<sup>34</sup>.

Data shows that premature mortality in Australia is usually caused by chronic diseases, including coronary heart diseases and lung cancer, and it mainly occurs in the 45-74 years age group. Other significant chronic diseases include type-2 diabetes, depression, osteoporosis, stroke and some other cancers.

- City of Unley residents with type-2 diabetes: 3.3% (Metropolitan Adelaide: 4.3%)<sup>34</sup>.
- Obesity rate in males: 18.8% (Metropolitan Adelaide: 26.6%)<sup>34</sup>.
- Obesity rate in females: 21.3% (Metropolitan Adelaide: 29.9%)<sup>34</sup>.

It is important to note that, whilst the rates of chronic disease overall in people in the City of Unley is lower than Metropolitan Adelaide, chronic disease rates are still approaching that of the national average. These national rates are considered too high for good health and wellbeing and therefore are indicated as national health priority areas to be addressed at the local level.

### Physical Activity

Diet and physical activity play an important role in improving health and wellbeing, chronic disease prevention and management. However, individual 'lifestyle' choice about nutrition and physical activity is one factor in the complex interaction of behavioural risk and genetic, socio-economic and environmental. Lack of lifestyle choice (health inequity) is also a key factor. Social-economically disadvantaged people have higher rates of chronic illness and disability, and die earlier than those who are more advantaged<sup>35</sup>. Encouragingly, City of Unley survey<sup>36</sup> respondents rated physical activity and healthy eating as the top two most important aspects of their health and wellbeing, followed by time in nature. Most people also agreed that they can access indoor and outdoor venues and spaces for sport and exercise; that they highly valued cycling and walking paths; and expressed a desire for a wider range of exercise programs and playgrounds for children. With an increase in medium-density housing in the area however, there is concern that this may put pressure on the availability of outdoor space for exercise. In the elderly community, transport and well-kept pathways will aid mobility and facilitate activity.

Due to the central location of this Council area, there is opportunity to promote the ease / accessibility of walking to work (within Unley or CBD adjacent) as well as walk / ride to public transport (tram, train and bus) as an important part of daily physical activity and this could extend to walking / riding

34 Population Health Profile-City of Unley 2019, Public Health Information Development Unit (PHIDU)

35 Closing the gap in a generation. Health equity through action on the social determinants of health. Final report of the Commission on Social Determinants of Health. 2008, World Health Organisation Geneva

36 Your Say 2020 Survey, City of Unley





to school. Access to parklands and relative close proximity to beaches and national parks is also an opportunity for community physical activity, with many only half an hour from the City of Unley.

- Adults in the City of Unley engaging in no or low levels of physical activity: 60.2%<sup>37</sup>.

### **Healthy Eating**

Data for the City of Unley suggests people have relatively good eating habits, indicated by 53% of adults and 71.3% of children eating the suggested amounts of fruit. However, across the state, 89% of children aged 2-17 are not eating the recommended amount of vegetables<sup>38</sup>. Local data shows 4.4% of children aged 2-17 are obese. These trends warrant a continued local effort to support good nutrition from birth through to older age<sup>37</sup>.

### **Health Checks and Immunisation**

The provision of health checks through local service providers and immunisation programs by councils can help identify early warning sign of chronic disease, enable monitoring and optimal ongoing management of chronic conditions as well as assist with the prevention of infectious disease that can lead to hospitalisation and even early death. Participation in immunisation programs in the City of Unley is high with 94.8% at 1 year of age and 93.3% at 5 years of age<sup>37</sup>.

<sup>37</sup> Population Health Profile-City of Unley 2019, Public Health Information Development Unit (PHIDU)

<sup>38</sup> South Australian Monitoring and Surveillance System Annual Report Children – 2017

## Focus Area 3: A Safe Community

A community's health and wellbeing can be impacted – both directly and indirectly – by a range of environmental and social factors.

### Community Perceptions of Safety in The City of Unley.

In the City of Unley, it was estimated that almost two thirds, or 64.9% of the population felt safe walking alone in the local area after dark, compared to 49.7% in Metropolitan Adelaide.<sup>39</sup> However, this suggests that a third may not. In local surveys, perceptions about the safety of footpaths was a repeated theme, particularly amongst the elderly.

### Monitoring and Reporting of Environmental Health Risks

Councils have a role in protecting people from environmental hazards that may cause disease, illness or injury. These hazards include physical, chemical and biological agents that the community may come into contact with through our air, water, soil and food. Council's Environmental Health Officers undertake a variety of routine and complaint-based inspections to ensure that businesses and services are monitored for compliance with standards outlined in relevant state Acts and Regulations. These environmental health services ensure a high level of public health is maintained.

*Data shows that the City of Unley is maintaining standards of environmental health (Table 1)*

**Table 1 – Environmental Health Data**

| Category                      | Data and Facts for the 2018-19 Period  |
|-------------------------------|--|
| <b>Legionella Control</b>     | <p>Inspections and controls of the public swimming pool and spa did not reveal any public health risk</p> <p>No Legionella risk was identified in the cooling water systems and the warm water systems tested.</p>   |
| <b>Environmental Nuisance</b> | <p>General complaints totalling 117 were received in 2018-19. Of these:</p> <p>Nearly half of complaints related to noise</p> <p>Air pollution and odours, followed by general water quality and rats, were the other main nuisances reported in the community<sup>40</sup>.</p> |
| <b>Domestic Squalor</b>       | <p>Six severe domestic squalors were investigated.</p>   |
| <b>Food Safety</b>            | <p>Council undertook 282 routine food safety inspections of food businesses</p> <p>Council undertook 22 food safety audits</p> <p>Eight food safety enforcement actions were undertaken.</p>   |

<sup>39</sup> Population Health Profile City of Unley 2019, Public Health Information Development Unit (PHIDU).  
<sup>40</sup> 2018/2019 Financial Year Annual Environmental Health Report, City of Unley.

## Public Health Emergencies

During public health emergencies – e.g. pandemics – the whole community must work together to play their part in maintaining personal and population health, wellbeing and safety. Council may take a leadership role in protecting the community through health promotion, service and program provision and/or a supporting role that ensures that state and national directives are implemented locally.

During the COVID-19 pandemic, Council played an important role in the protection, education and promotion of public health in the community. As the public health emergency unfolded, Council followed Government directives to ensure the safety of the community including the closure of public buildings and playgrounds, compliance education, support and inspections of businesses operating under restrictions and implementation of physical distancing and hygiene measures as required. Council's additional role was that of an education and advisory service to ensure the community as a whole understood and implemented actions to stop the spread of COVID-19.

It is important to note the link between public health emergencies such as the COVID-19 pandemic and significantly increasing numbers of people in the community experiencing depression and anxiety. These mental health conditions can be by-products of a prolonged pandemic response, which develop due to factors such as isolation, fear and loss of employment.

## Climate Change

The health of the natural environment and of humans is intrinsically linked, with both people and ecosystems being highly vulnerable to even modest levels of climate change. Communities are already experiencing the effects of climate change, thus increasing the importance of this area of public health protection.

Expected regional changes to the environment by 2050 if the global emission stays high<sup>41</sup>:

- 1.6°C increase in average annual maximum temperature with a 1.5 to 1.6°C increase in average maximum temperature in summer and autumn, and 2.0°C in winter and spring
- The frequency of two or more days over 35°C will more than double
- 7% reduction in average annual rainfall, with a 21% reduction in spring rainfall
- 10% increase in extreme daily rainfall
- Days of extreme fire risk will increase five-fold by 2070

The individual and cumulative effects of these regional changes will significantly change the lifestyle and quality of life for residents within the City of Unley. Your Say survey results show that the majority of respondents do not have a climate emergency plan for their household and may not understand the need for this, and many do not know where to get information. Many respondents want more information on how to be better prepared for climate emergencies. Whilst people wanted more information on the types of emergencies that they may expect in the City of Unley, the perception was that the main threat was from heat and flooding. A repeated theme in the survey was a strong desire for more trees to provide shade.

The Resilient East partnership between the City of Unley, seven other partner councils and the State Government, will continue to be important for the ongoing development and delivery of the Resilient East Climate Change Adaptation Plan that includes priority actions such as:

- Increasing vegetation to help lower the overall temperature of the City
- Improving stormwater management and built environment strategies
- Reducing the City's carbon footprint
- Promoting active and public transport

41 Resilient East, Regional Climate Change Adaptation Plan, 2016.



- Reviewing and developing responsive emergency management plans
- Increasing community awareness regarding climate hazards, especially for vulnerable groups.

### Smoking, Alcohol and Other Drugs

Smoking is the leading preventable cause of death and disease in Australia and is therefore a national health and wellbeing priority.

- 9.4% of the population 18+yrs in the City of Unley are smokers<sup>42</sup>

Harm from alcohol constitutes 4.5% of the overall disease burden in Australia and illicit drug use 2.3%<sup>43</sup> and therefore, reducing harm to the community from alcohol and other drug use constitutes a national health and wellbeing priority to be addressed at the local level.

- 13 community sporting clubs in The City of Unley are accredited with Goodsports, a program to promote family-friendly clubs and minimise harm caused by alcohol and other drugs<sup>45</sup>
- According to the 2016 National Drug Strategy Household Survey, 15.6% of Australians had used an illicit drug in the last 12 months. The South Australian percentage was no different at 15.7%<sup>46</sup>.

Council plays a key role in working with the South Australian Police to respond to notifications of clandestine drug laboratories within the area.

### Domestic and Family Violence

Everyone has a right to be safe and to be treated with respect, however domestic and family violence have become national health and wellbeing priorities due to alarming levels across Australia<sup>47</sup>.

Domestic and family violence is defined as behaviour that 'coerces, controls or causes a person to be afraid'<sup>48</sup> and can relate to different types of harm including

physical, emotional, financial and psychological and other types.

Domestic and family violence can happen in many kinds of relationships such as between partners, siblings, an elderly person, or person with a disability and their carer, between a 'friend of the family' and a child, and other relationships. Whilst both men and women can be the victims of violence, the majority is perpetrated by men towards women, with intimate partner violence causing more illness, disability and deaths than any other risk factor for women aged 25-44<sup>49</sup>. This is also true for vulnerable groups such as women who identify as Aboriginal and Torres Strait Islander, women with disability and elderly women. National statistics relating to elder abuse indicate a range of between 2.2% and 5.4% of persons aged over 65<sup>50</sup>. The City of Unley has a role to play in supporting the national effort to create awareness about domestic and family violence and elder abuse, strengthen gender equity as a preventative measure, and recognise the additional risk in our vulnerable populations.

“

*The true measure of any society can be found in how it treats its most vulnerable members.*

- Mahatma Gandhi

”

<sup>42</sup> Population Health Profile-City of Unley 2019, Public Health Information Development Unit (PHIDU)

<sup>43</sup> Department of Health 2017 National Drug Strategy 2017-2026, Commonwealth of Australia

<sup>44</sup> Australian Burden of Disease Study 2011. Impact of alcohol and illicit drug use on the burden of disease and injury in Australia

<sup>45</sup> Data supplied by Goodsports

<sup>46</sup> National Drug Strategy Household Survey 2016.

<sup>47</sup> The National Plan to Reduce Violence against Women and their Children 2010-2022 (the National Plan) 2010, The Council of Australian Governments.

<sup>48</sup> National Legal Aid 2019

<sup>49</sup> [aihw.gov.au/reports/domestic-violence/family-domestic-sexual-violence-in-australia-2018/contents/summary](http://aihw.gov.au/reports/domestic-violence/family-domestic-sexual-violence-in-australia-2018/contents/summary)

<sup>50</sup> [aifs.gov.au/publications/elder-abuse](http://aifs.gov.au/publications/elder-abuse)

## Focus Area 4:

# An Inclusive and Connected Community

Having access to programs, services, amenities and the natural environment, as well as being able to contribute to the life of the community, are factors that support wellbeing. Some groups within the community which do not have the same access to these opportunities as others, due to their life circumstances, are considered vulnerable to poor health and wellbeing outcomes. These vulnerable groups include people of culturally and linguistically diverse background (CALD), Aboriginal and Torres Strait Islander people, members of the LGBTIQ+ community, people living with disability or dementia, carers, and people with lower incomes.

### Cultural Diversity

Cultural diversity creates a rich and inspiring social environment that benefits health and wellbeing. There is an increasing number of residents in the City of Unley born in non-English speaking countries (25%), suggesting the City is becoming more multicultural. The three largest ancestries in the City of Unley are English, Australian and Irish, with a significant proportion of the immigrant population also coming from China, India, Greece and Italy<sup>51</sup>. The ability of people arriving from overseas to adapt and thrive in their new environment can be impacted by their proficiency in the local language and, in the City of Unley, 2.3% of residents born overseas reported a poor proficiency in English. Acceptance and understanding are key factors in social cohesion, and it is notable that 3.5% of people in the City of Unley disagree or strongly disagree with acceptance of other cultures<sup>52</sup>.

### Aboriginal and Torres Strait Islander Health and Wellbeing

The City of Unley is home to 161 people who identify as Aboriginal and Torres Strait Islander. Improving the health of Aboriginal and Torres Strait Islander people is a national priority in order to address the gap in health and life expectancy between Indigenous and non-Indigenous Australians<sup>53</sup>.

### LaGBTIQ+ Community

The City of Unley have a role to play in ensuring we foster a dignified, respectful and inclusive environment for all. We are committed to promoting the inclusion of all LGBTIQ+ (including lesbian, gay, bisexual, transgender, intersex, and queer people) within our community by providing a safe and welcoming environment for everyone. LGBTIQ+ people are recognised as a specific minority population group although individually, they come from all walks of life and are part of all other population groups.<sup>54</sup> Whilst local Council data on the health and wellbeing of LGBTIQ+ people is limited, there is national data available. People in same-sex relationships are more likely to live in capital cities, tend to be more highly educated, have higher labour force participation rates and earn higher incomes than people in opposite-sex couples (ABS 2017). 3.2% of adults identify as homosexual or bisexual and 2.4% as not sure/other orientation<sup>55</sup>. Same-sex couples in Australia represents around 1 in 100 (0.9%) of all couple families (either with or without children)<sup>56</sup>.

### People with Disability

For people with disability, participation in all aspects of community life can be challenging. In the City of Unley, 3.5% of people report having a profound or severe disability, and amongst the 65 years and over age group, the proportion is 11%<sup>52</sup>.

<sup>51</sup> Idcommunity - City of Unley Community Profile.

<sup>52</sup> Population Health Profile-City of Unley 2019, Public Health Information Development Unit (PHIDU)

<sup>53</sup> [health.gov.au/health-topics/aboriginal-and-torres-strait-islander-health](https://health.gov.au/health-topics/aboriginal-and-torres-strait-islander-health)

<sup>54</sup> <https://www.aihw.gov.au/getmedia/61521da0-9892-44a5-85af-857b3eef25c1/aihw-aus-221-chapter-5-5.pdf.aspx>

<sup>55</sup> The 2016 National Drug Strategy Household Survey estimates

<sup>56</sup> Australian Bureau of Statistics 2017

## Older Adults

The City of Unley has a strong strategic direction and position around active ageing and ageing in place. Older people have access to a range of services, including services that support them to maintain their independence and remain living at home. In the City of Unley, 44.1% of older people accessing Home Care Services lived alone, notably above the level in Metropolitan Adelaide (37.4%). Some suburbs, such as Myrtle Bank and Kings Park have very high percentages of residents over 70 years<sup>57</sup>.

## Carers

Almost one in eight people in the City of Unley i.e. 12.0% of the population aged 15 years and over, provided unpaid assistance to other people who need support because of a disability, a long-term illness or problems related to ageing. This number is consistent with the level in Greater Adelaide overall.

Carers are an integral part of Australia's health system, however, they may also experience a sense of isolation or hardship, or experience poor mental health and wellbeing as a result of compromising other aspects of their life, such as work, study and personal time, in order to provide care and support to another person.

## Access to Transport

In the City of Unley, 8.8% of people don't have cars. Lack of access to affordable transport for vulnerable groups with mobility issues such as older residents, disabled individuals and young families can present a barrier to their inclusion in the community. The City of Unley plays a vital part in ensuring community connections by facilitating transport for the older population through the Community Car Transport program and the Community Bus which together delivered more than 2,867 trips in the quarter October to December 2020.

## Connecting with Nature (Vitamin N!)

In recent surveys<sup>58</sup>, contact and connection with nature was the third most important aspect of health and wellbeing highlighted by respondents, with 96% of survey respondents feeling 'a little, through to very connected to nature'. The City of Unley's Tree Strategy recognises the important contribution trees and vegetation make to the City and our community and sets out a vision of keeping Unley leafy for future generations. The establishment of wildlife boxes within parks and reserves, and native biodiversity corridors including Windsor Street, Ron Praithe Walk, and Charles Walk areas support nature connection and biodiversity. The Council also encourages connection to nature through supporting residential garden development, planting of street verges, and local food production, including the establishment of fruit tree orchards in Morrie Harrell Reserve, Fullarton Park, Princess Margaret Playground, Soutar Park, Henry Codd Reserve<sup>59</sup> and Orphanage Park.

## Digital Inclusion

Service delivery and social connections are increasingly occurring online. Confidence in using technology, access to equipment and the internet can facilitate digital inclusion. 83.7% of City of Unley households had an internet connection (in 2016) this is, 4.4% more than in Greater Adelaide and demonstrates a continuing increase in City of Unley households with internet access. The Library Reboot program also provides digital access and technology upskilling to address digital equity in the City of Unley.

<sup>57</sup> City of Unley Community Profile 2018

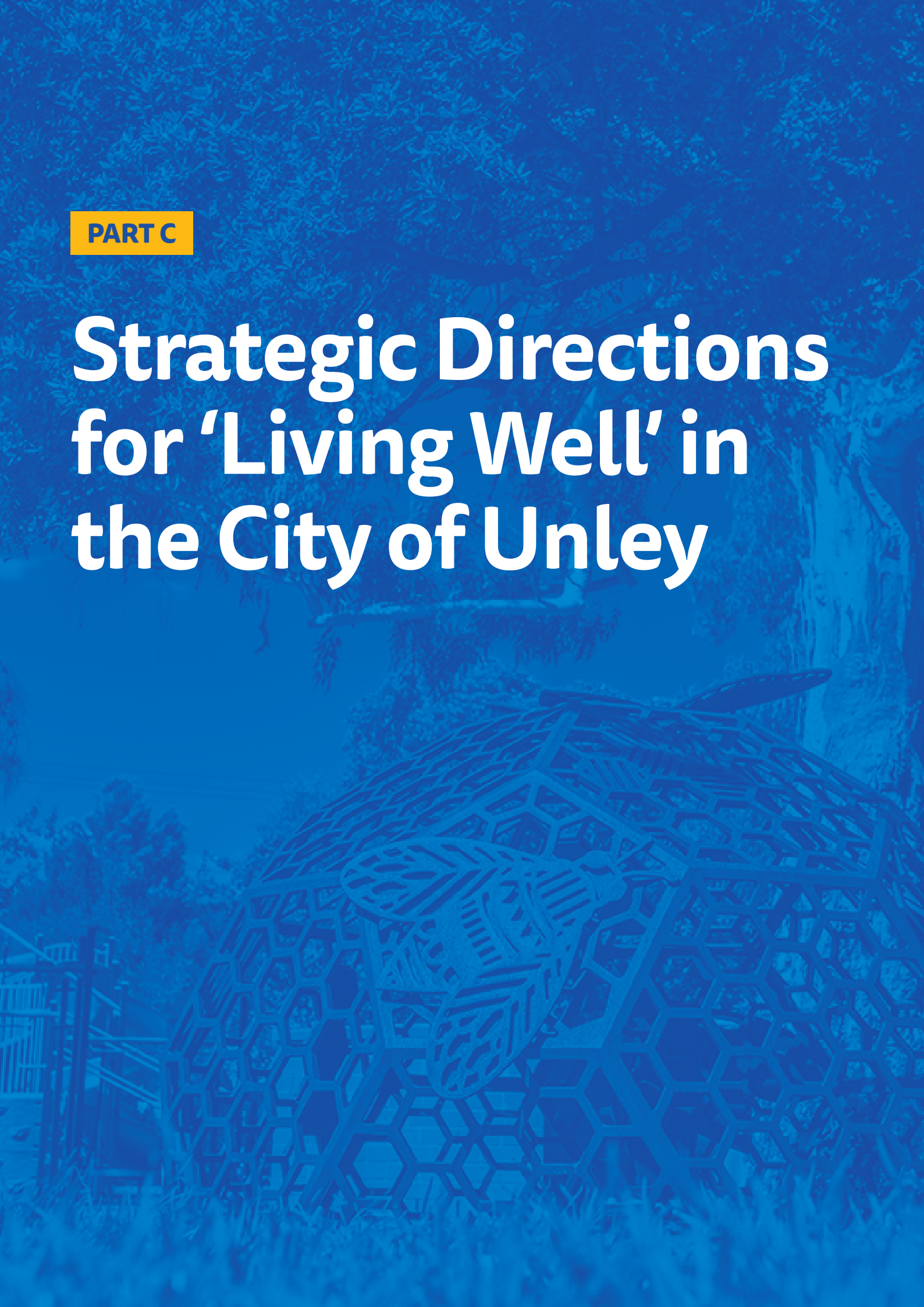
<sup>58</sup> Your Say 2020 Survey, City of Unley

<sup>59</sup> Greening Unley 2016-2020, Environmental Sustainability Strategy, City of Unley



**PART C**

# Strategic Directions for 'Living Well' in the City of Unley



# Focus Area 1:

## An Engaged and Purposeful Community

An engaged community is one in which people participate in programs and services, form positive neighbourhood, social and business networks, share leadership and skills, and contribute to the community and the natural environment in meaningful and purposeful ways. Councils have a role in providing and supporting these opportunities, as they contribute to community resilience. Resilience is the ability to face life with confidence, find support, work together and bounce back in tough times. Resilience is strongly linked to wellbeing and positive mental health<sup>60</sup>. For the purposes of this report, community organisations can encompass a wide range of groups including for example sporting, spiritual, multicultural, recreational across all ages and backgrounds.

### Objectives for Focus Area 1

- 1.1 Strengthen local neighbourhood, social and business networks as well as lifelong learning opportunities
- 1.2 Increase understanding within Council and the community of mental health and illness, as well as support options
- 1.3 Encourage actions for our community to be energy-wise
- 1.4 Provide opportunities for civic participation in shaping our City
- 1.5 Support and celebrate volunteering

### Key Considerations for Action in the City of Unley

- Continuing to build strong networks in the City of Unley by encouraging residents, students, businesses, workers and visitors to contribute to, and participate in the life of the community,
- which is of increasing importance to build resilience in challenging times.
- Local and national rates of poor mental health and illness justify an ongoing role for Council in recognising people who need support, and seeking to minimise or remove barriers to getting help. This may include building capacity in Council staff, creating stronger networks with specialist service providers, and normalising help-seeking behaviour in the community.
- There is an ongoing need for local services and initiatives that reduce social isolation and loneliness. Consideration should be given to the balance of online initiatives and authentic face-to-face opportunities.
- It continues to be a high priority of Council to reduce its carbon footprint and support the community to adopt new behaviours relating to design, transport, resources, water and energy-wise usage.
- Opportunities for community leadership and innovation in the planning, design and activation of local parks and other open public spaces, as well as local streetscape areas is valued by the community.
- The community would like to be informed of decisions that affect them and have a greater opportunity to contribute to decision making in their areas of interest and expertise. Clear communication and feedback about the outcomes of consultations is also a very high priority for the community.
- Rates of volunteering in the City of Unley remains high with an ongoing desire for opportunities to contribute to the community in meaningful and purposeful ways.

60 [South Australian Health and Medical Research Institute.](#)

## Focus Area 1: An Engaged and Purposeful Community

| Objectives  | Actions | Status   | Council Role            | Related action plans and strategies |  |
|---|---------|--|-------------------------|-------------------------------------|--|
| Objective 1.1:<br>Strengthen local neighbourhood, social and business networks as well as lifelong learning | 1.1.1   | Enable people of all ages to participate in programs that balance online and in-person social contact  | Implemented and ongoing | Facilitate                          | Living Young Action Plan 2018-2021; Active Ageing Strategy; Unley Libraries Strategic Plan; Living City Open Space Strategy Unley, Draft Cultural Plan |
|   | 1.1.2   | Build and maintain social networks to reduce loneliness and isolation, particularly as a result of COVID-19. Support social connections in a format that is suitable to the person and enable lifelong learning – including key health and wellbeing promotion topics – particularly in older people | Implemented and ongoing | Facilitate                          |  |
|   | 1.1.3   | Highlight pre-schoolers as part of the next Living Young Action Plan review  | Implemented and ongoing | Facilitate                          |  |
|   | 1.1.4   | Strengthen networks that support businesses and create opportunities for cross-sectoral connection (e.g. business and community organisations)   | Implemented and ongoing | Facilitate                          | Draft Economic Development Growth Strategy   |
|   | 1.1.5   | Maintain indoor and outdoor environments for social connection, activities and relaxation  | Implemented and ongoing | Facilitate                          |  |



| <b>Objectives</b>   | <b>Actions</b> | <b>Status</b>   | <b>Council Role</b>     | <b>Related action plans and strategies</b> |   |
|---|----------------|---|-------------------------|--|---|
| Objective 1.2: Increase understanding within Council and the community of mental health and illness, as well as support options | 1.2.1          | Develop the capacity and skills in Council staff and the community to recognise and assist people with poor mental health conditions – across ages and backgrounds – and increase the knowledge base for referral pathways, noting increases in anxiety and depression in the community due to COVID-19 | Implemented and ongoing | Facilitate                                 | Living Young Action Plan 2018-2021; Active Ageing Strategy  |
|   | 1.2.2          | Promote the role of animals in positive mental wellbeing and reducing social isolation by supporting appropriate animal management  | Implemented and ongoing | Coordinate                                 | Draft Animal Management Plan  |
| Objective 1.3: Encourage actions for our community to be energy-wise  | 1.3.1          | Strengthen whole-of-community participation – Council, business, community organisations, households – in environmental care and resource, water and energy-wise actions  | Implemented and ongoing | Facilitate                                 | City of Unley Environmental Sustainability Strategy 2016-2020; City of Unley Tree Strategy; Waste Management Strategy |
| Objective 1.4: Provide opportunities for civic participation  | 1.4.1          | Support a range of flexible civic participation and volunteering opportunities across all ages and backgrounds. Coordinate programs that promote and develop community leadership and innovation. Support community volunteering by providing expert knowledge and guidance.                            | Implemented and ongoing | Coordinate                                 | Living Young Action Plan 2018-2021; Active Ageing Strategy, Volunteer Policy  |
| Objective 1.5: Support and celebrate volunteering   | 1.5.1          | Acknowledge and celebrate the contribution of volunteers in City of Unley programs and services.  | Implemented and ongoing | Facilitate                                 | Volunteer Policy  |



## Focus Area 2: A Healthy and Active Community Inside and Out

Eating well, being physically active and getting enough sleep are important factors that maintain and allow for good health and wellbeing over the life-course. When these habits become unhealthy, the risk of premature mortality and chronic disease increases. Councils can support healthy habits by providing opportunities for exercise at local facilities or outside in nature, enabling community gardens to help the community to understand where our food comes from, and promoting access to good quality fresh food. The provision of immunisation programs to prevent communicable disease, and promotion of other health check and hygiene programs are ways that councils can help reduce the risks of illness and prevent an overburdened health system.

### Objectives for Focus Area 2

- 2.1 Enable a diverse range of indoor and outdoor physical activity options
- 2.2 Support healthy eating habits and the activation of urban food systems
- 2.3 Engage the community in immunisation services, health checks and health education programs
- 2.4 Encourage the use walking and cycling as regular modes of transport in the City of Unley

### Key Considerations for Action in the City of Unley

- Physical activity was indicated as the most important factor in health and wellbeing by the majority of recent survey participants in the City of Unley, followed by healthy eating. Rates of obesity across ages and healthy eating indicators highlight the ongoing need for a continued effort to enable physical activity and healthy eating within the community across all ages.
- Community members value cycling and footpaths for active transport, recreation, relaxation and access to nature. A desire for safer foot and cycle paths was a repeated theme in survey responses, particularly amongst older members of the community.
- Contact with nature is highly valued by the community, emphasising an ongoing need to provide access to quality outdoor places for exercise. Additionally, more street trees to provide shade was a repeated theme.
- A desire was expressed for more varied exercise programs to be delivered, including programs that cater to new parents and skate parks for older children.
- Participation in immunisation programs in the City of Unley is high, and Council will continue to have a role in health promotion and protection relating to communicable diseases.

## Focus Area 2:

# A Healthy and Active Community Inside and Out

| Objectives  | Actions  | Status                  | Council Role | Related action plans and strategies   |
|---|--|-------------------------|--------------|---|
| Objective 2.1: Enable a diverse range of indoor and outdoor physical activity options                     | 2.1.1 Maintain and promote opportunities and environments that increase physical movement and reduce sedentary behaviours, with flexibility to cater for all ages and lifestyles | Implemented and ongoing | Facilitate   | Living Young Action Plan 2018-2021; Active Ageing Strategy; Living City Open Space Strategy Unley; City of Unley Walking and Cycling Plan 2016-2021 |
|   | 2.1.2 Partner with local sporting and community organisations to promote and encourage opportunities for movement  | Implemented and ongoing | Facilitate   |   |
| Objective 2.2: Support healthy eating habits and the activation of urban food systems                     | 2.2.1 Promote good nutrition across ages, through the provision of information and programs available through Council and community facilities                                   | Implemented and ongoing | Facilitate   | Active Ageing Strategy  |
| Objective 2.3: Engage the community in immunisation services, health checks and health education programs | 2.3.1 Deliver Council's community and school immunisation service contract   | Implemented and ongoing | Coordinate   | SA Public Health Act 2011   |
|   | 2.3.2 Promote available health check and education programs for all ages   | Implemented and ongoing | Facilitate   |   |
| Objective 2.4 Encourage the use walking and cycling as regular modes of transport in the City of Unley    | 2.4.1 Implement actions in the City of Unley Walking and Cycling Plan 2016-2021  | Implemented and ongoing | Facilitate   | City of Unley Walking and Cycling Plan 2016-2021  |



## Focus Area 3: A Safe Community

A safe physical, social and emotional environment where people can live, work, study and play has a direct impact on health and wellbeing. Feeling safe can be undermined by fear of harm, and the whole community has a role in creating respectful social environments, hygienic service environments (e.g. pools and food outlets), and being alert to hazards posed by the built and natural environment.

Councils have a responsibility to protect public health and mitigate safety risks relating to a number of regulated social and environmental factors, including in the response to a public health pandemic. Some of these mitigation activities include maintaining the state of repair of physical infrastructure, including street lighting and footpaths, monitoring and compliance relating to legislated health standards of swimming pools, food businesses and other entities, creating environments that minimise actual or perceived crime levels, and providing smoke and alcohol-free community environments.

In the home context, family and domestic violence (i.e. violence perpetrated by a family member or from someone such as a carer or friend) have emerged as hidden but nationally prevalent threats to safety, health and wellbeing, which are known to affect people of all ages and backgrounds. Council has a leadership role in cultivating respectful and aware communities to help prevent abusive behaviour. Climate change has also emerged as a significant focus of public health protection with an increase in extreme weather events and other emergencies that may impact on the safety of the community, especially vulnerable groups such as older adults and lower-income residents. Councils have a role in helping to mitigate and adapt to climate change and helping to inform and prepare the community on ways to stay safe in emergencies that impact on public health and safety.

### Objectives for Focus Area 3

- 3.1 Protect the community against social and environmental health risks
- 3.2 Take steps to address climate change and increase the preparedness of the community including making our city, its streets, parks and public spaces more resilient to a changing climate

- 3.3 Promote a 'smoke free' City of Unley
- 3.4 Bring awareness to family and domestic violence, and cultivate communities of respect and gender equity
- 3.5 Increase perceptions of safety in natural and built places through inclusive public parks and other spaces, as well as safer and more accessible local streets

### Key Considerations for Action in the City of Unley

- Council has an ongoing responsibility to undertake a range of environmental health monitoring activities where inspection frequencies are prescribed in guidelines or informed through public health risk assessment.
- Council's Authorised Officers, under the South Australian Public Health Act 2011, perform vital health protection and education functions.
- With an increase in emergency-level events that affect public health in the City of Unley, there is a need for Council to continue to ensure that robust plans relating to emergency preparedness, response and recovery, are in place to ensure a continuity of those Council functions that maintain public health and safety. Council has an ongoing leadership role in supporting the community to be prepared for different emergencies.
- Reducing the opportunity for harm to the community from smoking, alcohol and gambling are ongoing national priorities.
- In the City of Unley, the percentage of people who may not feel safe walking at night justifies an ongoing need to implement strategies that improve actual and perceived levels of safety in built and natural environments.

Cultivating gender equity and a culture of respect to all people is an ongoing national priority towards reducing domestic violence. In the City of Unley, preventing elder abuse and abuse to people with disability may also be particularly relevant.

## Focus Area 3: A Safe Community

| Objectives   | Actions | Status  | Council Role            | Related action plans and strategies |  |
|--|---------|---|-------------------------|-------------------------------------|--|
| Objective 3.1: Protect the community against social and environmental health risks | 3.1.1   | Carry out routine environmental health and public safety regulation in accordance with the SA Public Health Act 2011 and performance frameworks for risk assessment, inspection and enforcement   | Implemented and ongoing | Coordinate                          | SA Public Health Act 2011                                  |
|  | 3.1.2   | In accordance with Council powers through local Authorised Officers under the SA Public Health Act 2011, take effective action during a public health emergency, such as a pandemic. As per the Principles of the Act, members of the community have a right to be protected from the transmission of a notifiable condition. | Implemented and ongoing | Coordinate                          | SA Public Health Act 2011                                  |
|  | 3.1.3   | Carry out routine food safety regulation in accordance with the Food Act 2001 and performance frameworks for risk assessment, inspection and enforcement  | Implemented and ongoing | Coordinate                          |  |
|  | 3.1.4   | Provide information and compliance support to the community for correct operation of wood heaters, backyard fire pits, outdoor pizza ovens and coffee roasters to minimise harmful wood smoke   | Implemented and ongoing | Coordinate                          |  |
|  | 3.1.5   | Support the dissemination of air quality information to the community from third party sources for example, SA Health, Environment Protection Authority, Asthma SA  | Development needed      | Facilitate                          | SA Public Health Act 2011, Environment Protection Act 1993 |

| Objectives  | Actions  | Status                  | Council Role | Related action plans and strategies   |
|---|--|-------------------------|--------------|---|
| Objective 3.2: Take steps to address climate change and increase the preparedness of the community including making our city, its streets, parks and public spaces more resilient to a changing climate | 3.2.1 Participate in regional and local climate adaptation and mitigation projects and emergency management planning                     | Implemented and ongoing | Facilitate   | Tree Strategy 2020; Resilient East, Eastern Adelaide Zone Emergency Management Plan; Brownhill Keswick Creek Stormwater Project, City of Unley Environmental Sustainability Strategy 2016-2020, Green Infrastructure Strategic Directions |
|   | 3.2.2 Lead by example and promote actions being taken by Council to address climate change and mitigate the impacts (e.g. Tree Strategy) | Implemented and ongoing | Facilitate   |   |
|   | 3.2.3 Provide information to the community about how to be climate-ready and prepare for emergencies                                     | Implemented and ongoing | Facilitate   |   |
|   | 3.2.4 Consider resilience to climate change in the design of our city, its streets, parks and public spaces                              | Implemented and ongoing | Facilitate   |   |





| Objectives  | Actions   | Status                  | Council Role         | Related action plans and strategies  |
|---|---|-------------------------|----------------------|--|
| Objective 3.3: Promote a 'Smoke Free' City of Unley and reduce harm associated with alcohol and other drugs   | 3.3.1 Promote a 'smoke free' City of Unley by ensuring Council events are 'smoke free' and encourage community events to be 'smoke free'  | Implemented and ongoing | Facilitate           | SA Public Health Act 2011  |
| Objective 3.4: Bring awareness to family and domestic violence, and cultivate communities of respect and gender equity  | 3.4.1 Increase awareness in the community and local businesses about domestic and family violence, including elder abuse and abuse to people with disability, and provide information about where to seek help, noting potential for increases due to effects of COVID-19 | Implemented and ongoing | Advocate, Facilitate | Draft Cultural Plan  |
|   | 3.4.2 Provide training to relevant staff and volunteers that allows them to recognise and respond to suspected family or domestic violence  | Development needed      | Facilitate           |  |
|   | 3.4.3 Explore strategies to promote gender and cultural equity within Council and throughout the community  | Development needed      | Facilitate           |  |
| Objective 3.5: Increase perceptions of safety in natural and built places through inclusive public parks and other spaces, as well as safer and more accessible local streets | 3.5.1 Consider safety and inclusivity in the design of our city, its streets, footpaths, parks and public spaces  | Implemented and ongoing | Facilitate           | The Living City Open Space Strategy Unley; Active Ageing Strategy, Asset Management, Walking and Cycling and Integrated Transport Strategy |

## Focus Area 4:

# An Inclusive and Connected Community

Inclusion occurs when a diversity of people feel valued and respected, have access to opportunities and resources, and can contribute their stories, perspectives and talents to their community. Some people miss out on opportunities and resources because of barriers, such as not speaking the language, financial strain, their gender, or poor mobility. Council has a leadership and advocacy role in ensuring that these inequities are recognised and addressed so that everyone can feel included, valued and safe. Feeling included creates a sense of connection and belonging – both of which are at the heart of wellbeing. As well as feeling connected to each other, feeling connected to nature is also an important aspect of wellbeing and can lead to higher levels of care for the natural world.

### Objectives for Focus Area 4

- 4.1 Ensure diversity is valued, and inclusion is considered across all plans and actions of Council
  - 4.2 Recognise the health needs of Aboriginal and Torres Strait Islander people, and celebrate heritage and living culture
  - 4.3 Recognise vulnerability and disadvantage across plans and actions of Council
  - 4.4 Cultivate environmental stewardship and urban nature connection
  - 4.5 Expand access to alternative modes of transport and support an expanded and more efficient network
- Promoting social cohesion, tolerance and the value of cultural diversity
  - Providing low-cost programs for vulnerable people, including those receiving government pensions and other supports
  - Ensuring different methods of communication are utilised by Council so that people of all cultural and linguistic backgrounds, ability and age can access information, services and social opportunities
  - Supporting people with disabilities and their carers to be safe, healthy and able to participate in all aspects of community life
  - Supporting health and wellbeing of lesbian, gay, bisexual, trans, intersex, queer and other sexuality, gender, and bodily diverse people and communities
  - Ensuring diversity and flexibility in programs and services so that all age groups and lifestyles are catered for as much as possible.

### Key Considerations for Action in the City of Unley

- The City of Unley is a diverse community with a number of vulnerable groups. Continuing to provide and support activities that promote people of all backgrounds to feel part of the broader community and local neighbourhood is a high priority. Particular consideration may be given to:
  - It is a national priority to reduce the inequality in health outcomes between Aboriginal and Torres Strait Islander people and the rest of the Australian population, by giving specific consideration to the health and wellbeing needs of these members of the community. The City of Unley is home to 161 residents who identify as Aboriginal.
  - Being out in contact with nature was named as one of the most important aspects of health and wellbeing by survey respondents in the City of Unley, however, the majority felt 'only a bit' connected. Providing different opportunities for people to interact with, and appreciate nature in different ways, could increase a sense of connection and overall wellbeing.

| <b>Objectives</b>  | <b>Actions</b>   | <b>Status</b>           | <b>Council Role</b>  | <b>Related action plans and strategies</b> |
|--|--|-------------------------|----------------------|--|
| Objective 4.1: Ensure diversity is valued, and inclusion is considered across all plans and actions of Council                       | 4.1.1 Develop a 5 Year Cultural Plan by June 30, 2021 that considers aspects of diversity such as culture, gender, LGBTIQ+ and all-abilities, and apply this lens across Council functions                             | Development needed      | Facilitate, Advocate | Draft Cultural Plan                        |
|  | 4.1.2 Future asset upgrades to include options for those who identify as gender diverse and non-binary   | Development needed      | Facilitate, Advocate |  |
| Objective 4.2: Recognise the health needs of Aboriginal and Torres Strait Islander people, and celebrate heritage and living culture | 4.2.1 Promote SA Government engagement strategies relating to physical health and chronic disease for people who identify as Aboriginal and Torres Strait Islander in the City of Unley                                | Implemented and ongoing | Facilitate           | Draft Cultural Plan                        |
|  | 4.2.2 Develop targeted opportunities for people who identify as Aboriginal and Torres Strait Islander in the City of Unley, to inform and actively participate in projects relating to Aboriginal culture and heritage | Development needed      | Facilitate           |  |
|  | 4.2.3 Continue to recognise and acknowledge Aboriginal history, heritage and connection to country   | Implemented and ongoing | Facilitate           |  |
| Objective 4.3: Recognise vulnerability and disadvantage across plans and actions of Council  | 4.3.1 Monitor data as it relates to vulnerability and disadvantage within the City of Unley and apply this lens across Council functions   | Development needed      | Advocate, facilitate | All  |



| Objectives   | Actions   | Status                  | Council Role         | Related action plans and strategies                            |
|--|---|-------------------------|----------------------|--|
| Objective 4.4: Cultivate environmental stewardship and urban nature connection                         | 4.4.1 Maintain opportunities for contact with nature (e.g. nature playgrounds, verges, community gardens, nature reserves and green corridors)                                      | Implemented and ongoing | Facilitate, Advocate | City of Unley Environmental Sustainability Strategy 2016-2020, |
|  | 4.4.2 Incorporate opportunities for mindful engagement with nature in neighbourhoods, at parks, gardens and in nature programs  | Implemented and ongoing | Facilitate           | Draft Cultural Plan  |
| 4.5 Expand access to alternative modes of transport and support an expanded and more efficient network | 4.5.1 Implement actions in the City of Unley Walking and Cycling Plan 2016-2021   | Implemented and ongoing | Facilitate, Advocate | City of Unley Walking and Cycling Plan 2016-2021               |
|  | 4.5.2 Monitor and develop Community Transport to be responsive and relevant so that it supports social connections and independence for vulnerable groups including older citizens. | Implemented and ongoing | Facilitate           | Active ageing strategy, Integrated Transport Strategy          |





**PART D**

# Implementation and Reporting

Improving community health and wellbeing will be achieved through implementation of the actions detailed in Section C of this plan. These actions aim to maintain, grow and improve the healthy habits and supportive systems and environments that lead to success, and focus on improving health and wellbeing.

## Implementation

Council will guide the implementation of the actions outlined in this plan through the following implementation strategies:

- Information provision and awareness raising
- Programs, services and supports
- Administrative and/or governance systems that enable positive outcomes (e.g. policy, partnerships, staff training, Council leading by example and community input and feedback)
- Environments – built and natural – that are accessible, inclusive, and support health and wellbeing.

These implementation strategies will be applied within a number of settings for health and wellbeing deemed relevant to the action:

- Home and neighbourhood
- Broader community spaces and places
- Within Council

All implementation strategies will take into consideration diversity and inclusion principles, to ensure the needs of people of all ages, genders, cultural backgrounds, economic status are considered.

## Measuring Success

Following final endorsement, a City of Unley staff project team will be established to oversee implementation, evaluation and reporting on the Plan. Priority tasks for the project team are to develop an action implementation plan, guide integration within current Council strategies, agree on measures/timeframes and set up formal partnerships if required. Council will measure community health and wellbeing and the success of this plan in the future through biennial Community Health and Wellbeing surveys to measure how people feel about their health, population health data comparisons using data from the Public Health Information Development Unit and successful

implementation of actions within this plan, within agreed timeframes. The project team will also need to report biennially to Council and SA Health on the progress of regional public health planning for the five-year lifespan of this plan. In line with SA Health reporting cycles, the first report will be made in late 2022.

## Reporting

This Living Well - City of Unley's Health and Wellbeing Plan articulates the things Council will do, and the way it will work to maintain and improve health and wellbeing outcomes for all people who live, work, study and play in the City of Unley. Reporting is required biennially by the South Australian Public Health Act 2011 to understand effectiveness, identify areas for improvement and learning, and enhance the evidence for current and future work. Reporting will also ensure alignment to the overarching Strategic Management Plans of Council (e.g. Community Plan and Four Year Delivery Plan), endorsement by the Executive Management Team and appropriate allocation of resourcing.











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