



## AUSTRALIA

Healthy Cities Illawarra, Australia
Kiama Municipal Council, Australia
Logan City, Australia
Marion City, Australia
Healthy Cities Onkaparinga
Australian Chapter (special version)

 <p><b>Lord Mayor – Gordon Bradbery Wollongong</b></p>	<p><b>Healthy Cities Illawarra</b></p>  <p><a href="http://www.healthyillawarra.com.au">http://www.healthyillawarra.com.au</a></p>	<ul style="list-style-type: none"> <li>- Population : 385,000 People (2011)</li> <li>- Number of households : 142,832 Households (2011)</li> <li>- Area : 5,651 km<sup>2</sup> (2011)</li> <li>- Major industries : <ul style="list-style-type: none"> <li>Healthcare and Social Assistance</li> <li>Education &amp; Training</li> <li>Retail Trade</li> </ul> </li> </ul>
---	---	--



**Mayor – Marianne Saliba Shellharbour**



**Mayor – Brian Petschler Kiama**



**Mayor – Joanna Gash Shoalhaven**

## Vision

Our vision for Healthy Cities Illawarra is to continue to educate and support members of our communities addressing the social determinants of health. Develop stronger relationships with the University of Wollongong so that evaluation of programs are objective and evidence based. Provide more programs that educate and give practical skills that help the disadvantaged members of our communities.

We promote actions to establish social, economic and physical environments conducive to good health and well-being. We share in the development of local policy to effect change. In our work, the needs of the disadvantaged people are especially recognised

## Overview

### (1) Organizational structure of your Healthy City (secretariat, steering committees, planning process, evaluation mechanisms, if any).

Healthy Cities Illawarra is governed by a Board of 11 directors. The General Manager answers to the board and implements strategy and leads the operational needs of the business. The staff of thirteen answer to the General Manager. The directors oversee the corporate governance of the business and set strategy. Employees collaborate with other organizations and community members to plan the programs and to help conduct them if required. Each program is evaluated and often academic staff and or population health students from the University of Wollongong help evaluate the program.

### (2) Example of major activities, projects, plans

**The major activities currently being conducted by Healthy Cities Illawarra include:**

- Community nutrition programs with an educational component that includes community members being trained in healthy eating. Reducing overweight and obesity rates and reducing preventable hospitalizations.
- Physical activity programs focusing on access for the disabled, disadvantaged and at risk community members. Programs also aimed at primary school children addressing the increase in sedentary

lifestyles and reducing screen time. Promoting health weight

- Tobacco Control advocating to implement tobacco free al fresco dining guidelines and to implement strategies to reduce tobacco rates in young people. Promoting healthy populations.
- Active transport initiatives to support and develop cycling and walking tracks
- Deliver active play programs within the community targeting school age children and educating of healthy habit forming activities
- Sexual Health/HIV AIDS prevention. Reducing the incidence and impact of HIV, Sexually Transmitted Infections (STIs) and Hepatitis C within our community. These include people from a culturally and linguistically diverse background (CALD), young people, sex workers, gay men, people who inject drugs, people living with HIV/AIDS, Aboriginal people and heterosexuals with a recent change in partner.
- Child injury prevention programs that education community organizations within the child and family service industry, particularly within the Aboriginal communities where child injury deaths are 5 times higher than the national average.

**(3) Major strengths of your Healthy City (some strong points of your Healthy City, based on your judgment).**

The strengths of Healthy Cities Illawarra include our resilience and longevity. We are recognized for our partnerships and collaborations with other community organizations. We have very strong connections with our indigenous communities and are known for being able to engage the “hard to access” communities. We are known for our independence, leadership qualities and our financial management skills.

**(4) Major progress your city has made by using the Healthy Cities approach or some difference you have observed in your city since you have worked to create a Healthy City.**

After conducting programs there has been continuing engagement within the community, this includes programs objectives and addressing social inequality. The ability for the community to connect is bringing about greater interaction and education with an increase in wellbeing being observed. Our programs are designed to support reducing overweight and obesity rates, reducing the current rate of tobacco use, prevent hospitalisation, promote healthy populations and education of the benefits of healthy lifestyles

**(1) Portrait of city mayor (representative)**

Healthy Cities Illawarra is governed by a Board of Directors. There are 11 directors on the Board. The board sets the strategic directions, develop governance systems, review financial management of the organisation and supports the General Manager. There are 13 staff employed by Healthy Cities Illawarra. We work closely with the Ministry of Health, the University of Wollongong and many other community organisations to conduct and evaluate programs within the community.

**(3) Scene(s) of your activities**

**The programs that we conduct at Healthy Cities Illawarra include:**

- Community Nutrition
- Environmental Health
- Urban Design
- Community Safety
- Healthy Aging
- Physical Activity
- Sexual Health & HIV/Aids Prevention
- Tobacco Control
- Mental Health and Wellbeing

**(4) Scene(s) of community group activities**

All programs involve the community. The programs seek to educate the community of the benefits of the program and the impact on individuals, their family and the community. We work in areas of low socio economic factors and educate about healthy lifestyles and wellbeing. Practical skills are introduced that give individuals and groups the ability to educate within their own community

## History

Healthy Cities Illawarra commenced in 1987 and works across of 4 Local Government Areas, each has their own Mayor. Programs are conducted particularly in communities that are identified as low socio-economic status areas and are disadvantaged and that can be educated on the benefits of healthy living, lifestyles and wellbeing. These programs may be conducted for school age children, adults or the elderly. Programs are aligned with the strategic goals of the Ministry of Health, Population Health, Healthy Eating Active Living and local Councils. We collaborate with organisations such as the University of Wollongong, Department of Health, Population Health and many others.

## Media publication information, if relevant

Each year Healthy Cities Illawarra produces 4 newsletters that are sent to our partners, informing of the programs we conduct. An annual report is produced that also highlights the number of occasions that our programs have been attended. Our media coverage is extensive and this includes both written (newspaper), visual (Television) and verbal (radio) media streams.

Illawarra Mercury Monday 25 November 2013 Page 7



Catch: Frisbee is just one of the fun activities at Horsley's Outdoor Krew program for children aged between nine and 12. Picture: SYLVIA LIBER

### Where kids go when they just want to have fun

GEMMA KHAIQY

THERE is a new hang-out in suburban Horsley and kids aged between nine and 12 have been invited. The Horsley's Outdoor Krew program began last month at Gerrigull Park but was launched last Thursday to spread the word about its weekly group full of fun for primary school children. Ultimate frisbee, dodge ball, volleyball, bike riding, roller skating and painting are just some

of the activities on offer on

Children's Health Programs co-ordinator Katherine Van Weerdenburg said a healthy afternoon tea was also provided as part of the group's message about healthy eating. "We're trying to promote a love of physical activity through play," she said. "We're trying to encourage children to make some really nice friendships and social connections

through the program.

"We're going to definitely involve them in the planning of activities so they get a say, kids of that age do have their opinions." At present, about 10 to 12 children participate in the group every Thursday, but Ms Van Weerdenburg said they had the capacity for 20 to 40 children. Tullia Cooper, 11, said she enjoyed spending time with friends and meeting new people. "Over the last few weeks I have met lots of new friends," she said.

"I heard about this from my friend Corinne and it was in the Dapto Public School newsletter. I look forward to every Thursday afternoon, we have heaps of fun." Her mother Tammy Cooper said it was a great opportunity for kids to be active. "It helps also with confidence, social skills and health," she said. "It's really good because it's free, there's nothing out there that's free, activities can be so expensive for parents," Ms Cooper said.

## Children safe to go

BRENDAN CRABB

BICYCLE-loving children are now more confident roaming their communities - provided they don helmets and ensure their bikes are roadworthy, of course.

The 2528 Project is part of the Child Friendly by Design initiative co-ordinated by Healthy Cities Illawarra.

The program looks at benefits gained for children and young people in Warilla, Barrack Heights and Mount Warrigal by improving public open spaces.

Their Safe to Roam program recently concluded after a year of activities to promote bike and road safety for children and families.

Children and families have had the opportunity to take part in a range of after-school and holiday activities that have promoted bike maintenance, helmet safety, safe routes in the community, drive-way safety and personal safety with a range of fun activities.

The activities have been funded by NEMA, and received support from community partners, Lake Illawarra PCYC and Wilson's Bike Hub.



Chernose Woodridge McGugan, Child Friendly by Design and 2528 Project co-ordinator Nikke Gladwin, Wilson's Bike Hub Albion Park sales assistant Barbara Johnston and Daniel Richardson. Picture: BRENDAN CRABB

Albion Park Rail.

Bike Hub staff assisted by helping kids to fix their bikes. Each time they attended a session, children were entered into a prize draw to win a new bike.

Warilla residents Chernose Woodridge McGugan and Daniel Richardson were the lucky winners.

They were presented with their certificates and were able to choose their bikes last Thursday at the Bike Hub.

Nine-year-old Daniel McGugan said it was always wear a helmet. Chernose, 12, also learned vital safety

lessons, as well as the penalties for not wearing a helmet.

"You need a bell or a horn, to let walkers know that you're coming when you're on a pathway. And you need a light for night time," she said.

"I was cheering when she won. I already had a bike, but it was stolen."

The 2528 Project co-ordinator Nikke Gladwin said a key to the program's success was the families being fun and creative.

"This brought the community together," she said. "We had more than 100 children participate in the program over the year."



Having fun's the aim: Children play at Gerrigull Park during Horsley's Outdoor Krew program on Thursdays. Picture: SYLVIA LIBER

## Growing terrific teens

By AGNOR LATIFI

Free fun activities are now being held in West Dapto to help older primary school children make the transition into teenage years. The brainchild of Healthy Cities Illawarra, Horsley's Outdoor Krew was officially launched on November 21. HCl children health program co-ordinator Katherine van Weerdenburg said the program had successfully run for weeks now involving a growing number of local children aged 9-12 years. The free program offers games, sport, art and social activities on Gerrigull Park on Homestead Drive, Horsley,

every Thursday afternoon during school terms. "We want this program to be the start of a concerted effort to run more programs at the recently reopened Horsley Community Centre. Hopefully in time the centre can run youth drop-in services," Ms van Weerdenburg said. HCl project officer Kellie Sale said Horsley's Outdoor Krew focused on fun, physical activity and healthy eating while also promoting positive social interactions and community connections. "Children of this age are transitioning into their teenage years. It's important to provide them with activities which are age appropriate, and provide

positive role modelling and experiences which support a smooth transition into adolescence," she said. "Local research by CareWays showed that there was a need for more activities for 9-12 year-olds in the local community. This is a unique program where the children will be listened to and will have a big say in designing program activities." The HCl program is run in partnership with the Illawarra Shoolhaven Local Health District and CareWays Community with funding from Dapto Leagues Club. Information: 4226 5000 or go to Facebook Healthy Cities Illawarra Inc

MERCURY

## Free sex health test for beachgoers

By BRIANNA PARKINS

Jan. 14, 2014, 4:12 a.m.



Marty Janssen and Nadia Sheyd-Miller, from Healthy Cities Illawarra, at Thirroul Beach where they set up a mobile chlamydia testing station to promote youth sexual health. Picture: CHRISTOPHER CHAN

Sun, surf and sexual health checks are all part of the beach scene this summer as the CaddyShack mobile chlamydia screening program tours the Illawarra.

The program provides free STI screening for beachgoers in a bid to promote youth sexual health and is a joint initiative between Healthy Cities Illawarra, the Illawarra Shoolhaven Sexual Health Service and the HIV and Related Programs Unit.



Participants provide a urine sample for testing with negative results returned via text message.

Those with positive results are contacted by a nurse from the sexual health clinic who discusses treatment options.

Marty Janssen, from Healthy Cities Illawarra, said it was important to encourage young people to get screened for chlamydia because "most people have it without even knowing it and it spreads as a result".





 <p><b>Mayor Brian Petschler</b></p>  <p>KIAMA MUNICIPAL COUNCIL your council, your community</p>	<p><b>Kiama Municipal Council</b></p> <p><a href="http://www.kiama.nsw.gov.au/">http://www.kiama.nsw.gov.au/</a></p> <p><a href="http://www.kiama.nsw.gov.au/Your-Community/Healthy-Communities/Healthy-Cities/Healthy-Cities">http://www.kiama.nsw.gov.au/Your-Community/Healthy-Communities/Healthy-Cities/Healthy-Cities</a></p>	<ul style="list-style-type: none"> <li>- Population : 21,047 People (2013)</li> <li>- Number of households : 7677 Households (2011)</li> <li>- Area : 259 km<sup>2</sup> (2011)</li> <li>- Major industries : Tourism – accommodation and food service, retail.</li> </ul> <p>However, it is essentially a rural community, with approximately 74% of the region zoned for this. The rural land is mainly used for dairy farming and cattle grazing.</p>
---	---	--



**Councillor Kathy Rice**  
**Healthy Cities Representative**

## Vision

### Council Mission

Kiama Council will work to create a Municipality that has a healthy, vibrant lifestyle, beautiful environment and harmonious, connected and resilient community

### Council Values & Principles

- Values the commitment of the community to our local region
- Recognises the value of the area's rural and coastal lifestyle
- Will strive to maintain the natural beauty of the environment

### Healthy Cities Guiding Principles

- People and Environments
- Partnerships (& intersectoral action)
- Community Participation
- Policy
- Political Decision-Making
- Innovation

### Health Plan Aims

- To improve the health, wellbeing and quality of life for all residents and visitors to the Kiama Municipality.
- To improve, protect and enhance the environment for the benefit of present and future generations.

### Objectives

- To clarify existing and identify emerging health, environmental and sustainability issues which affect residents and visitors to the Municipality.
- To consult and facilitate partnerships between Council, the community, other government and nongovernment organisations, as a means of identifying issues and formulating strategies/programs.
- To research and formulate strategies which complement International, National, State, Regional and local health, environmental and sustainability goals, and meet regulatory requirements.
- To foster collaboration and partnerships in the development, implementation, evaluation and review of strategies and programs.

- To evaluate and review the development of short and long term strategies, in view of emerging issues and changing circumstances.

### **Target Population Groups**

Although the Plan focuses on a whole of population approach rather than the individual, the priority population groups identified in updating this Plan are:

- Older people
- Children and Families
- Visitors

Council also acknowledges the needs of Aboriginal and Torres Strait Islander communities and people from culturally and linguistically diverse backgrounds, who live in or visit the Municipality.

## **Overview**

---

### **(1) Organizational structure of your Healthy City (secretariat, steering committees, planning process, evaluation mechanisms, if any).**

The Kiama Healthy Cities Program is managed, implemented and evaluated by the Kiama Health and Sustainability Committee. The Committee meets bi-monthly and

### **(2) Example of major activities, projects, plans**

#### **Kiama Health Plan**

<http://www.kiama.nsw.gov.au/Your-Community/Healthy-Communities/Kiama-Health-Plan>

### **(3) Major strengths of your Healthy City (some strong points of your Healthy City, based on your judgment).**

- Strong Executive support which drives the program.
- Community participation and engagement.
- Sustainability (because of the above 2 reasons)
- Extensive networks and partnerships with other agencies to progress opportunities.

### **(4) Major progress your city has made by using the Healthy Cities approach or some difference you have observed in your city since you have worked to create a Healthy City.**

#### **Major progress**

- Kiama hosted the inaugural Healthy Cities Alliance Australian Chapter National Forum and Meeting, May 2008
- In June 2008, Mayor Councillor Sandra McCarthy represented the Australian Healthy Cities Alliance in Singapore at the World Cities Summit.
- Kiama Council was recognised as a WHO Healthy City in August 2008
- In November 2008 Kiama Council was invited to the International Mayors Forum in Hangzhou China to give a presentation on Kiama's Healthy Cities Program.
- Also, in May 2009, Kiama Council hosted delegates from Hangzhou City, China to showcase local Healthy Cities initiatives.
- The third Health Plan was in-line with Council's new Integrated Strategic Plan and Community Strategic Plan.
- In December 2012, Kiama Council was awarded a grant from NSW Department of Family and Community Services to implement the Age Friendly Kiama Project including the implementation of the WHO Age Friendly Checklist.
- In August 2013 Kiama Council was awarded the winner of the 2013 Local Government Partnership Award for "Pioneering Spirit and Early Adopters of Smoke-free Policy".

## **History**

---

Before becoming a WHO Healthy City Kiama had worked closely with Health Cities Illawarra to partner together on programs. Kiama Council worked with the Local Health Service and Healthy Cities Illawarra to



develop the First Health Plan in 1998/1999. From then:

- Heart Foundation Local Government Award 1998 for Outstanding Policy for Structural Change. This was awarded for the first health Plan development
- 3 year funding for a project officer and program implementation N.S.W. Safe Communities program 2000-2003.
- Gold medal winner of the 2004 NSW Sports Safety Awards – Outstanding Education And Promotion Project or Program In The Field Of Sports Injury And Prevention Reduction.
- 2005 Mayor's Roundtable Conference Taiwan
- The Second Health Plan – 2005-2008. Healthy Communities – Town Country and Coast – Creating Environments for Health. 3 key focus areas: Strengthening Communities; Supportive Social Environment For Health; and Health of Our Environment;
- The second Health Plan was awarded the national winner of the Heart Foundation 2005 Local Government Awards – National Policy of a Healthy Communities.

It was through this process and progress that Kiama Council became a WHO Healthy City.



Come and Try It – Outdoor Fitness Sessions



Sour dough bread making workshop

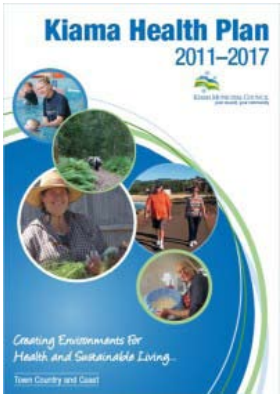



Senior's Week at the Community Garden and Pizza Lunch



School Food Gardens





 	<p style="text-align: center;"><b>Logan City Council</b></p> <p style="text-align: center;"><a href="http://www.logan.qld.gov.au">http://www.logan.qld.gov.au</a></p>	<ul style="list-style-type: none"> <li>- Population : 300,000 People (2014)</li> <li>- Number of households : 98,000 Households (2014)</li> <li>- Area : 957 km<sup>2</sup> (2014)</li> <li>- Major industries :</li> </ul> <p>Logan City is a major economic destination within South East Queensland. Key industries in the City's economy include manufacturing and retail sectors, business and community services, the property sector, construction and agricultural industries. This already diverse economy has the potential to grow and diversify further while adding a stronger focus on technology and knowledge based industries</p>
--	---	--



**The Logan: City of Choice Leadership Team**

## Vision

The Logan: City of Choice initiative is a Council led initiative that brought together community, business representatives and all levels of government to identify opportunities and develop an action plan to achieve positive outcomes in the five key themes of:

- education
- employment
- housing
- safety
- social Infrastructure

## Overview

### (1) Organizational structure of your Healthy City

The Logan: City of Choice Two-Year Action Plan is a strategic document to guide community, business and government decision making over the next two years, and beyond. The action plan was developed and operates within an integrated framework of other planning policies, tools and instruments and local, state and federal government operations.

Logan City Council has taken a leadership position in facilitating a governance structure which supports the implementation of the action plan. The Logan: City of Choice Leadership Team, made up of community representatives, subject matter experts and local, state and federal government

representatives, will oversee the implementation of the action plan. Working groups will be established as necessary to drive and facilitate one or a combination of actions in partnership with the broader community, community organisations, businesses and government stakeholders.

**(2) Example of major activities, projects, plans**

The key actions are listed in the City of Choice Action Plan located at: [http://www.logan.qld.gov.au/\\_\\_data/assets/pdf\\_file/0009/284184/LCC\\_DOCS-8652819-v1-City\\_of\\_Choice\\_Two-Year\\_Action\\_Plan\\_2013-2015.pdf](http://www.logan.qld.gov.au/__data/assets/pdf_file/0009/284184/LCC_DOCS-8652819-v1-City_of_Choice_Two-Year_Action_Plan_2013-2015.pdf)

**It includes actions under each of the key themes being:**

- education
- employment
- housing
- safety
- social Infrastructure

**(3) Major strengths of your Healthy City (some strong points of your Healthy City, based on your judgment).**

Since the Logan: City of Choice Summit held in February 2013, there have been many highlights relating to the City of Choice initiative, including:

- The development of the Logan: City of Choice Two-Year Action Plan based on the action plans drafted at the summit and pre-summit engagement activities.
- The establishment of the City of Choice Leadership Team.
- The development of a State of the City report to help guide future action planning and support advocacy as part of the City of Choice initiative.
- A range of funding achievements including new programs/services and an injection of new funding and resources to Logan City

**(4) Major progress your city has made by using the Healthy Cities approach or some difference you have observed in your city since you have worked to create a Healthy City.**

- The Queensland State Government provided programming funding of \$35,000 for the KRANK School Holiday Program.
- The Queensland State Government provided \$20,000 for the establishment of a Multicultural Soccer Program to be run across the City.
- Commitment of \$340,000 of Federal Government funding for Better Futures Local Solutions, which will directly support the Logan: City of Choice initiative.
- Announcement by the Department of Aboriginal and Torres Strait Islander & Multicultural Affairs to provide additional staffing within the Logan area, to reinforce the work of the Local Area and Multicultural Partnerships (LAMP) and Community Action for a Multicultural Society (CAMS) programs.
- Logan City chosen for Father Chris Riley's first Youth Off The Streets Program in Queensland and associated funding.
- Queensland Theatre Company to spend \$50,000 on youth programming in Logan as a result of the Logan: City of Choice initiative.
- The Mayor's Reading in Schools Program is a Mayoral initiative and was developed to help children to improve their literacy skills.
- Queensland Police Service led a Week of Action on the week commencing 26 August as a proactive measure to support community safety.
- Empowering Local Communities Project delivered by Access Services providing mentoring, leadership, sport, arts and music opportunities for community members.
- Additional Policing resources allocated to Logan including the appointment of an Aboriginal and Torres Strait Islander Police Liaison Officer.
- Announcement that amendments to the Higher Education Support Act 2003 are proposed for 1 January 2015 which would allow eligible New Zealand Special Category Visa holders to access HELP loans for higher education.



## History

The Logan Public Health Plan was launched on 15 December 2003 by the then Logan City Mayor and the Queensland Government's Health Minister. A Memorandum of Understanding (MoU) was signed between Queensland Health and Logan City Council. All stakeholders involved during the development phase were invited to attend. The launch was a celebration of the collaborative efforts to develop a community wide health plan and affirmation of commitment to implement the plan over the next 5 years.

**The LPHP included 90 actions under four different themes (plus two actions pertaining to the Implementation, Monitoring & Review part of the LPHP):**

- Public Health & Lifestyle;
- Effective Health Service Delivery;
- Community Capacity; and
- Affordable & Appropriate Housing.



### **The LPHP:**

- provided a framework for conceptualising public health planning and delivering practical public health support in Logan City;
- opened up opportunities for greater capacity building due to its alignment with internationally recognised models for public health planning, including the World Health Organisation's (WHO) Alliance for Healthy Cities;
- increased Logan City's profile (that of Council and other agencies) as a leader in public health planning locally, at the State and National level and also internationally through Council's admission as a full member of the WHO Alliance for Healthy Cities;
- created strong networks between stakeholders which resulted in more collaborative and inclusive approaches to planning and delivery of public health programs than would otherwise have occurred in the absence of the LPHP;
- was supported by a reporting framework for highlighting and documenting practical actions and strategic planning undertaken, whether directly driven by the LPHP or conceptually inspired and influenced in the first place by the development of the LPHP and its impact on stakeholder communication; and
- was instrumental as a leverage for attracting significant funding into the City for public health initiatives because it clearly demonstrated a foundation of stakeholder collaboration - a key funding success criteria.

With local government reform and changes in legislation, the subsequent Healthy City Plan was deferred until 2013 when Logan City Council embarked on the Logan: City of Choice Initiative.





 <p><b>Mayor</b> <b>Dr. Felicity-ann Lewis</b></p> 	<p><b>City of Marion</b></p> <p><a href="http://www.marion.sa.gov.au">www.marion.sa.gov.au</a></p>	<ul style="list-style-type: none"> <li>- Population : 82,988 People (2011)</li> <li>- Number of households : 34,795 Households (2011)</li> <li>- Area : 56 km<sup>2</sup> (2011)</li> <li>- Major industries :</li> </ul> <p>The City of Marion has a diverse economic base that is primarily centred around the Edwardstown industrial area, Science Park, Clovelly Park including the Tonsley Park development, and the Marion Hub area which incorporates the Westfield Shopping Centre and the SA Aquatic and Leisure Centre.</p> <p>The economic base of the region is dominated by small businesses, many of which are home-based. It is estimated that over 90% of businesses in the City of Marion employ fewer than 20 people.</p>
---	--	---

## Vision

The City of Marion, as a local government council area with a population of approximately 87,000, has engaged with its community to set a long-term vision for a healthy city. This vision is represented in a 30-Year Community Plan that includes six themes that represent shared community values and aspirations:

### Engaged

By 2040 our city will be a community where people are engaged, empowered to make decisions, and work together to build strong neighbourhoods.

### Liveable

By 2040 our city will be well planned, safe and welcoming, with high quality and environmentally sensitive housing, and where cultural diversity, arts, heritage and healthy lifestyles are celebrated.

### Biophilic

By 2040 our city will be deeply connected with nature to enhance peoples' lives, while minimizing the impact on the climate, and protecting the natural environment.

### Prosperous

By 2040 our city will be a diverse and clean economy that attracts investment and jobs, and creates exports in sustainable business precincts while providing access to education and skills development.

### Innovative

By 2040 our city will be a leader in embracing and developing new ideas and technology to create a vibrant community with opportunities for all.

### Connected

By 2040 our city will be linked by a quality road, footpath and public transport network that brings people together socially, and harnesses technology to enable them to access services and facilities.

This Community Plan is the first stage in the development of a series of strategic plans, based on a health-in-all policies approach that will guide the work of all council departments. This sustainable approach is underpinned by partnerships and a governance structure that will build wellbeing through health equity for our community over time. A diagram attached illustrates the links between strategic plans and key factors in their delivery.

## Overview

The City of Marion as a local government entity has a committee structure that provides for the government and management of its area to build health equity as follows:



**Council:** Comprises a Mayor and 12 Elected Members that sets strategic directions and outcomes and monitors progress.

Other current committees that are reviewed four yearly following Council elections are:

**Strategic Directions Committee:** Comprises a Mayor, 12 Elected Members, and 4 independent expert members to support Council in setting its strategic directions within the context of the social determinants of health

**Audit Committee:** Comprises 1 Elected Member and 3 independent expert members to advise Council on the efficient and effective use of resources

An integrated approach to strategic planning and developing infrastructure and services is undertaken with various partners and the community relating to the environment, economic development, and social / cultural themes that all contribute to health and wellbeing.

Following are some examples of some major projects the Council has recently undertaken within the context of the Community Plan – Towards 2040.

### A PROSPEROUS CITY

We have worked closely with the State Government to begin transforming the former Mitsubishi Motors site at Tonsley into an integrated high value employment, education and residential centre expected to attract \$1 billion of private investment.

Tonsley is attracting businesses and creating new opportunities for employment and education in the region.

### A BIOPHILIC CITY

The \$9 million **Oaklands wetland** opened to the public in late 2013 to manage and re-use stormwater. It will capture and clean 400 million litres of water each year to irrigate 31 council reserves while creating a haven for plants and wildlife for the community to enjoy.

Planning for the wetland dates back to 1997 when a long-term commitment to sustainability was made. The site will be developed further with a recreation plaza, while plans have been created to upgrade an adjacent reserve with an adventure playground.

### A LIVEABLE CITY

The area that surrounds **Rajah Reserve** at Oaklands Park is characterized by a high number of public housing properties and was known to a number of agencies as an area with multiple issues relating to the safety, health and wellbeing of the residents. In 2007, Council chose the area to establish a project that explored new ways of engaging the community, with the goal of increasing the levels of social capital in the community.

The project at Rajah has been incredibly successful, and one of the more recent outcomes includes a significant upgrade to the reserve at the center of the community.

Council has partnered with the Roger Rasheed Sports Foundation on its first national project, resulting in a \$300,000 revamp of Rajah Street Reserve which is central to 410 households. The project delivers on the foundation's vision of creating new opportunities for exercise and health in local communities.

The commitment from the foundation will continue support for ongoing coaching and training programs, equipment and mentoring from elite athletes – ensuring a long-lasting and sustainable effect.

Another significant and recent project is the design and construction of our new **Cove Civic Centre**. Construction of the \$13.4 million library, community and enterprise centre began in October 2013. Cove Civic Centre is funded by the City of Marion and the Commonwealth Government.

Work also includes the redevelopment of the adjacent Ragamuffin Drive into a shared vehicle, pedestrian, cyclist and car parking area.

Cove Civic Centre is scheduled to open in early 2015. The centre will cater for about 130,000 visitors a year and feature a business enterprise centre, a community hall for up to 280 people, meeting rooms and a modern library with an estimated 35,000 books, e-books, magazines and DVDs.

The City of Marion is developing an evidence-based approach to public health planning. Data is being

gathered within the context of the social determinants of health in the categories of population profile, economic indicators, cultural indicators, environmental indicators, behavior and conditions that impact on health equity, and personal health and wellbeing status. This data will be used to guide the work of Council at both strategic and operational levels, and also from external and internal perspectives, to deliver health and wellbeing outcomes for our community.



## History

In recognition of the delivery of a wide range of health and wellbeing services that Council deliver, and to consolidate and provide a framework to these services, during the 2008/2009 budget process Council approved funding for the City of Marion to explore becoming a 'Healthy City' and join the Alliance for Healthy Cities through the World Health Organisation. A Healthy Cities Policy was then endorsed by Council in March 2009, and an internal working group established shortly after.

The Working Group works within a local government context to develop a City of Marion approach to the Healthy Cities.

The Working Group identifies City of Marion daily areas of work and strategic projects that contribute toward an implementation of the Healthy Cities approach. It works within the spirit of the City of Marion Healthy City Policy, with the community where possible, and with Elected Members.

The Working Group has been formed to:

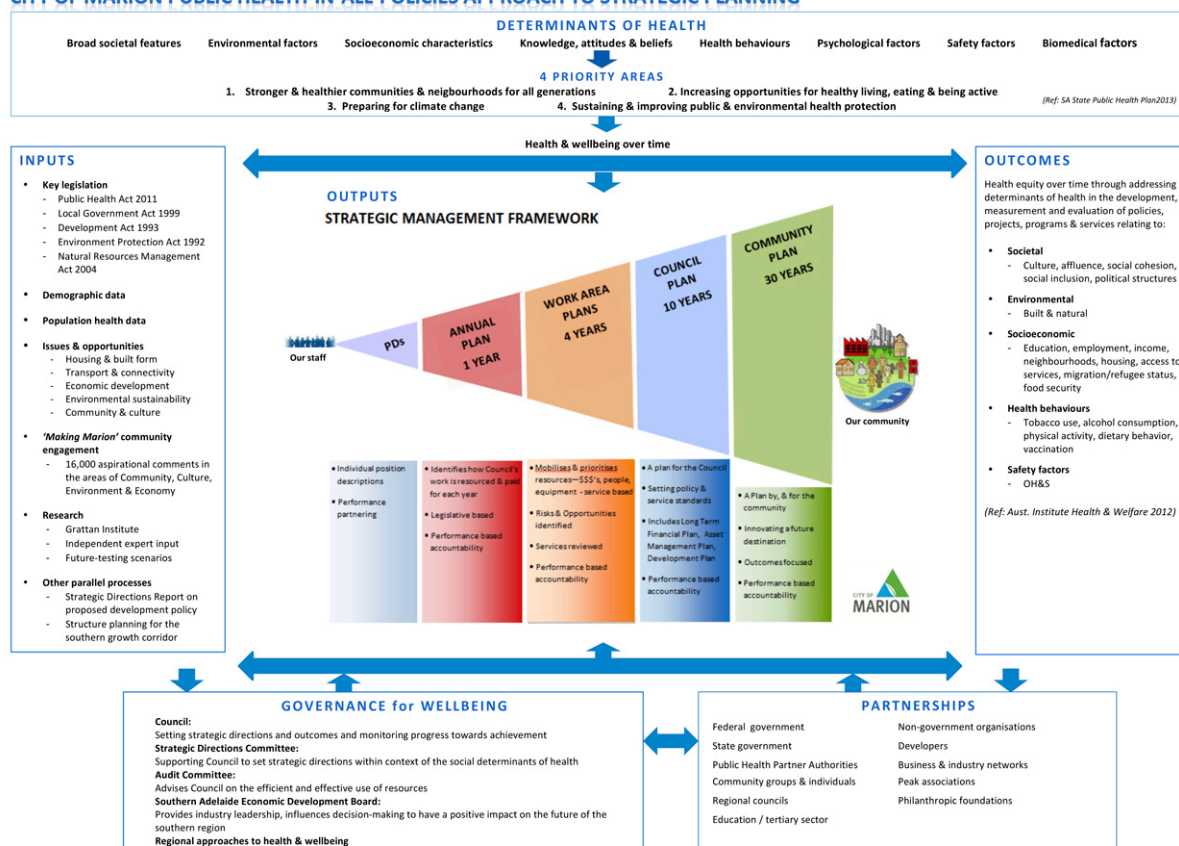
- Coordinate, implement and monitor the Healthy Cities approach.







## CITY OF MARION PUBLIC HEALTH-IN-ALL-POLICIES APPROACH TO STRATEGIC PLANNING



 <p><b>Sharon Nash, Chair HCO</b></p> 	<h2 style="text-align: center;">Healthy Cities Onkaparinga</h2> <p style="text-align: center;"><a href="http://www.healthycitiesonkaparinga.org.au/">http://www.healthycitiesonkaparinga.org.au/</a></p>	<ul style="list-style-type: none"> <li>- Population : 166,435 People (2013)</li> <li>- Number of households : 62,216 Households (2011)</li> <li>- Area : 518 km<sup>2</sup> (2013)</li> <li>- Major industries : Health care and social assistance Retail Manufacturing Construction</li> </ul>
--	--	---



Planning day



Members at the launch of the Australian Chapter of the AFHC



HCO was a co-sponsor in bringing Prof. Ilona Kichbusch to Adelaide as a Thinker in Residence

Gwyn Jolley presenting at the Community Cancer Forum, 25<sup>th</sup> June 2014

HCO conference delegates visiting a local wetland project

Gwyn Jolley with colleagues at a cancer awareness event in local shopping centre 16<sup>th</sup> June 2014

## Vision

---

### **Mission Statement:**

Healthy Cities Onkaparinga aims to stimulate community action in Onkaparinga about issues that affect health and to develop possible solutions for these issues.

### **Objectives:**

1. Promote a social view of health within government departments, local government private business and the general community.
2. Encourage cooperative processes between government sector and the private sectors at a local level which coordinate health-promoting activities and foster the community's discussion of better health.
3. Encourage commitment to improving the health of the local community.

## Overview

---

Please use the following or similar subheadings when they are relevant

### **(1) Organizational structure of your Healthy City (secretariat, steering committees, planning process, evaluation mechanisms, if any).**

Healthy Cities Onkaparinga is a non-government organisation with a constitution requiring a Management Committee, which includes eight community members and seven members from organisations and agencies committed to promoting the health of the Onkaparinga community. The main group meets bi-monthly with an executive meeting held in alternate months. The Annual General Meeting is usually held in October when the new committee is elected and an annual report tabled. An annual planning day is held where members and community reflect and evaluate the previous year's activity and plan for the coming years. All positions are voluntary and we currently are not in receipt of any grant funding.

### **(2) Example of major activities, projects, plans**

Over the last 3 years our focus has been on advocating for public transport and in particular the extension of the rail line from Adelaide to new outer southern suburbs. This has been successfully achieved in collaboration with other organisations and the extended rail line opened in 2013.

In 2014, following a planning meeting, we have decided to focus on health literacy. A community forum on cancer and health literacy was held in June with approximately 25 attendances. The forum also resulted in some new partnerships which will be explored in the coming months.

This year we are acting as auspice and support for a community based environment group that has obtained some funding to electronically document and catalogue its experiences in environmental advocacy. It is expected that this documentation will provide a valuable example and learning resource on community empowerment.

### **(3) Major strengths of your Healthy City (some strong points of your Healthy City, based on your judgment).**

A major strength is community participation and empowerment. Members have been supported to undertake training and skill development and many have gone on to further advocacy and consumer representative roles. Although we get in kind support from the City of Onkaparinga, we are an independent organisation which enables us to advocate and to act as a mediator with the community. Another strength is in our partnerships with many people and organisations in health and in other sectors.

### **(4) Major progress your city has made by using the Healthy Cities approach or some difference you have observed in your city since you have worked to create a Healthy City.**

Since the establishment of HCO there has been population growth in the region and many changes structurally and politically. HCO has been instrumental in bringing together government and community sectors within our region and this intersectoral approach is now accepted as the best way to plan and implement services. A number of interest-based round tables meet regularly and bring together people from different sectors.



## History

---

Commenced in April 1987, as Healthy Cities Noarlunga, when the Australian Community Health Association received funding from the Australian Government to pilot the WHO Healthy Cities concept in three cities—Canberra, Illawarra and Noarlunga. The Australian pilot phase ran for 3 years (1987–89) and was followed by a funded network project (1990–92)

HCN was based in the State Government funded Noarlunga Health Services (NHS). NHS was then a new primary health care service that, in 1991, was integrated with a new community hospital. Project funds were used to employ a full-time project manager and a half-time administrative assistant.

A two-tier committee structure was established with a Reference Committee that met quarterly with senior agency staff and community representatives, and a Management Committee that met monthly. HCN also attracted significant in-kind contribution from NHS and other agencies.

During this period numerous initiatives were undertaken, and a clear vision was established for a 'Healthy Noarlunga'. This vision evolved from a community process and built on a needs assessment that had been conducted before HCN was established. Dedicated funding was withdrawn following the pilot period, and HCN then relied on in-kind contributions, primarily from the local health service.

The community activists in HCN initiated a review of the management of the project in 1991, and this resulted in a decision to incorporate HCN as a non-government organization. The constitution of HCN stipulates that there must be a majority of community members on the Management Committee. Through the 1990s, HCN continued to initiate and be involved in many projects.

### Three of particular significance

1. Noarlunga Towards a Safe Community (NTSC)
2. Noarlunga Community Action on Drugs

## Australian Chapter for Healthy Cities (AFHC)

The Australian chapter of Healthy cities has met on an informal basis when required post the 5th international conference, Brisbane 2012, Chair Sandra McCarthy ,has maintained her long time membership of Healthy Cities Illawarra ,and currently serves as Vice President.

Phone and teleconferences have been conducted with Dr Peter Davey(secretariat) and Michael Asnicar. (Logan city Council) and Professor Fran Baum. All member Australian cities are continuing with various projects addressing the social determinants of health ,empowering their cities to be healthy and sustainable. Kiama council is partnering with the University of Wollongong to address underage Drinking using the methodology of a social marketing campaign and conducting a pilot study to create a Dementia friendly community.

Professor Fran Baum is the lead researcher on the evaluation of the Australian Medicare-locals( primary health organisations with a focus on preventative health and conducting of a comprehensive needs assessment of 61 community locations across the country. Chair Sandra McCarthy has conducted a Health Collaboration Project for the Illawarra Shoalhaven MedicareLocal with the rationale of the project within the guiding framework which addresses the social determinants of Health, and a “Health in all Policies” approach. A successful health planning policy involving active participation of citizens and inter-sectoral collaboration.

Professor Evelyne de Leeuw has requested case studies from Kiama, Onkarparinga, and Townsville for a new book the sustainability of Healthy Cities in Australia.

Sandra McCarthy