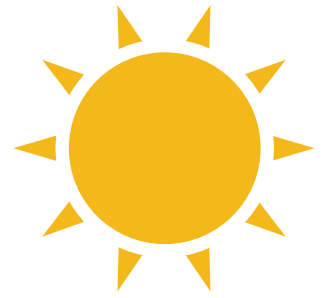


# Community Health and Wellbeing Plan 2025 – 2030



Committed  
Health

CITY OF Armadale

# Acknowledgement of Country

The City of Armadale acknowledges the Traditional Owners and Custodians of the land upon which we stand, work and play. We acknowledge the Aboriginal people as the First Nations people of this land and their connection to the lands and waters, as they are part of them spiritually and culturally. We acknowledge their ancestors, the Elders past and present, who have led the way for us to follow in their footsteps and the emerging leaders of today and tomorrow.



### Use of the term Aboriginal

Within Western Australia and, the City of Armadale, the term Aboriginal is used in preference to Aboriginal and Torres Strait Islander, in recognition that Aboriginal people are the original inhabitants of Western Australia. The term Aboriginal and Torres Strait Islander may be used in the national context, whilst Indigenous may be used in the international context. No disrespect is intended to any of our Torres Strait Islander community, staff or stakeholders<sup>1</sup>.

<sup>1</sup> Department of Health (2015). *WA Aboriginal Health and Wellbeing Framework 2015 – 2030*. Public and Aboriginal Health Division, Department of Health Western Australia.

# Table of Contents

Acknowledgement of Country .....	2
Message from Mayor .....	4
Executive Summary .....	5
Introduction .....	6
The City’s role in health and wellbeing.....	8
Strategic alignment .....	10
International .....	10
National .....	11
Legislation.....	11
State .....	12
Local .....	13
Other influencing strategies and plans .....	15
Community Profile.....	16
Demographics.....	16
Health status .....	18
Developing the Community Health and Wellbeing Plan .....	22
What did the community say? .....	23
Implementation, Evaluation and Review .....	26
Action Plan.....	27
Case studies .....	48
Glossary.....	60
References.....	62





"The City maintains our commitment to supporting the health and wellbeing of our residents."



"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"<sup>2</sup>.

## Message from the Mayor

Welcome to the City of Armadale's 2025-2030 Community Health and Wellbeing Plan.

This is the City's third public health plan, demonstrating our commitment to improving community health and wellbeing outcomes for all our residents. With every plan, we undertake extensive consultation with our community, staff, and stakeholders.

This is a five-year strategic document, which will shape and inform our specific focus until 2030. We have taken on feedback and identified five key strategies to focus on for this period.

These five strategies are as follows:

- Empower and enable people to live healthy lifestyles by providing opportunities to develop their knowledge and skills
- Promote healthy, strong, and resilient communities by building community capacity and providing opportunities for social and cultural connection
- Build healthy public policy
- Foster supportive and healthier natural, built and social environments
- Protect and enhance human health by reducing exposure to environmental and public health risks.

As we continue to build on the success and achievements from previous plans, the City maintains our commitment to supporting the health and wellbeing of our residents, and ensuring the City of Armadale leads the way in pursuing these goals.

A healthy community benefits us all, and we look forward to working with the community as we strive to make the City of Armadale a healthy and happy place for all.

Mayor Ruth Butterfield  
City of Armadale

### Acknowledgements

The City of Armadale would like to acknowledge and thank all people who participated in the consultation to inform the strategic directions of the Community Health and Wellbeing Plan 2025 – 2030. The City would also like to thank all staff and stakeholders who contributed their time and expertise to reviewing and providing input to develop the Community Health and Wellbeing Plan 2025 – 2030.

## Executive Summary

The purpose of this Community Health and Wellbeing Plan (CHWP) is to continue the City's commitment to improving health and wellbeing outcomes for City of Armadale residents, and to enable people to live well and experience the best possible quality of life.

The City was one of the first Local Governments in the state to develop its first public health plan. This CHWP is the City's third public health plan and will meet the requirements outlined in the *Public Health Act 2016* and is aligned with the State Public Health Plan for Western Australia 2025-2030 (WA Plan).

The development of the CHWP involved an extensive consultation process which reached over 576 community members, 12 stakeholder organisations and all City Directorates. The process included strategic alignment to identify existing health priorities within the City, a review of resident's demographics and health and wellbeing status, involvement of City of Armadale staff to identify local health risks, and advice from key stakeholder organisations on issues affecting their clients and communities.

**This process identified the following five strategies for the City:**

- Empower and enable people to live healthy lifestyles by providing opportunities to develop their knowledge and skills
- Promote healthy, strong, and resilient communities by building community capacity and providing opportunities for social and cultural connection
- Build healthy public policy
- Foster supportive and healthier natural, built and social environments
- Protect and enhance human health by reducing exposure to environmental and public health risks.

This CHWP includes an action plan outlining 36 outcomes to work towards improving community health and wellbeing. Each action statement is linked to performance indicators to ensure ongoing monitoring and evaluation.

All City Directorates have assisted in the Plan's development and a whole City approach to implementation of the CHWP will be required over the next five years.

<sup>2</sup> World Health Organization (1948). *World Health Organization Constitution*. Retrieved from: <https://www.who.int/about/who-we-are/constitution>





The City of Armadale's Community Health and Wellbeing Plan 2025 – 2030 (CHWP) is a five year strategic document that provides a framework to improve public health and wellbeing.

## Introduction

Public health planning is the process of planning for a healthy community. Public health planning shifts the balance towards prevention rather than cure with a focus on achieving long term public health outcomes through the planning process.

Planning for a healthy community involves reviewing local health data, and engaging with community and stakeholders to identify health priorities for the Local Government to focus on. The Local Government then produces a plan outlining specific actions and responses to these identified health priorities, including how they will implement and evaluate these actions and responses. The final plan produced is required to align with the *Public Health Act 2016* and WA Plan.

The City of Armadale was one of the first WA Local Governments to develop a public health plan which produced many award winning projects and programs.

The City has previously prepared two public health plans to improve community health and wellbeing. This includes the:

- Public Health and Wellbeing Plan 2014–2017, in line with past recommendations from the *WA Public Health Bill 2008*
- Community Health and Wellbeing Plan 2021 – 2024, in line with the *Public Health Act 2016* and State Public Health Plan for Western Australia: Objectives and Policy Priorities for 2019 –2024.

As a Local Government, the City contributes to community health and wellbeing in many ways including providing waste management, footpaths and cycle paths, smoke and alcohol free environments, recreational facilities, safe food and drinking water, providing health information and education programs.



Whilst the term 'public health planning' or 'public health plan' is used in the WA Plan, the City uses the term 'Community Health and Wellbeing Plan' to describe our 'public health plan' in this document.

The City acknowledges many factors affecting community health and wellbeing fall outside the scope of Local Government and that the City alone cannot be responsible for improving resident's health and wellbeing. Many local service providers, external agencies, and community groups already provide invaluable services and support to the community which complement the strategies, outcomes and actions outlined in the CHWP.

Where relevant, the City has identified potential partnerships with other government agencies, service providers, local organisations and non-government

agencies to build relationships so we can address emerging public health risks in the community together.

In line with the City's previous two public health plans, an annual budget will be used to support the strategies, outcomes and actions of the CHWP 2025 - 2030. Where appropriate, the City will use the CHWP as a supporting document when applying for grants to present a stronger case for funding consideration from external agencies by aligning community activities, projects and programs with the relevant strategies. Service providers and community groups are encouraged to use the CHWP, and its associated evidence, when planning and developing programs and/or projects to submit to the City for funding.





## The City's role in health and wellbeing

During the development of the *Public Health Act 2016*, community health and wellbeing was recognised and endorsed as a core responsibility of Local Governments and to be viewed as an ongoing requirement.

Public health planning has been designed to complement the integrated process required under section 5.56 of the *Local Government Act 1995*<sup>3</sup>. The WA Plan outlines a number of potential objectives and priorities for Local Governments to consider when developing their public health plans.

The *Public Health Act 2016* and WA Plan both support the growing focus across Australia for Local Governments to consider the social determinants of health, respond to public health issues in their communities, and implement strategic plans to respond to these issues<sup>4</sup>.

Social determinants of health are the conditions in which people are born, grow up, live, work and age<sup>5</sup>. These conditions influence a person's opportunity to be healthy, their risk of illness and their life expectancy. Community health and wellbeing can be impacted by many factors often outside of the control of the individual. These factors can be categorised into

social, economic, built and natural environments that we live, work and play in<sup>4</sup>.

The WA Plan recognises the impacts of these determinants along with the roles and responsibilities of WA Local Governments to address the factors affecting health in their local communities. The social determinants of health are broad and include socio-economic status, employment, education, housing, social support, access to health care services, transport, food security and community safety. The City recognises that to improve community health and wellbeing, an integrated approach is required to have the greatest impact. The following figure illustrates the concept of social determinants and the role which Local Governments have in impacting these determinants.

The City of Armadale provides information, programming, and services for a diverse range of health and wellbeing needs within the community. These needs are addressed through a range of mechanisms, one of which is statutory responsibilities. The City has responsibilities under more than 40 different Western Australian Acts and subsidiary legislation, including land use planning, building control, public health services, food, domestic animal control, litter control, parking, and roads and traffic.



**The City's responsibilities for health and wellbeing fall under the following three areas:**

### Health protection and compliance

Regulation of food safety, smoking restrictions, control of insects and vectors, pollution/waste, and noise

### Public health emergency management

Disaster planning, response and recovery, and pandemic planning

### Health promotion

Promoting healthy lifestyles, opportunities for social connection, arts, culture and recreation participation

Local Governments play an integral role in improving community health and wellbeing. Local Governments undertake regulatory tasks which would be difficult for the WA government to administer because of their localised and varying nature. These tasks can include building inspections, planning and development approvals, dog and cat management, parking, food business and public health assessments.

Local Governments are also responsible for the delivery of many local services including road construction and maintenance, community facilities (e.g. recreation centres, public halls and libraries), waste management, natural resource management,

public open space provision and maintenance, and emergency and disaster response and recovery.

These services all impact community health and wellbeing, in line with the World Health Organization definition of health which is defined as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity<sup>2</sup>.

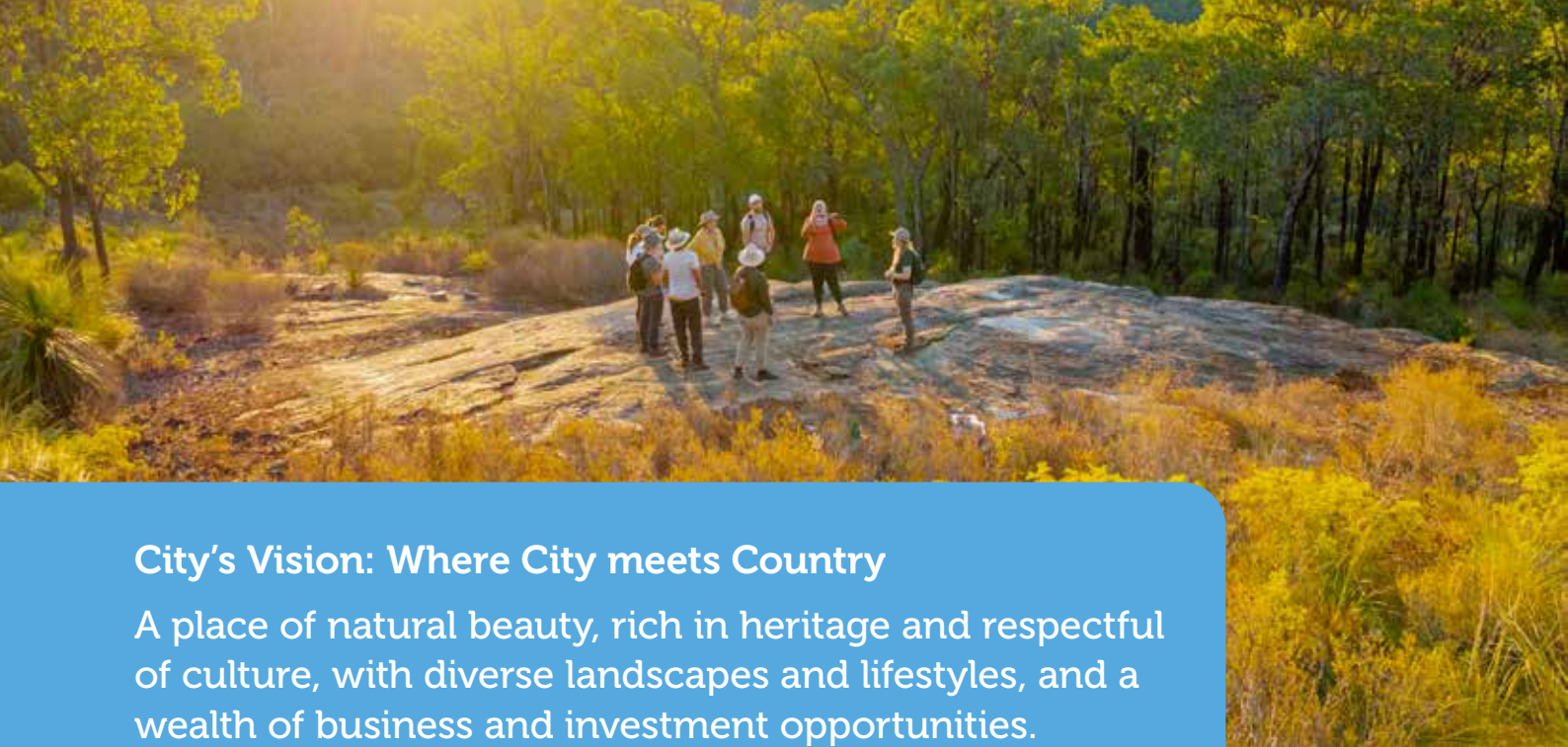
Based on these roles, most City officers and departments contribute to improving community health and wellbeing through building strong and resilient communities whose current and future needs are met.

<sup>3</sup> Department of Health (2010). *Pathway to a healthy community: A guide for councillors*. South Metropolitan Public Health Unit, Perth WA

<sup>4</sup> Department of Health (2019). *State Public Health Plan for Western Australia: Objectives and Policy Priorities for 2019 – 2024*. Public and Aboriginal Health Division, Department of Health Western Australia.

<sup>5</sup> World Health Organization (2021). *Social determinants*. Retrieved from: [https://www.who.int/health-topics/social-determinants-of-health#tab=tab\\_1](https://www.who.int/health-topics/social-determinants-of-health#tab=tab_1)





## City's Vision: Where City meets Country

A place of natural beauty, rich in heritage and respectful of culture, with diverse landscapes and lifestyles, and a wealth of business and investment opportunities.

## Strategic alignment

The CHWP 2025-2030 has been developed around various tiers of influencing factors, these being at international, national, state, and local level. There is a degree of consistency in public health priorities, objectives and activities flowing down through the various tiers, with more detail being developed in the lower tier.

By reviewing and considering international, national, state, and local plans and strategies, Local Governments can create comprehensive public health plans focusing on identified health priorities. Local Governments working towards addressing the same, or similar, health priorities along with state and national agencies and other organisations, can make a bigger impact by directing investment, focus, and efforts towards health issues causing the greatest burden of disease.

### International

#### Ottawa Charter for Health Promotion

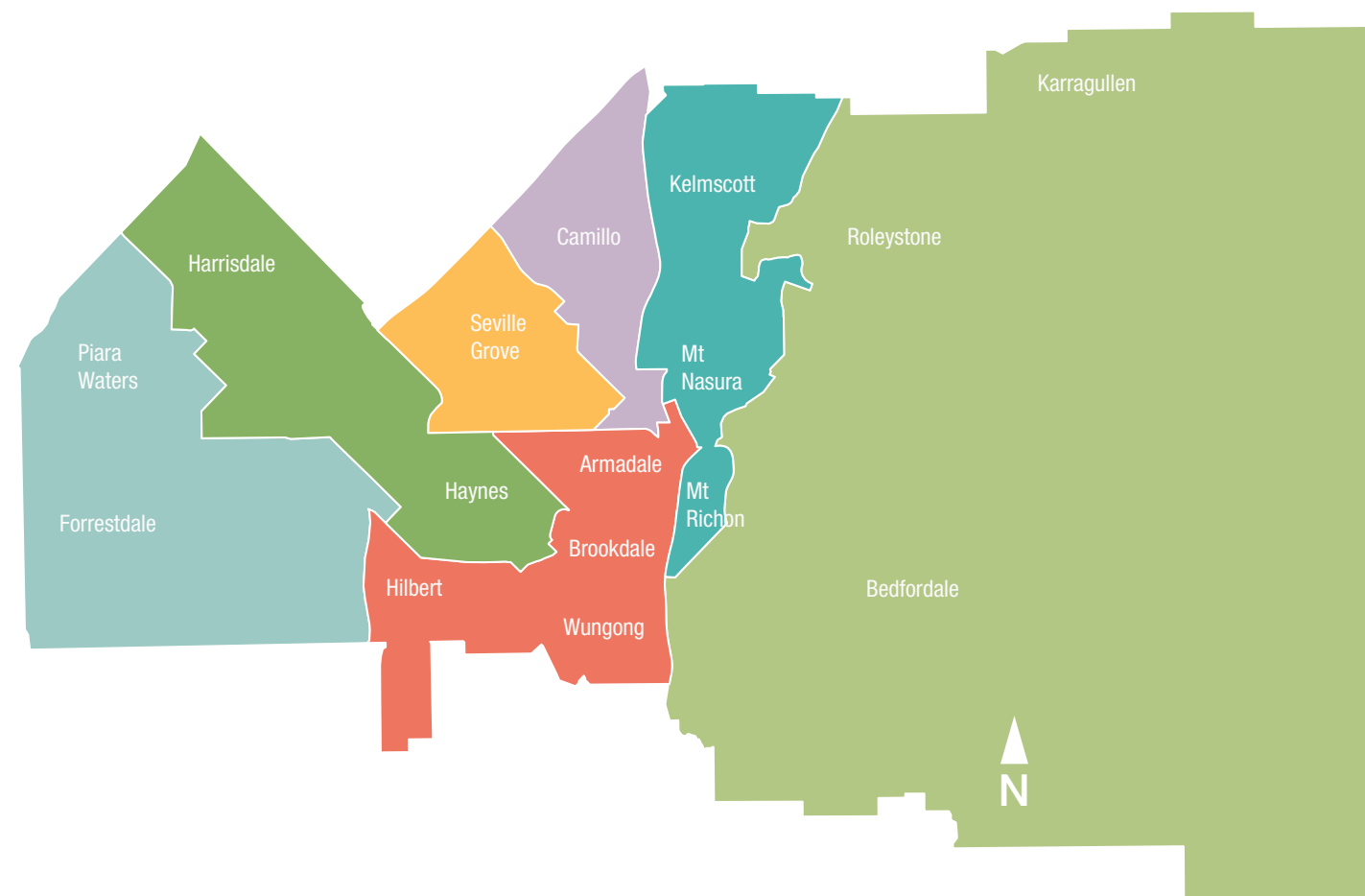
The World Health Organization (WHO) was established in 1948, and is a United Nations agency connecting nations, partners, and people to promote health, keep the world safe and serve the vulnerable – so everyone, everywhere can attain the highest level of health<sup>6</sup>.

In 1986, WHO jointly hosted an international conference in Ottawa, Canada with over 200 participants from 38 countries to develop a charter to achieve health for all by the year 2000 and beyond. This charter, referred to as the Ottawa Charter for Health Promotion, outlines five key actions:

- Build healthy public policy
- Create supportive environments
- Strengthen community action
- Develop personal skills
- Reorient health services.

Health promotion can be defined as the “process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions.”<sup>7</sup>

The CHWP's strategies are closely aligned with the Ottawa Charter for Health Promotion actions, allowing the City to better direct investment, focus, and efforts to address local health issues in our community.



### National

#### National Preventive Health Strategy 2021 – 2030

The National Preventive Health Strategy 2021 – 2030 aims to provide more balance to the health system by enhancing the focus on prevention and by building systems-based change over a 10-year period. Developed by the Department of Health, the strategy aims to improve the health and wellbeing of all Australians at all stages of life<sup>8</sup>.

This strategy focuses on the importance of health promotion and prevention in addressing the wider determinants of health, reducing health inequities and decreasing the overall burden of disease.

The National Preventive Health Strategy has the following aims:

1. All Australians have the best start in life
2. All Australians live in good health and wellbeing for as long as possible
3. Health equity is achieved for priority populations
4. Investment in prevention is increased.

This strategy is for Australians, governments, the non-government sector, local health service providers, private providers, industry, communities and individuals.

### Legislation

On 4 June 2024, Part 5 of the *Public Health Act 2016* was enacted. As part of this enactment, there are implications for public health planning, including:

- The Department of Health must prepare and publish the State Public Health Plan for Western Australia 2024 – 2029 by 4 June 2025
- Local Governments must prepare and publish their local public health plan by 4 June 2026.

The preparation and publication of the CHWP 2025 – 2030 will ensure the City meets the Part 5 requirement of the *Public Health Act 2016*.

<sup>6</sup> World Health Organization (2024). *World Health Organization – About us*. Retrieved from: <https://www.who.int/about>

<sup>7</sup> World Health Organization (2024). *Health Promotion*. Retrieved from: <https://www.who.int/westernpacific/about/how-we-work/programmes/health-promotion>

<sup>8</sup> Department of Health (2021). *National Preventive Health Strategy 2021 – 2030*. Department of Health, Canberra ACT.



State

State Public Health Plan for Western Australia 2025-2030

To meet the requirement of Part 5 of the *Public Health Act 2016*, the Department of Health released the WA Plan objectives and priorities in 2024. This WA Plan provides guidance to State and Local Governments and other public health partners on how to work together to contribute towards influencing the health and wellbeing of all Western Australians.

The CHWP has been developed to align with the WA Plan with the following objectives considered to be relevant in a Local Government context.

- Aboriginal health and wellbeing
- Equity and inclusion
- Promote: foster strong communities and healthier environments
- Prevent: reduce the burden of chronic disease, communicable disease, and injury
- Protect: protect against public and environmental health risks, effectively manage emergencies, and lessen the health impacts of climate change.

The following objective will not be addressed in the CHWP, as influencing or addressing public health systems and workforces lies outside of the scope of Local Government responsibilities. However, the City will continue to strengthen existing partnerships or seek new partnerships to support community health and wellbeing under the four objectives listed above.

- *Enable*: bolster public health systems and workforce, and leverage partnerships to support health and wellbeing

Whilst the CHWP 2021 – 2024 had allocated separate objectives, strategies, and actions focusing on Aboriginal health and wellbeing, the absence of these in the CHWP 2025 – 2030 does not indicate that the City is no longer prioritising these areas. The City has recently published its first Reconciliation Action Plan (previously an action in the CHWP 2021 – 2024) which formalises the City’s long standing commitment

to maintaining a mutually positive and beneficial relationship with our local Aboriginal community.

This commitment has translated into the provision and operation of a custom-built community centre (the Champion Centre), employing skilled and experienced Aboriginal and Torres Strait Islander staff, welcoming external service providers to ‘hot desk’ at the centre and actively advocating for the continuation of funds from the Federal Government for the delivery of programs and services specific to the Aboriginal community. Importantly, the Reconciliation Action Plan provides direction on how to implement further actions to progress meaningful reconciliation.

Where a need for a specific program or service designed to address Aboriginal health and wellbeing is identified, it will align with the strategies the City has included in this plan:

- Empower and enable people to live healthy lifestyles by providing opportunities to develop their knowledge and skills
- Promote healthy, strong, and resilient communities by building community capacity and providing opportunities for social and cultural connection
- Build healthy public policy
- Foster supportive and healthier natural, built and social environments
- Protect and enhance human health by reducing exposure to environmental and public health risks.

Additionally, as per the recommendations from the WA Plan, improving Aboriginal health and wellbeing should be considered across all objectives and their associated priorities, rather than being a standalone objective. Applying an Aboriginal cultural lens across all areas of public health is essential to strengthen the cultural determinants of health for Aboriginal people in WA.



Local

Strategic Community Plan 2020 - 2030

The City of Armadale’s Strategic Community Plan 2020 – 2030 outlines the future direction of the City and its community by setting a vision, aspirations, and objectives. These are built around four major goals focusing on Community, Environment, Economy and Leadership. The Strategic Community Plan outlines how the City’s priorities will be actioned to strengthen and build community values and achieve the City’s vision.

The Strategic Community Plan is supported by a more detailed business planning process called the Corporate Business Plan 2024/25 – 2027/28. Reviewed regularly, the Corporate Business Plan

provides the framework within which funding and resource allocations are determined. The CHWP acts as an informing strategy to the City’s Strategic Community Plan under the State Government’s Local Government Integrated and Reporting Framework requirement.

Along with other City plans, the CHWP supports generating outcomes for both the Strategic Community Plan and Corporate Business Plan. The following figure illustrates how the CHWP fits into the planning process.

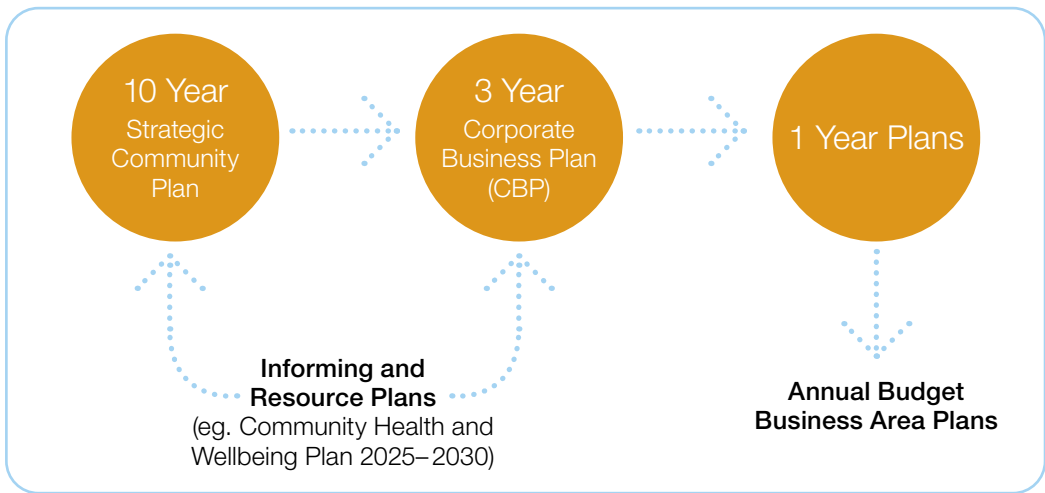


Figure 1: City of Armadale Integrated Planning Framework





## Other influencing strategies and plans

The CHWP 2025 – 2030 is strongly linked to both the Strategic Community Plan and Corporate Business Plan, as demonstrated in the outcomes and Key Performance Actions and/or Projects below.

### Strategic Community Plan 2020 – 2030

- 1.1 Foster and Strengthen Community Spirit
  - 1.2 Improve Community Wellbeing
  - 1.3 Community Facilities meet Community needs
  - 1.4 An Inclusive and Engaged Community
- 2.1 Protection and restoration of the natural environment, and the reduction of environmental impacts
- 2.2 Attractive, Inclusive, and Functional Public Places
- 2.4 Sustainable Waste Management
- 2.6 Achieve the corporate target of net zero by 2030 and the reduction of the carbon footprint within the City
- 3.1 Increased Economic Growth, Job Creation and Retention, as well as Educational Opportunities
- 3.2 Positive Image and Identity for the City
- 4.4 Effective Community Engagement and Communications

- Corporate Business Plan 2024/25 – 2027/28
  - 1.2.4 Facilitate the delivery of health and wellbeing programs and services within the community
  - 1.2.4.1 Implement Community Health and Wellbeing Plan.

Another City plan which directly informs the CHWP 2025 - 2030 is the Health Services Business Area Plan (BAP) 2024/25 and subsequent annual business area plans. The Health Services BAP was developed in consultation with health staff to identify existing functions and programs with additional goals and objectives to work towards. This Health Services BAP demonstrates a shared vision for the Health Services department and the pathway to achieve that vision.

A Key Performance Indicator (KPI) of the Health Services BAP is to:

- Develop a new Community Health and Wellbeing Plan, in accordance with the requirements of the *Public Health Act 2016*, for adoption by Council.

### City of Armadale

Access and Inclusion Plan 2021 – 2026  
 Advocacy Priorities Strategy 2022 – 2030  
 Air, Water, Soil and Land Strategy  
 Armadale Activity Centre Plan  
 Arts and Culture Strategy 2022 - 2026  
 Biodiversity Strategy 2024 – 2029  
 Community Engagement Strategy 2018 – 2023  
 Community Development Strategy 2021 – 2026  
 Community Health and Wellbeing Plan 2021 - 2024  
 Community Infrastructure Plan 2021 – 2037  
 Draft Local Bike Plan  
 Economic Development Strategy 2023 - 2028  
 Growing our Communities Social Priorities Review 2023  
 Innovate Reconciliation Action Plan 2023 – 2025  
 Integrated Transport Strategy 2023 - 2050  
 Library Strategic Plan 2019 -2026  
 Local Planning Strategy and local planning policies  
 Mosquito Management Plan 2024 - 2027  
 Parks Facilities Strategy  
 Strategic Waste Management Plan 2020 – 2025  
 Switch Your Thinking Business Plan 2020/21 – 2024/25  
 Tourism Strategy 2023 – 2028  
 Urban Forest Strategy Final Report 2014

### External

Armadale Canning Gosnells Local Drug Action Group  
 Alcohol Action Plan 2023 – 2026  
 Draft Public Health Planning Guide for Local Government: Guide to support the preparation and ongoing review of local public health plans (2024)  
 State Public Health Plan for Western Australia 2025-2030  
 East Metropolitan Health Service Strategic Plan 2021 – 2025  
 East Metropolitan Health Service Health Promotion Plan 2022 – 2027  
 East Metropolitan Health Service Obesity Prevention Strategy 2020 – 2025  
 East Metropolitan Health Service Local Government Health & Wellbeing: What are the options? Public Health Planning Initiatives for local government  
 Guide to Promoting Safety and Preventing Injury for Local Governments  
 Local Governments, public health, and cancer prevention. Taking action to improve the health and wellbeing of our local communities  
 State Public Health Plan for Western Australia 2019 – 2024 Objectives and Policy priorities  
 Pathway to a healthy community: A guide for councillors and local government (2nd Edition)  
 Public Health Planning Guide for Local Government: Guidance to support meeting the requirements of Part 5 of the Public Health Act 2016 (2018)  
 Sustainable Development Goals  
 Sustainable Health Review Final Report  
 WA Health Promotion Strategic Framework 2022 - 2026  
 WA Mental Health Promotion, Mental Illness, Alcohol and Other Drug (AOD) Prevention Plan 2018 – 2025  
 WA Mental Health Wellbeing Guide



# Community Profile

## Demographics<sup>9</sup>



**560 km<sup>2</sup>**  
Area of the City



**20**  
Suburbs



**106,882**  
2024 population



**145,843**  
estimated  
population by 2046

## Housing and transport



**10.4%** of dwellings  
are medium-high density  
17.6% in Greater Perth



**72.6%** of  
households have  
purchased or fully own  
their home  
68.1% in Greater Perth



**18.9%**  
are rented privately  
23.0% in Greater Perth

## Population



**23.6%** of people  
speak a language other  
than English at home  
20.9% in Greater Perth



**36.1%** of people  
were born overseas  
36.0% in Greater Perth



**3.0%** of the population  
identify as Aboriginal and/or  
Torres Strait Islander <sup>10, 11</sup>  
2.0% in Greater Perth

## Education and volunteering

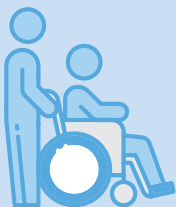


**13%** of people  
reported doing some  
form of voluntary work  
15.1% in Greater Perth



**53.8%** of people aged  
over 15 years have completed  
Year 12 schooling or equivalent  
59.6% in Greater Perth

## Disability and care



**4.6%** of people  
reported needing help  
in their day-to-day  
lives due to disability  
4.6% in Greater Perth



**10.9%** of people,  
aged 15 years and older,  
are carers providing unpaid  
assistance to a person  
living with a disability, long  
term illness or old age  
10.9% in Greater Perth

## Employment and income



**6.4%** of the labour  
force is unemployed  
5.3% in Greater Perth



**65.8%** of people aged 15  
years and older participated in  
the labour force  
65.2% in Greater Perth

## Vulnerability

In 2021, the City had a  
SEIFA index of  
**971**  
985 in 2016<sup>12</sup>

\*The Socio-Economic Index for Areas (SEIFA) ranks areas in Australia according to the relative level of socio-economic disadvantage and/or advantage. The index is based off information received from the Census with a higher SEIFA index indicating a lower level of disadvantage and a lower SEIFA index indicating a higher level of disadvantage. Areas with SEIFA index scores of over 1,000 tend to have a lower level of disadvantage.



# Health status

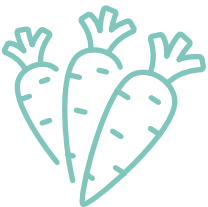
The following data has been obtained from the City of Armadale Health and Wellbeing Profile 2023, prepared by East Metropolitan Health Service. The profile supports the development of the City's CHWP 2025 – 2030 by providing an overall picture of the local health data and status of residents and the community.

The data and statistics reported in this profile are similar to the data and statistics reported in the Community Health and Wellbeing Profile 2019, also prepared by the East Metropolitan Health Service and used to support the development of the City's CHWP 2021 – 2024.

## Lifestyle risk factors

In 2018, the top five risk factors that caused the greatest disease burden in Australia were:

- Tobacco use
- Overweight and obesity
- Dietary risks
- High blood pressure and
- Alcohol use.

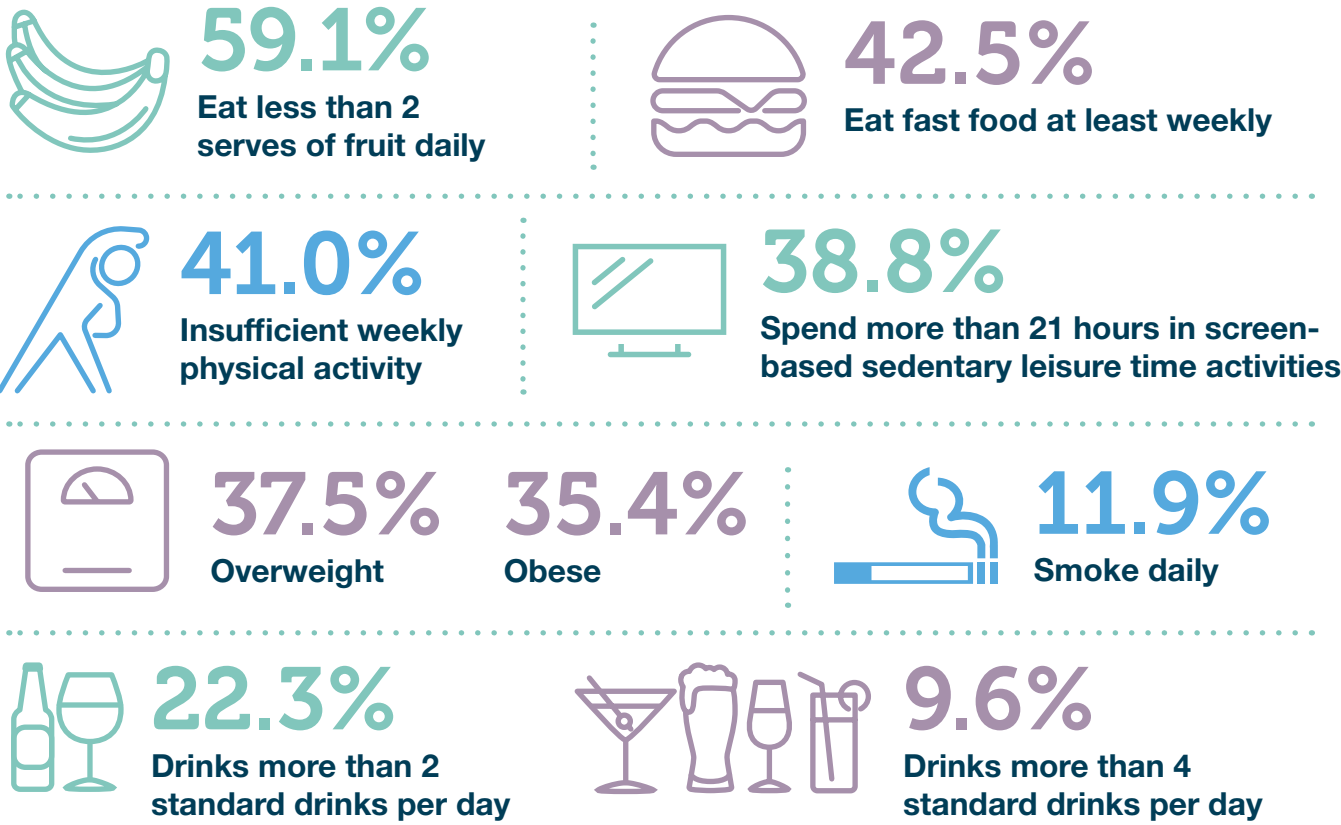


In the City, the lifestyle risk factor 'Eat less than 5 serves of vegetables daily,' was significantly higher (94.7%) in comparison to WA (88.8%)<sup>14</sup>.



<sup>9</sup> ID Community (2024). *City of Armadale population forecast*. Retrieved from: <https://forecast.id.com.au/armadale>  
<sup>10</sup> Australian Bureau of Statistics (2024). *Armadale 2021 Census Aboriginal and/or Torres Strait Islander people QuickStats*. Retrieved from: <https://www.abs.gov.au/census/find-census-data/quickstats/2021/IQSLGA50210>  
<sup>11</sup> Australian Bureau of Statistics (2024). *Greater Perth 2021 Census Aboriginal and/or Torres Strait Islander people QuickStats*. Retrieved from: <https://abs.gov.au/census/find-census-data/quickstats/2021/IQS5GPER>  
<sup>12</sup> Australian Bureau of Statistics (2024). *Index of Relative Socio-economic Advantage and Disadvantage (IRSAD)*. Retrieved from: [https://experience.arcgis.com/experience/32dcbb18c1d24f4aa89caf680413c741/#data\\_s=id%3AdataSource\\_12-187d549b75f-layer-11%3A348](https://experience.arcgis.com/experience/32dcbb18c1d24f4aa89caf680413c741/#data_s=id%3AdataSource_12-187d549b75f-layer-11%3A348)

The remaining lifestyle risk factors reported in the City were of similar comparison to WA. These include:



## Mental health & injury

29.6% of people stated they were living with at least one long term health condition, with the most common being mental health condition<sup>12</sup>.

For people who had ever been told by a doctor that they have a mental health condition, the rate was significantly higher in the City (24.9%), in comparison to WA (15.5%).

The remaining mental health conditions reported were of similar comparison to WA. These include people having ever been told by their doctor that they have:



Note: The data above is reported on people aged 16 years and over during the period, 2015 - 2019.



## Hospitalisations

The top five potentially preventable hospitalisations for the City's residents, were dental conditions, urinary tract infections, Chronic Obstructive Pulmonary Disease (COPD), diabetes complications, and congestive cardiac failure.



For people living in the City, the age-standardised rate (per 100,000) of tobacco-attributable hospitalisations was significantly higher (530) in comparison to WA (445).

The remaining age-standardised rate (per 100,000) of hospitalisations reported for people living in the City were significantly lower when compared to WA. These include:



**942**  
Falls (leading cause of injury-related hospitalisations)

**665**  
Alcohol-attributable hospitalisations

**218**  
Illicit drug-attributable hospitalisations

Note: The data above is reported during the period, 2015 - 2019.

## Causes of death

The following causes of death were reported for the City's residents, aged 0-74 years, during 2014-2018.

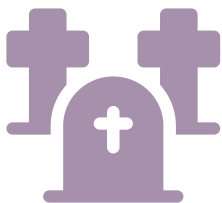
### Top five causes of death:

- Ischaemic heart diseases
- Dementia (including alzheimer's disease)
- Lung cancer
- Cerebrovascular diseases
- COPD.

### Top five causes of avoidable death:

- Ischaemic heart disease
- Suicide and self-inflicted injuries
- Accidental poisoning by and exposure to noxious substances
- Colorectal cancer
- Diabetes.

The remaining age-standardised rate (per 100,000) of deaths for City's residents during 2009 - 2018 were of similar comparison to WA. These include:



**14**  
Intentional self-harm (leading cause of injury-related deaths)

**27**  
Alcohol-attributable deaths

**8**  
Illicit drug-attributable deaths

<sup>13</sup> ID Community (2024). *City of Armadale community profile*. Retrieved from: <https://profile.id.com.au/armadale/long-term-health>

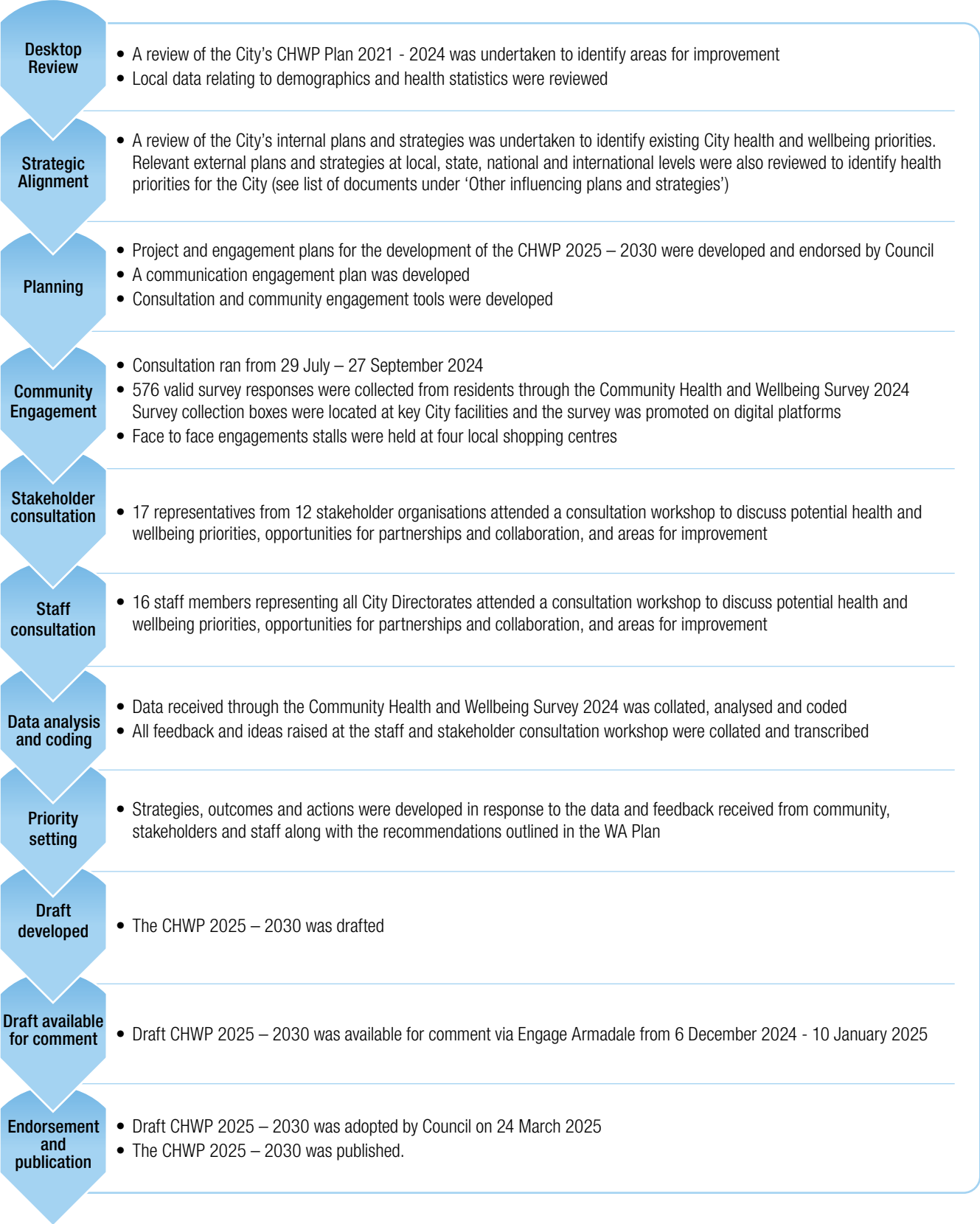
<sup>14</sup> East Metropolitan Health Service (2023). *City of Armadale Community Health Profile 2023*. EMHS, Department of Health, Perth WA.





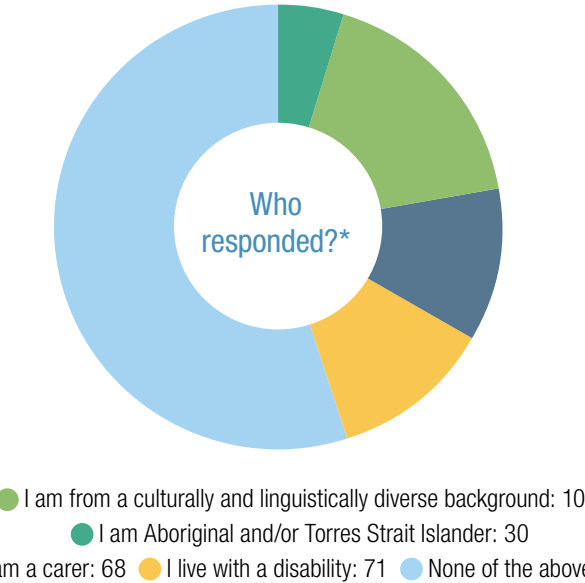
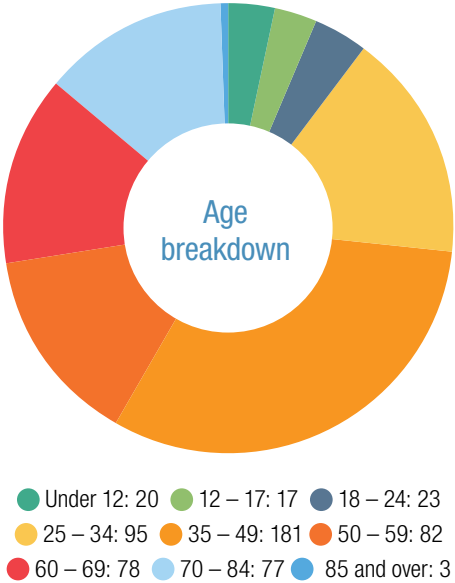
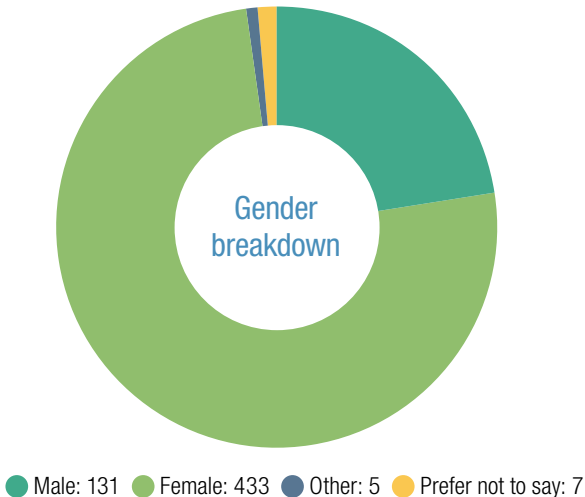
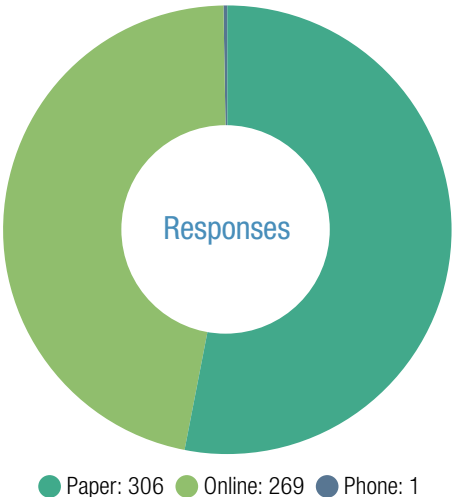
# Developing the Community Health and Wellbeing Plan

Following the success of the City’s CHWP 2021 – 2024, the Council resolved to prepare a new Plan. The CHWP 2025 - 2030 was developed through extensive engagement and consultation, data analysis, and strategic alignment. This process, including the extent of the consultation, is outlined below.



# What did the community say?

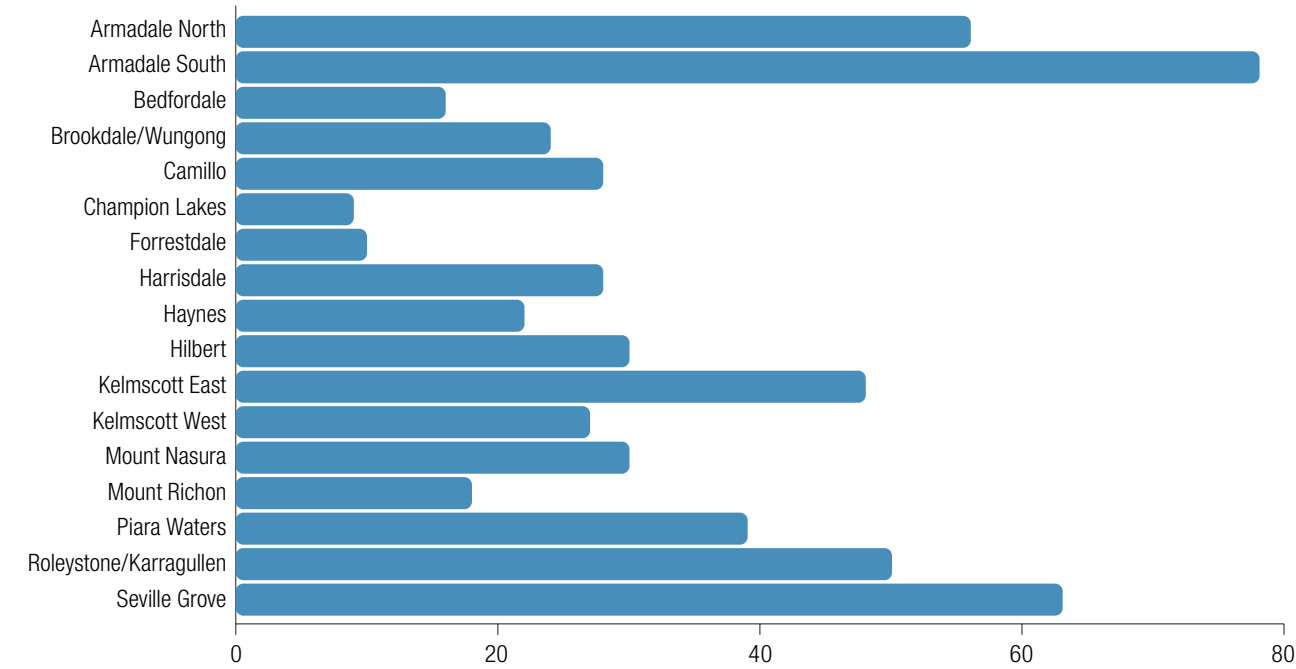
The infographic below reflects the feedback received through the Community Health and Wellbeing Survey 2024.



\*Note: This question does not add up to 576 as participants were able to select multiple options.



Suburb breakdown



Within the City of Armadale, what do you see as the key health concerns for you and your community?\*

Out of the 576 survey responses received, 468 participants answered this question correctly.

- 1

Unsafe community (e.g. antisocial behaviour, crime etc.)
- 2

Poor mental health
- 3

Harmful alcohol use

4. Physical inactivity (e.g low exercise levels)

5. Smoking and/or vaping

6. Injuries (e.g. assault, falls, road accidents, self-harm etc.)
7. Not making healthy food choices

8. Drinking sugary/soft drinks

\*Note: This question has been weighted.  
\*\*\*Note: Both options received the same weighted score.

Thinking about the City of Armadale, how important are the following areas to the health of you and your community?\*

Out of the 576 survey responses received, 464 participants answered this question correctly.

Respondents ranked the options below, with 1 being 'Most Important' and 11 being 'Not as Important'.

- 1

Feeling safe in the community
- 2

Parks, reserves and public open spaces / Access to health services\*\*\*
- 3

Walking and cycling paths
4. Access to healthy and affordable foods

5. Recreation facilities (e.g. gyms, swimming pools)

6. Free community events, workshops and programs

7. Sense of community
8. Community groups and sporting clubs

9. Smoke and vape free environments

10. Climate change and sustainability

11. Alcohol free environments







# Implementation, Evaluation and Review

Implementation and monitoring of the CHWP 2025 – 2030 will be overseen by the City’s Health Services Department and will be supported by the execution of actions by relevant departments across the City.

An annual report will detail the progress of the actions outlined in this plan and will be presented to the Development Services Committee.

The annual report and review will ensure:

- Implementation is progressing to schedule
- Actions are producing the anticipated outcomes
- Required adjustments and amendments to the chwp 2025 - 2030 are made to meet any change in community need, budgeting, and resourcing.

The reporting requirements outlined in *Public Health Act 2016* stipulate that a local public health plan must be:

- Reviewed annually
- Replaced at least every five years and
- Publicly available without charge.

If requested, Local Governments must also provide a copy of their plan, or plan amendments, to the Chief Health Officer.

Reporting to the Department of Health, in line with the recommendations in the WA Plan, will be carried out as required under Part 5 of the *Public Health Act 2016*.

In 2030/31, in line with the *Public Health Act 2016*, a full review of the CHWP 2025 – 2030 will be undertaken and community, stakeholder, and staff consultation will once again commence to establish a new five-year plan.

The CHWP serves as a working and reference document for each City Department involved in the development of this plan. Strategies, outcomes and actions are aligned with strategic plans and business areas plans wherever possible, making ongoing monitoring a high priority.

Each annual report of the CHWP 2025 - 2030 will be publicly available on the City’s website.

# Action Plan

After extensive engagement and consultation with the community, stakeholders and staff, the development of the City’s CHWP 2025 – 2030 has identified the following goal and strategies.

**Goal:** To contribute to improving health and wellbeing outcomes for City of Armadale residents, to enable people to live well and experience the best possible quality of life.

## Strategies:

- Empower and enable people to live healthy lifestyles by providing opportunities to develop their knowledge and skills
- Promote healthy, strong, and resilient communities by building community capacity and providing opportunities for social and cultural connection
- Build healthy public policy
- Foster supportive and healthier natural, built and social environments
- Protect and enhance human health by reducing exposure to environmental and public health risks.

The City’s role will vary in relation to each strategy, and can be categorised into the following approaches:

- Policy and planning
- Advocacy and leadership
- Partnership development
- Service delivery and provision
- Capacity building
- Information, engagement and awareness.



# Action Plan

1. Empower and enable people to live healthy lifestyles by providing opportunities to develop their knowledge and skills.

Outcome	Action	Measure	Timeframe					Resource Implication	Corporate Business Plan Alignment	Responsibility
			2025/2026	2026/2027	2027/2028	2028/2029	2029/2030			
1.1 Promote healthy lifestyles and raise awareness of health risks by disseminating evidence-based local, state and/or federal health messages and resources.	<ul style="list-style-type: none"><li>Continue to strengthen or renew existing partnerships and seek opportunities to develop new partnerships</li><li>Deliver projects which promote healthy lifestyles and/or raise awareness of health risks</li><li>Continue to promote and encourage healthy lifestyle messages in the community through continuing to provide the Blender Bikes for hire.</li></ul>	<ul style="list-style-type: none"><li>Number of established and new partnerships</li><li>Number of projects delivered</li><li>Blender Bike evaluation:<ul style="list-style-type: none"><li>Number of smoothies made</li><li>Number of organisations who hired the bike</li><li>Number of events the bikes were operated at</li><li>Feedback received through post evaluation survey.</li></ul></li></ul>							1.2.4	Health Services
1.2 Provide opportunities for residents to improve their health literacy, develop new skills, enhance behaviours and create social connections.	<ul style="list-style-type: none"><li>Using available health data and results received through the Community Health and Wellbeing Survey 2024, continue to plan and deliver an annual calendar of health and wellbeing evidence-based workshops, courses and programs which are responsive to community need</li><li>Continue to distribute monthly Health newsletters to increase awareness of upcoming local health and wellbeing programming, visiting service providers and, disseminate evidence-based health information.</li></ul>	<ul style="list-style-type: none"><li>Number of workshops, courses and programs delivered</li><li>Attendance numbers</li><li>Feedback received about workshops, courses and programs offered</li><li>Number of Health newsletter subscribers</li><li>Health newsletter analytics.</li></ul>							1.2.4	Health Services
1.3 Increase access to and provide opportunities for residents to engage with free and/or low-cost health and community services.	<ul style="list-style-type: none"><li>Continue to coordinate the use of City facilities for visiting service providers to assist with improving health and wellbeing outcomes for the community</li><li>Continue with hot desking arrangement for external health and community service providers at the Champion Centre.</li></ul>	<ul style="list-style-type: none"><li>Number of health service providers utilising City facilities to offer free and/or low cost health services to the community (e.g. Mooditj Djena and Street Doctor)</li><li>Number of health providers and services hot desking and clients engaging with services.</li></ul> <p>(Reported on monthly via information bulletin to Community Services Committee)</p>							1.2.4 & 1.4.4	Community Development
1.4 Provide effective library services which underpin lifelong learning opportunities and help build an inclusive, engaged, and creative community.	Continue to deliver services and programs that facilitate: <ul style="list-style-type: none"><li>literacy and lifelong learning</li><li>informed and connected citizens</li><li>digital inclusion</li><li>personal development and wellbeing</li><li>stronger and more creative communities</li><li>economic and workforce development.</li></ul>	<ul style="list-style-type: none"><li>Number of workshops, activities, and programs held</li><li>Attendance at workshops, activities, and programs</li><li>Feedback received about workshops, activities, and programs (e.g. Culture Counts, Community Perceptions survey)</li></ul> <p>(Reported on monthly via information bulletin to Community Services Committee and annually to the State Library)</p>							1.2.5 & 1.4.4	Library and Heritage Services
1.5 Continue to support and deliver initiatives that ensure healthy food is accessible, affordable and available to the community.	<ul style="list-style-type: none"><li>Maintain and strengthen partnerships with Second Bite (Coles) and ALDI to continue to collect, coordinate, and distribute produce as part of the Koort Marrakool program at the Champion Centre</li><li>Maintain the partnership with Foodbank WA to enable the Mobile Foodbank van to visit the Champion Centre and Armadale Recreation Centre locations weekly to ensure healthy and affordable food is available to the community</li><li>Update, publish and distribute the Hardship Resource Directory including information on local food security programs.</li></ul>	<ul style="list-style-type: none"><li>Weekly average number of people accessing food security program</li><li>Weekly estimated weight of food diverted from landfill</li><li>Number of weekly visits of Foodbank WA van to Armadale Recreation Centre and Champion Centre</li><li>Number of hardcopy directories distributed annually.</li></ul> <p>(Reported on annually in Community Development Strategy Report to Council)</p>							1.2.4 & 1.4.4	Community Development





1. Empower and enable people to live healthy lifestyles by providing opportunities to develop their knowledge and skills.

Outcome	Action	Measure	Timeframe					Resource Implication	Corporate Business Plan Alignment	Responsibility
			2025/2026	2026/2027	2027/2028	2028/2029	2029/2030			
1.6 Provide fully integrated, modern and year-round recreation and leisure services for the community to maintain and/or improve their health and wellbeing through the Armadale Fitness and Aquatic Centre (AFAC).	Continue to offer the following services at AFAC: <ul style="list-style-type: none"> <li>• Aquatics</li> <li>• Health and wellbeing programs</li> <li>• Creche</li> <li>• Swim school</li> <li>• Facility hire</li> <li>• Retail shop</li> <li>• Café.</li> </ul>	<ul style="list-style-type: none"> <li>• Annual centre attendance and membership</li> <li>• Swim school enrolments</li> <li>• Health club attendance</li> <li>• Group fitness attendance</li> <li>• Annual casual aquatic entries sold</li> <li>• Annual centre bookings</li> <li>• Annual retail revenue</li> <li>• Net promoter score.</li> </ul> (Reported on annually in Recreation Services Report to Council and quarterly in Corporate Business Plan reporting)							1.2.3 & 1.4.4	Recreation Services
1.7 Support club development and sustainability by providing assistance and opportunities for all new and existing sport and recreation clubs to develop and thrive in the community.	<ul style="list-style-type: none"> <li>• Continue to develop and implement a range of initiatives to build capacity in local clubs and community groups in areas such as governance, management practices, policies, participation, and inclusion</li> <li>• Continue to disseminate resources, information, and external funding opportunities to local clubs and community groups.</li> </ul>	<ul style="list-style-type: none"> <li>• Number of club development workshops, courses and/or programs delivered</li> <li>• Number of club development consultations and mentoring sessions</li> <li>• Attendance</li> <li>• Feedback received about workshops, courses and/or programs offered.</li> </ul> (Reported on annually in Recreation Services Report to Council and quarterly in Corporate Business Plan reporting)							1.1.3, 1.2.3 & 1.4.4	Recreation Services



## 2. Promote healthy, strong, and resilient communities by building community capacity and providing opportunities for social and cultural connection.

Outcome	Action	Measure	Timeframe					Resource Implication	Corporate Business Plan Alignment	Responsibility
			2025/2026	2026/2027	2027/2028	2028/2029	2029/2030			
2.1 Provide opportunities to foster community connection, celebrate the diversity of the community and build a sense of place.	Continue to: <ul style="list-style-type: none"> <li>• Maintain a schedule of affordable community events and initiatives which activate local spaces and places</li> <li>• Prioritise major event sponsorships which support healthy lifestyles</li> <li>• Celebrate the local arts through the delivery of annual activities, programs and projects to strengthen the social, cultural, and economic fabric of the community</li> <li>• Offer health promotion activities and/or initiatives at events, where possible.</li> </ul>	<ul style="list-style-type: none"> <li>• Number of events held</li> <li>• Attendance at events</li> <li>• Feedback received about events</li> <li>• Number of events sponsored by the City of Armadale</li> <li>• Total sponsorship awarded</li> <li>• Number of arts activities, programs and/or projects delivered</li> <li>• Attendance/engagement and feedback received at these activities, programs and projects</li> <li>• Number and type of health promotion activities and/or initiatives offered.</li> </ul> (Reported on annually in Economic Development Strategy, Community Development Strategy, Library Strategic Plan and Arts and Culture Strategy Reports to Council)							1.1.1 & 1.2.1	Community Development, Economic Development, Library and Heritage Services and, Health Services.
2.2 Support and build capacity with priority populations by identifying and responding to areas of concerns through inclusive practices.	<ul style="list-style-type: none"> <li>• Continue to respond to the City's identified Social Priorities by advertising, assessing and awarding Service Agreements to providers to address these identified priorities through the delivery of programs and services in the City.</li> </ul> Continue to implement the actions outlined in the Community Development Strategy 2021 – 2026 to ensure: <ul style="list-style-type: none"> <li>• Armadale Volunteer Service continues to connect volunteers to local organisations, facilitate volunteer training and volunteer manager training professional development and coordinates recognition events for volunteers</li> <li>• Nutrition in Schools funding is available to assist schools within the City with their school nutrition or breakfast club program</li> <li>• Financial assistance is available to support individuals and community groups through the administration and award of Community Grants, scholarships, and donations</li> <li>• Projects, programs and initiatives that address the City's Social Priorities are delivered</li> <li>• The Multicultural Advisory Group (MAG), Neighbourhood Connections Network (NCN) and Armadale Youth Advisory Council (AYAC) continue to be coordinated.</li> </ul>	<ul style="list-style-type: none"> <li>• Number of Service Agreements received and awarded</li> <li>• Total funds provided for Service Agreements</li> <li>• Reported outcomes from awarded Service Agreements</li> <li>• Number of volunteer member agencies</li> <li>• Number of expressions of interest received from volunteers</li> <li>• Number of referrals made to member agencies</li> <li>• Number of one-on-one volunteer and organisation consultations</li> <li>• Number of attendees at Volunteer Recognition events</li> <li>• Number of Nutrition in Schools applications received and awarded</li> <li>• Total Nutrition in Schools funds awarded</li> <li>• Number of scholarships and donations received and awarded</li> <li>• Total scholarship and donation funds awarded</li> <li>• Number of Community Grants received and awarded</li> <li>• Total Community Grant funds awarded</li> <li>• Number of projects/initiatives delivered</li> <li>• Number of members of the MAG, AYAC, and NCN</li> <li>• Number of meetings held per year for MAG, AYAC, and NCN.</li> </ul> (Reported on annually in Social Priorities Progress Report to Council and Armadale Volunteer Services Report to Department of Communities)							1.1.3, 1.2.1, 1.2.2, 1.4.1 & 1.4.4	Community Development
2.3 Support the local community service sector by facilitating opportunities for professional development, collaboration, information and resource sharing.	Continue to coordinate the following City led / co-led networks and groups: <ul style="list-style-type: none"> <li>• Armadale Early Years Network</li> <li>• Armadale Youth Network</li> <li>• Southeast Metro Emergency Relief Network</li> <li>• Armadale Volunteer Managers Network</li> <li>• Armadale – Gosnells Access and Inclusion Network</li> <li>• South East Multicultural Network.</li> </ul>	<ul style="list-style-type: none"> <li>• Number of Community Development led / co-led networks and groups operating</li> <li>• Number of members for each network and group</li> <li>• Number of meetings held per year</li> <li>• Number of professional development opportunities offered to networks and groups.</li> </ul> (Reported on annually in Community Development Strategy Report to Council)							1.1.3 & 1.2.2	Community Development



2. Promote healthy, strong, and resilient communities by building community capacity and providing opportunities for social and cultural connection.

Outcome	Action	Measure	Timeframe					Resource Implication	Corporate Business Plan Alignment	Responsibility
			2025/2026	2026/2027	2027/2028	2028/2029	2029/2030			
2.4 Implement the City's statutory responsibilities under the <i>Disability Services Act 1993</i> to improve access and inclusion outcomes for people living with a disability.	<ul style="list-style-type: none"><li>Continue to implement the actions outlined in the Access and Inclusion Plan to ensure those living with disability have equal access to improve and maintain their health and wellbeing.</li></ul>	<ul style="list-style-type: none"><li>Actions in Access and Inclusion Plan are completed and reported on.</li></ul> <p>(Reported on annually in Access and Inclusion Plan Report to Council and to Department of Communities – Disability Services)</p>							1.4.2	Community Development
2.5 Strengthen relationships between the local Aboriginal community and the City.	<ul style="list-style-type: none"><li>Continue to implement the actions outlined in the Innovate Reconciliation Action Plan (RAP) 2023 – 2025 to engage staff and stakeholders in reconciliation and pilot innovative strategies to ensure effective outcomes</li><li>Review and update Innovate RAP 2023 - 2025 to a 'Stretch' or 'Elevate' RAP</li><li>Deliver the Cultural Champions Business Development program</li><li>Promote the Six Seasons Trails project.</li></ul>	<ul style="list-style-type: none"><li>Actions in Innovate RAP 2023 – 2025 are completed and reported on</li><li>Cultural Champions Business Development program delivered</li><li>Outcomes of Six Seasons Trails project.</li></ul> <p>(Reported on annually in RAP Progress Report to Council and RAP Impact Measurement Questionnaire to Reconciliation Australia)</p>						Six Seasons Trails project – contingent on external funding.	1.1.3 & 1.2.2	Community Development and Economic Development
2.6 Continue to provide opportunities to learn and exchange new skills and knowledge, provide community support, build capacity, and celebrate Aboriginal culture at the Champion Centre.	<ul style="list-style-type: none"><li>Continue to deliver playgroups, school programs, after school programs, events for families, and provide support to Aboriginal Elders</li><li>Continue to assist in connecting community members with relevant organisations, community services and information through providing an informal drop in service</li><li>Develop an Aboriginal digital resource directory to link community to relevant support services.</li></ul>	<ul style="list-style-type: none"><li>Number of groups delivered/operating</li><li>Number of events and programs offered</li><li>Outcomes of events and programs</li><li>Estimated weekly number of individuals referred to organisations, community services or provided information</li><li>Resource directory developed and maintained.</li></ul> <p>(Reported on annually in Community Development Strategy Report to Council)</p>							1.4.3 & 1.4.4	Community Development and Health Services







### 3. Build healthy public policy.

Outcome	Action	Measure	Timeframe					Resource Implication	Corporate Business Plan Alignment	Responsibility
			2025/2026	2026/2027	2027/2028	2028/2029	2029/2030			
3.1 Investigate utilising planning and urban design principles, such as land use and zoning, to create safer, healthier communities.	<ul style="list-style-type: none"> <li>Liaise with the WA Planning Commission (WAPC) and Department Planning, Lands and Heritage (DPLH) on options for fast food as part of the preparation of the City's new Town Planning Scheme (TPS) No. 5.</li> </ul>	<ul style="list-style-type: none"> <li>Advocate for WALGA to seek the WAPC's support for changes to the locational criteria and land use permissibility for fast food uses near schools.</li> </ul>							1.2.4	Health Services and Strategic Planning
3.2 Reduce community exposure to unhealthy advertising on City owned and/or managed property.	Develop a comprehensive Advertising Policy to provide: <ul style="list-style-type: none"> <li>Consistent framework for advertising on city owned and/or managed property</li> <li>Maintain a strategic approach to commercial and community advertising on city owned and/or managed property</li> <li>Limit exposure to harmful advertising to delay the uptake of unhealthy behaviours</li> <li>Draft policy provided to council to seek endorsement</li> <li>Implementation of advertising policy.</li> </ul>	<ul style="list-style-type: none"> <li>Policy developed, endorsed by Council and implemented.</li> </ul>							1.2.4	Health Services
3.3 Promote environments that support and encourage healthy eating.	<ul style="list-style-type: none"> <li>Increase access to and availability of healthy food and drink options and choices at City meetings, activities, programs, and events through the implementation of the Healthy Food and Drink Policy</li> <li>Commence review of Healthy Food and Drink Policy in 2028/2029</li> <li>Install signage promoting healthy eating in City facilities.</li> </ul>	<ul style="list-style-type: none"> <li>Compliance with policy</li> <li>Feedback received regarding policy</li> <li>Healthy Food and Drink Policy reviewed every three years and any relevant changes are progressed and endorsed by Council</li> <li>Signage selected and installed in City facilities.</li> </ul>							1.2.4	Health Services
3.4 Prioritise and embed public health and wellbeing principles and clauses into City policies.	<ul style="list-style-type: none"> <li>Undertake audit of City's policies to identify opportunities to incorporate and/or update clauses</li> <li>Incorporate and/or update clauses in identified policies.</li> </ul>	<ul style="list-style-type: none"> <li>Audit completed</li> <li>Number of policies identified</li> <li>Changes made, where relevant, to policies.</li> </ul>							1.2.4	Health Services
3.5 Promote safe and healthy environments that reduce the impacts of alcohol related harm and address demand and supply reduction.	<ul style="list-style-type: none"> <li>Commence review of Alcohol Harm Minimisation Policy in 2027/2028</li> <li>Develop a Managing alcohol and other drugs at the workplace procedure</li> <li>Continue to support the City's alcohol and smoke free policies by promoting these aspects of events to the community through promotional material and signage, while encouraging their enforcement through security personnel.</li> </ul>	<ul style="list-style-type: none"> <li>Alcohol Harm Minimisation Policy reviewed every three years and any relevant changes are progressed and endorsed by Council</li> <li>Managing alcohol and other drugs at the workplace procedure drafted and progressed to City's Executive Leadership Team to seek endorsement.</li> </ul>							1.2.4 & 4.1.2	Health Services and Human Resources





4. Foster supportive and healthier natural, built and social environments.

Outcome	Action	Measure	Timeframe					Resource Implication	Corporate Business Plan Alignment	Responsibility
			2025/2026	2026/2027	2027/2028	2028/2029	2029/2030			
4.1 Deliver key community and sporting infrastructure projects throughout the City to encourage spaces and places where community meet, share resources and are able to build healthy, strong and vibrant communities.	<ul style="list-style-type: none"> <li>Continue to deliver upgrades and developments to provide sporting and community facilities in line with community need as identified in the Community Infrastructure Plan</li> <li>Continue to coordinate the usage of community facilities and reserves for various purposes, functions and events to maximise benefit to the community.</li> </ul>	<ul style="list-style-type: none"> <li>Community infrastructure projects delivered as per timeframes outlined in the Community Infrastructure Plan</li> <li>Annual number of community facility and reserve bookings and seasonal applications</li> <li>Annual revenue from community facility and reserve bookings.</li> </ul> <p>(Reported on annually in Community Infrastructure Plan and Recreation Services Reports to Council and quarterly in Corporate Business Plan reporting)</p>							1.1.2 & 1.3.1	Community Infrastructure Planning and Recreation Facilities
4.2 Advocate for amendments to the Parks Facility Strategy to enhance access to free drinking water at City parks and reserves.	<ul style="list-style-type: none"> <li>Complete audit of drinking water fountains available at City parks and reserves and identify opportunities to improve service provision</li> <li>Consider amendments to the Parks Facility Strategy matrix to refine triggers for drinking water fountain placement in City parks and reserves</li> <li>Pending amendments, seek grant funding for the installation of drinking water fountains in areas with identified service gaps.</li> </ul>	<ul style="list-style-type: none"> <li>Parks Facility Strategy renewal workshops hosted</li> <li>Parks Facility Strategy updated and renewed</li> <li>Pending amendments, consider options to incorporate new drinking water fountain infrastructure provision into updated park and reserve improvement plans and increase service funding via the City's Long Term Financial Plan</li> <li>Pending grant funding: <ul style="list-style-type: none"> <li>Number of new drinking water fountains installed</li> <li>Feedback received from community</li> <li>Grant acquittal submitted.</li> </ul> </li> </ul>						Contingent on external funding.	1.2.4 & 2.2.3	Health Services and Design
4.3 Seek grant funding to increase awareness of smoke and vape free environments and reduce exposure to second hand smoke.	<ul style="list-style-type: none"> <li>Investigate feasibility of enforcing smoke free environments</li> <li>Complete audit of smoke free signage currently installed at City playgrounds and community facilities</li> <li>Commence review of Smoke Free Outdoor Areas Policy in 2027/2028</li> <li>Seek grant funding to upgrade smoke and vape free signage at City playgrounds and community facilities.</li> </ul>	<ul style="list-style-type: none"> <li>Report produced identifying strengths, weaknesses, opportunities, impacts and recommendations for compliance and enforcement options</li> <li>Audit completed</li> <li>Smoke Free Outdoor Areas Policy reviewed every three years and any relevant changes are progressed and endorsed by Council.</li> <li>Pending grant funding: <ul style="list-style-type: none"> <li>Number of playgrounds and community facilities upgraded with smoke and vape free signage</li> <li>Feedback received from community</li> <li>Grant acquittal submitted.</li> </ul> </li> </ul>						Contingent on external funding.	1.2.4 & 2.2.3	Health Services and Design
4.4 Contribute to a safe and inclusive transport network that efficiently connects people to places, encourages active and sustainable travel, supports growth and vitality of the local economy.	<ul style="list-style-type: none"> <li>Continue to implement actions in the City's Integrated Transport Strategy (ITS)</li> <li>Seek endorsement for the City's draft Local Bike Plan (LBP) and implement associated actions.</li> </ul>	<ul style="list-style-type: none"> <li>Actions in the ITS completed</li> <li>Endorsement of LBP</li> <li>Actions in the LBP completed.</li> </ul>							2.2.2 & 2.5.7	Design and relevant teams (as per ITS implementation plan)



#### 4. Foster supportive and healthier natural, built and social environments.

Outcome	Action	Measure	Timeframe					Resource Implication	Corporate Business Plan Alignment	Responsibility
			2025/2026	2026/2027	2027/2028	2028/2029	2029/2030			
4.5 Promote and enhance the City's natural assets through new and existing trails to encourage tourism, provide physical activity opportunities for residents and increase awareness of local Aboriginal culture and history.	<ul style="list-style-type: none"> <li>Draft the Trails Master Plan and seek Council endorsement</li> <li>Implement the Trails Master Plan</li> <li>Continue to work with local tour operators to deliver the cultural and nature-based experiences for the Six Seasons Trails series</li> <li>Expand marketing efforts for the Trails Master Plan and Six Seasons Trails</li> <li>Leverage local cultural and tourism-based assets (e.g. hiking trails, parks and reserves) and events, to encourage healthy lifestyles</li> <li>Advocate for sustainable tourism practices that protect natural assets whilst offering eco-friendly visitor experiences, (e.g. guided eco-tours, wellness retreats, or educational workshops).</li> </ul>	<ul style="list-style-type: none"> <li>Engagement and consultation with Aboriginal community completed in the development of the trails</li> <li>Trails Master Plan endorsed and implemented</li> <li>Increase in visitor numbers to City trails and reserves</li> <li>Number of participants/hikers on the Six Seasons Trails</li> <li>Digital engagement metrics</li> <li>Feedback received from participants in the Six Seasons Trails</li> <li>Number of additional events held utilising City hiking trails, parks and reserves</li> <li>Number of participants at additional events</li> <li>Feedback from participants at additional events</li> <li>Number of eco-tourism initiatives offered or supported by the City</li> <li>Number of participants in eco-tourism initiatives</li> <li>Feedback from participants at eco-tourism initiatives.</li> </ul>							2.1.6, 3.2.1, 3.4.1 3.4.2 & 3.4.3	Economic Development
4.6 Protect and preserve current and future green infrastructure and continue to increase the City's urban forest.	<ul style="list-style-type: none"> <li>Increase number of trees planted to increase tree canopy cover, provide shade, reduce urban heat island effects and improve amenity of public spaces and places</li> <li>Develop a new Urban Forest Strategy and seek endorsement from Council</li> <li>Expand the City's free native plant program to provide free native plants for residents annually to establish and expand water-wise/micro-climates with cooling native plant communities</li> <li>Continue to run the Canopy Cover Working Group</li> <li>Review the Landscape Feature and Tree Preservation Local Planning Policy to ensure preservation of trees in the City</li> <li>Encourage residents to uptake the States Urban Forest Planting Program and promote the health and wellbeing benefits of the Urban Canopy.</li> </ul>	<ul style="list-style-type: none"> <li>Endorsement and implementation of new Urban Forest Strategy</li> <li>Number of plants provided to residents each year</li> <li>Number of strategic planning applications considering the Landscape Feature and Tree Preservation Local Planning Policy</li> <li>Canopy size data collated by Geographic Information System services across the City.</li> </ul> <p>(Reported on annually in Urban Forest Strategy Report and bi-annually in Environmental Report to Council)</p>							2.1.7, 2.2.1, 2.2.2 & 2.5.2	Design, Environment and Sustainability and Strategic Planning
4.7 Undertake environmental projects to identify significant natural areas and where possible, plan for their conservation, management and/or restoration.	<ul style="list-style-type: none"> <li>Continue to implement the Biodiversity Strategy 2024 – 2029, and the Air, Water, Soil and Land Strategy 2025 to 2030.</li> </ul>	<ul style="list-style-type: none"> <li>Actions in Biodiversity Strategy 2024 – 2029 and Air, Water, Soil and Land Strategy 2025 – 2030 completed.</li> </ul> <p>(Reported on bi-annually in Environmental Report to Council)</p>							2.1.5 & 2.1.7	Environment and Sustainability
4.8 Implement mitigation and adaption strategies to respond to climate change and associated health impacts whilst reducing the City's environmental footprint.	<ul style="list-style-type: none"> <li>Continue to implement the actions outlined in the Corporate Greenhouse Action Plan 2020/21 -2029/30</li> <li>Develop a revised Switch Your Thinking Business Plan with proposed actions that continue to address the Sustainable Development Goals of climate action, sustainable cities and communities, affordable and clean energy, and responsible production and consumption.</li> </ul>	<ul style="list-style-type: none"> <li>Actions in Corporate Greenhouse Action Plan 2020/21 -2029/30 completed</li> <li>Actions in Switch Your Thinking Business Plan completed.</li> </ul> <p>(Reported on bi-annually in Environmental Report to Council)</p>							2.1.2, 2.1.3 2.1.4, 2.6.1 & 2.6.2	Environment and Sustainability



4. Foster supportive and healthier natural, built and social environments.

Outcome	Action	Measure	Timeframe					Resource Implication	Corporate Business Plan Alignment	Responsibility
			2025/2026	2026/2027	2027/2028	2028/2029	2029/2030			
4.9 Transform the Armadale City Centre to increase visitation and usage, investment, population growth, employment opportunities and improve the City's branding and profile.	<p>Continue to advocate for the following City Centre and Community priorities:</p> <ul style="list-style-type: none"> <li>• City Viaduct Public Realm</li> <li>• City Views – Civic Precinct</li> <li>• Medical and Health Precinct</li> <li>• Armadale Regional Recreational Reserve</li> <li>• The Champion Centre</li> <li>• Hilbert District Community Centre</li> </ul> <p>In addition to the above, continue to progress and encourage investment in the following prioritised interventions in the City Centre:</p> <ul style="list-style-type: none"> <li>• Station Activation/Central Park</li> <li>• Bus Interchange</li> <li>• Armadale West</li> <li>• Education Precinct</li> <li>• Jull Street Mall</li> <li>• Streetscape enhancements (across CBD)</li> <li>• Strategic Development Site</li> <li>• Placemaking initiatives</li> </ul>	<ul style="list-style-type: none"> <li>• Progress reports on prioritised interventions outlined in the Advocacy Priorities Strategy 2022 – 2030 and Armadale Activity Centre Plan.</li> </ul> <p>(Reported on quarterly in Corporate Business Plan and CEO Key Performance Indicators)</p>							2.2.2, 3.1.1, 3.1.2, 3.1.3, 3.1.4, 3.1.5 & 4.1.1	Strategic Planning and Economic Development
4.10 Promote sun safe environments which reduce ultraviolet radiation (UVR) in the community and workplace.	<ul style="list-style-type: none"> <li>• Continue to offer free Cancer Council Ultra Sunscreen SPF 50+ at AFAC and at City events</li> <li>• Investigate options to further promote sun safety in the community and workplace.</li> </ul>	<ul style="list-style-type: none"> <li>• AFAC sunscreen kiosk usage</li> <li>• Sun protection options and strategies investigated and implemented, where suitable.</li> </ul>							1.2.4	Health Services





5. Protect and enhance human health by reducing exposure to environmental and public health risks.

Outcome	Action	Measure	Timeframe					Resource Implication	Corporate Business Plan Alignment	Responsibility
			2025/2026	2026/2027	2027/2028	2028/2029	2029/2030			
5.1 Fulfil the City's statutory responsibilities for providing health protection for the community, as legislated by the <i>Public Health Act 2016</i> , <i>Food Act 2008</i> , <i>Tobacco Products Control Act 2006</i> , <i>Caravan Parks and Camping Grounds Act 1995</i> , <i>Environmental Protection Act 1986</i> and the <i>Health (Miscellaneous Provisions) Act 1911</i> , subsidiary legislation and local laws.	Continue to provide health protection for the community including: <ul style="list-style-type: none"> <li>Assessing and processing applications (such as food businesses, public buildings and onsite wastewater systems)</li> <li>Risk assessment inspections (such as food businesses, aquatic facilities, caravan parks and public buildings)</li> <li>Samples collected for analysis (such as food and drinking water)</li> <li>Complaint investigations (such as noise and air quality).</li> </ul>	<ul style="list-style-type: none"> <li>Manager Health Services information bulletin reports provided to Council detailing complaints, inspections, investigations, sampling and assessments.</li> </ul> (Reported annually to Department of Health)							1.2.4	Health Services
5.2 Minimise the impact of mosquito borne disease in the community by applying physical, chemical, cultural and biological control management strategies.	<ul style="list-style-type: none"> <li>Continue to implement the City's Mosquito Management Plan</li> <li>Continue membership in the South Metropolitan Contiguous Local Authorities Group (CLAG) Mosquito Management Program.</li> </ul>	<ul style="list-style-type: none"> <li>Number of notifications resulting from: <ul style="list-style-type: none"> <li>Natural Environment</li> <li>Domestic/ Residences</li> <li>Development Area.</li> </ul> </li> <li>Number of mosquito borne disease notifications</li> <li>Number of interventions implemented</li> <li>Number of new development approvals with mosquito management plans</li> <li>Public awareness and communications campaign on backyard breeding undertaken</li> <li>Funding sought from CLAG to continue to support mosquito management in the City.</li> </ul>							1.2.4	Health Services
5.3 Minimise the harm associated with inappropriately discarded sharps (e.g. needles/ syringes) in public places.	<ul style="list-style-type: none"> <li>Continue to minimise public health risks by investigating customer requests to dispose of inappropriately discarded sharps in public places</li> <li>Continue to monitor and report on the City's Needle Syringe Disposal Unit program</li> <li>Implement initiatives to expand the City's Needle Syringe Disposal Unit program, where relevant</li> <li>Continue partnership with WA AIDS Council, supporting their Needle Syringe Exchange Program to minimise the risk of blood-borne virus transmission in the community through a harm reduction approach</li> <li>Investigate feasibility of providing a drop off point at Armadale Landfill and Recycling Facility for people who use sharps to dispose of them safely.</li> </ul>	<ul style="list-style-type: none"> <li>Number of requests to remove needles/syringes</li> <li>Number of needles/syringes removed</li> <li>Needle Syringe Disposal Unit Program: <ul style="list-style-type: none"> <li>Number of inserts exchanged</li> <li>Number of units replaced</li> </ul> </li> <li>Initiatives implemented</li> <li>Annual WA AIDS Council report provided to the City outlining: <ul style="list-style-type: none"> <li>equipment distributed and returned</li> <li>occasions of service for new and returning consumers.</li> </ul> </li> </ul>							1.2.4	Health Services



5. Protect and enhance human health by reducing exposure to environmental and public health risks.

Outcome	Action	Measure	Timeframe					Resource Implication	Corporate Business	
			2025/2026	2026/2027	2027/2028	2028/2029	2029/2030		Plan Alignment	Responsibility
5.4 Maintain the City's ongoing commitment to improving community health and wellbeing by demonstrating leadership in public health.	<ul style="list-style-type: none"> <li>Identify appropriate awards programs and develop submissions.</li> <li>Disseminate good news stories and learnings associated with the Community Health and Wellbeing Plan.</li> <li>Continue to coordinate data collection for annual reporting for the Community Health and Wellbeing Plan against the Health Services Business Plan and in accordance with the requirements of the Public Health Act 2016.</li> </ul>	<ul style="list-style-type: none"> <li>Number of submissions</li> <li>Number of successful submissions</li> <li>Community Health and Wellbeing Plan annual report developed and submitted to Council</li> <li>Reporting submitted to Department of Health, as and when required.</li> </ul>							1.2.4	Health Services
5.5 Continue to support staff health and wellbeing within the workplace.	<ul style="list-style-type: none"> <li>Continue to develop and deliver Health and Wellness Calendar of events and projects.</li> </ul>	<ul style="list-style-type: none"> <li>Number of events and projects delivered</li> <li>Staff attendance and feedback.</li> </ul>							4.1.2 & 4.1.6	Human Resources
5.6 Fulfil the City's statutory responsibilities under the <i>Local Government Act 1995</i> , <i>Environmental Protection Act 1986</i> , <i>Waste Avoidance and Resource Recovery Act 2007</i> , subsidiary legislation and local laws.	Continue to provide environmentally responsible and sustainable resource recovery: <ul style="list-style-type: none"> <li>Services (kerbside and bulk vergeside collections, drop off, public place, special event and commercial collections, and reducing illegal dumping/litter)</li> <li>Infrastructure</li> <li>Policy and procurement process development</li> <li>Data collection, analysis and reporting</li> <li>Behaviour change initiatives and programs</li> <li>Other projects, such as advocacy.</li> </ul>	<ul style="list-style-type: none"> <li>Tonnes of waste collected, recycled and disposed</li> <li>Number of complaints received, and infringement notices issued</li> <li>Number of illegal dumping sites identified</li> <li>Associated costs and charges of services.</li> </ul> (Reported on annually in Waste Plan Report, Local Government annual return summary Report, Audit Compliance Report for Armadale Landfill and Recycling facility, Audit Compliance Report for Roleystone Greenwaste facility, Armadale Landfill and Recycling Facility Financial Year Environmental Report and Roleystone Greenwaste Facility Financial Year Environmental Report to Department of Water and Environmental Regulation (DWER))							2.4.1 & 2.4.2	Environment and Sustainability
5.7 Promote resource recovery efficiency and, continue to move towards a circular economy through waste avoidance education programs to achieve environmentally sensitive and economically sustainable resource recovery services.	<ul style="list-style-type: none"> <li>Continue to implement the actions in the Strategic Waste Management Plan including:               <ul style="list-style-type: none"> <li>ongoing community education and involvement to promote waste avoidance circular economy and best practice recycling</li> <li>advocacy on waste management issues</li> <li>improve waste management services and infrastructure</li> <li>endorsement of Waste Education Plan</li> </ul> </li> <li>Continue to deliver waste education workshops and community programs as outlined (e.g. Containers for Change, composting/worm farming, clothing swaps, battery recycling program)</li> <li>Promote the City's Drop 'n' Shop.</li> </ul>	<ul style="list-style-type: none"> <li>Progress reported on actions in Strategic Waste Management Plan.</li> </ul> (Reported on annually in Waste Plan Report to DWER)							2.4.1 & 2.4.2	Environment and Sustainability
5.8 Fulfil the City's statutory responsibilities under the <i>Emergency Management Act 2005</i> to assist the community to prepare, prevent, respond and recover from various emergencies.	Continue to: <ul style="list-style-type: none"> <li>Administer and maintain Local Emergency Management Committee (LEMC)</li> <li>Review and test Local Emergency Management Arrangements (LEMA)</li> <li>Implement a Bushfire Risk Management Plan (BRMP)</li> <li>Review and maintain the Environmental Health Emergency Management Support Plan (EHMSP).</li> </ul>	In accordance with State Emergency Management Procedure: <ul style="list-style-type: none"> <li>LEMC administrated and maintained</li> <li>LEMA reviewed and tested</li> <li>BRMP implemented in accordance with Department of Fire and Emergency Services Guidelines for Preparing a Bushfire Risk Management Plan</li> <li>EHMSP reviewed and amended, as required.</li> </ul>							1.2.1	Ranger and Emergency Services and Health Services





## Case studies

### Activating spaces and encouraging physical activity: Move Your Body project

The Move Your Body project was a project aiming to raise awareness of falls and injuries among people aged 60 years and older and activate outdoor fitness equipment locations. The project was conducted in two stages.

Stage One involved the delivery of free Move Your Body Fitness Sessions to people 60 years and over in 2021 with funding from Injury Matters WA. These sessions focused on improving strength, balance and flexibility through offering low impact sessions using the City's free outdoor fitness equipment at three locations. The sessions aimed to build capacity, and confidence among participants to use the equipment themselves. The program also provided a low cost/free option to encourage participants to continue to be physically active as a preventative measure to reduce slips, trips, and falls.

To ensure sustainability post grant funding, Stage Two involved the development of beginner, intermediate and advanced workouts specifically tailored to all parks and reserves with outdoor fitness equipment within the City. These were developed in consultation with accredited fitness instructors and continue to be developed as outdoor fitness equipment is upgraded or added.

The City won the Outstanding Achievement by a Local Government in Injury Prevention or Recovery Support for the 2023 Injury Prevention and Safety Promotion Awards for the Move Your Body Project. The City also received a commendation for Community Based Initiative of the Year at the Parks and Leisure WA Awards for this program.

The City currently has 21 parks and reserves with outdoor fitness equipment that has specific Move Your Body signage depicting beginner, intermediate and advanced workouts. Accompanying workout flyers are also available to download on the City's website to increase accessibility and availability for users to obtain appropriate workout information.

For further information visit: [my.armadale.wa.gov.au/live-and-work/outdoor-fitness-and-recreation](https://my.armadale.wa.gov.au/live-and-work/outdoor-fitness-and-recreation)



### Promoting healthy food environments: Blender Bike

The City is committed to helping residents lead healthy lifestyles and wants to make it easier for others to carry this message into the community.

The City has two Blender Bikes available for community organisations, schools and sporting clubs to hire for free. The Blender Bike is a stationary bike with a blender attached, which is used to create pedal powered smoothies. It can be used at activities and events to provide free, healthy smoothies to attendees. The Blender Bike can also be used as a healthy and fun fundraising activity, an alternative to a cake stall or chocolate drive.

To further support local community organisations, schools and sporting clubs and reduce any barriers to hiring the bike, the City's Health Services team also

provide free transportation of the Blender Bike within the City of Armadale.

Over the period 2019/20 – 2023/24, the Blender Bikes were hired 118 times for events in and outside the City with 10,633 healthy smoothies made and handed out.

Whilst most hirers do not use the Blender Bikes to fundraise, for the six hirers who reported using the bikes for fundraising, \$660 was raised.

For more information on the City's Blender Bike, visit: [my.armadale.wa.gov.au/service/blender-bike](https://my.armadale.wa.gov.au/service/blender-bike)





## Minimising public health risks: Needle Syringe Disposal Unit program

The City's Health Services team have been managing the Needle Syringe Disposal Unit program for over 20 years. By providing units to dispose of needles/syringes and other sharps, the program supports a harm reduction approach by minimising public health risks, including blood-borne virus transmission in the community along with reducing the number of inappropriately discarded needles/syringes and sharps. Incorrectly disposed syringes have the potential to cause harm to individuals, though the risk of contracting HIV or other infections from an injury caused by a discarded needle is very low.

There are 20 disposal units located across the City. The inserts are checked and exchanged, if necessary, each month. When units are vandalised or damaged, replacement is arranged.

Over the period 2019/20 – 2023/24, 19 units were replaced, and 124 inserts were exchanged.

In addition to managing the Needle Syringe Disposal Unit program, the Health Services team, along with several other departments, remove discarded needles/syringes.

During the period 2019/20 – 2023/24, the Health Services team received 103 requests to remove discarded needles/syringes with 377 discarded needles/syringes removed.

For further information on the City's response to managing discarded needles and syringes, visit: [my.armadale.wa.gov.au/service/needles-and-syringes](https://my.armadale.wa.gov.au/service/needles-and-syringes)



## Encouraging physical activity and raising awareness of falls prevention: Active Ageing program

The Active Ageing program originally began as a pilot program in 2023, a collaboration between the City's Health Services team, Library and Heritage Services team, and Curtin University. The pilot program formed the basis of a study, exploring whether non-traditional environments, such as public libraries, could be effective settings for engaging older adults in physical activity.

The Active Ageing program is a progressive workout for people aged 60 years and older and focuses on engaging participants in physical activity that primarily focuses on falls prevention exercises. Participants exercise to three Geri-Fit® videos on rotation over the nine-week program aiming to improve their strength, balance and flexibility.

Due to the popularity of the program and the interest from participants in continuing the program, the City now offers two Active Ageing programs including Active Ageing Armadale and Active Ageing Kelmscott.

To determine the effectiveness of this program, participants have had the opportunity to participate in pre and post testing exercises focussing on balance, strength and flexibility.

Of the 15 participants who completed the five exercises both pre and post-test, all made improvements such as:

- Increasing the number of sit to stands completed in 30 seconds
- Increasing the number of arm curls completed in 30 seconds
- Increasing flexibility by reducing the distance between their fingertips in the back scratch test
- Increasing flexibility by reducing the distance between their fingertips and toes in the chair sit and reach test
- Increasing balance by progressing through more stages in the four-stage balance test.

One participant made improvements in three of the above exercises whilst 12 participants made improvements in four exercises and the remaining 2 participants made improvements in all five exercises.

To date, 7 Active Ageing programs have been delivered with 45 unique individuals attending with an average of 11.73 people per session.





## Providing equitable and accessible places and spaces: Armadale Fitness and Aquatic Centre

On 11 March 2019, the highly anticipated Armadale Fitness and Aquatic Centre (AFAC) opened to the community. The \$26 million redevelopment and construction of AFAC has produced a state-of-the-art centre that offers something for everyone including:

- An outdoor pool, leisure pool, program pool, indoor pool and splash pad
- Wellness suite equipped with a spa, sauna and steam room
- Outdoor water playground with shaded picnic areas with BBQs
- Group fitness studios
- Health Club
- Café
- Creche
- Active Shop

In the design consultation of AFAC, access and inclusion was heavily considered to ensure that all members were able to utilise AFAC.

Accessible features include:

- Companion cards
  - Free entry is offered to the companion accompanying a Companion Card Holder
- Wheelchairs
  - Aquatic wheelchairs are available for use
- ACROD bays and mobility scooter parking
  - The City has increased the number of ACROD bays available from 4 to 9, and has installed mobility scooter parking

- Pool access
  - All pools have ramp access so that people of varying abilities can enter the water safely
- Health Club
  - Consideration has been given to the gym equipment in the centre's Health Club to ensure gym equipment caters to people in wheelchairs. There is also an audible hearing loop in the gym
- Change villages
  - All change villages have Universal Access Toilets. The centre also has a dedicated accessible 'Changing Places' room equipped with a full-size change table, hoist, shower and toilet
- Auslan
  - In 2024, the Customer Service team was trained in Auslan.

Whether they are looking to get in shape, improve and maintain overall health or simply have fun with friends and family, there is something at AFAC for every member of the community.

AFAC currently boasts nearly 10,000 members across health and fitness and swim school memberships and has won 28 State and National awards since 2019 with staff members winning 11 individual awards as well.



## Improving food security: Koort Marrakool Project

The Champion Centre is a gathering place for Aboriginal people, and for organisations working with the Aboriginal community. Whilst the Champion Centre is Aboriginal led and primarily supports Aboriginal people, all are welcome.

The Koort Maarakool Project is delivered from the Champion Centre, assisting people who need life necessities such as personal hygiene, food and more, and provides a safety net for people who are experiencing hardship.

A Food Security Program is run as part of the Koort Maarakool Project, offering fruit, vegetables and other grocery items to those experiencing hardship. The Food Security Program is run in partnership with Aldi and Coles with volunteers and staff running five days a week who pick up excess fruit, vegetables and other grocery items from Aldi and Coles to redistribute to the community.

This program both improves local food security, diverts food that would have otherwise been destined for landfill and supports those experiencing hardship. It is estimated 4,000-5,000kg of food cycles through Champion Centre each month. Food is distributed, cooked or frozen. An average of 250 people access food and emergency relief per week.

In addition to the Food Security Program the Koort Marrakool Project also includes:

- Assisting people with family and domestic violence self-referrals
- The emergency relief program providing personal hygiene, pantry and other items to people including those experiencing homelessness, and family and domestic violence
- Pop up shops providing good quality donated clothes and household items for individuals and families.





## Activating spaces and encouraging physical activity: John Dunn Challenge Park

The City wide Community Hub Master planning 2013-2016 initiative identified John Dunn Reserve as one of 11 'community hubs' needing future development and investment. The site, historically a BMX track decommissioned in 2012, has been developed into a world class \$1.6M bike park that caters to the fast-growing sports of BMX and mountain bike riding for a wide range of ages and abilities.

During the design and development stages of the park, there was a high level of community interest in this project. Intensive community consultation and engagement was undertaken with nearly 500 people participating in workshops, open house workshops and surveys.

Officially opening in 2022, the John Dunn Challenge Park is an acknowledgement of the enormous popularity of bike sports and builds into the City's vision to provide activated open spaces. The City has received lots of positive feedback about the park

and it has been well received by the local community, visitors and the WA biking community.

The final design delivered includes:

- Pump tracks for beginner and advanced riders
- Jump tracks at beginner, intermediate and advanced/extreme levels
- Skills loop
- Bike playground
- A mountain bike skills trail around the park's perimeter
- Sheltered picnic seating area and seating scattered throughout
- Repair station
- Toilets



## Minimising the impact of mosquito borne disease: Mosquito Management Plan

In 2024, the City of Armadale joined the Southern Metropolitan Contiguous Local Authority Group (CLAG) together with the City of Cockburn, City of Kwinana, Shire of Serpentine Jarrahdale and Department of Health (DoH) to work together towards improving and managing mosquito populations.

The group meets regularly to discuss mosquito management actions, monitoring, treatment results, and opportunities for improvement. The DoH provide expert advice and assistance as well as financial support for Local Government programs.

As part of joining the CLAG, the City was required to develop a Mosquito Management Plan to seek endorsement from the DoH. The City has now developed its' Mosquito Management Plan 2024-2027 (MMP) which provides an integrated approach to help control and reduce the impact of mosquitoes on both residents and visitors of the City.

The MMP addresses common mosquito breeding areas and provides suitable control options. The MMP also outlines key ongoing monitoring, surveillance, and evaluation methods to assess the overall effectiveness of the mosquito management program.

In 2023/24, the City received 15 mosquito related service requests or enquiries. 50 sites were monitored for larvae surveillance across 9 suburbs with 268 dips conducted and a total of 57 larvicide treatments applied.

The City has also commenced treatment in additional sites, including Piara Nature Reserve (managed by the Department of Biodiversity, Conservation and Attractions) and Sandstone Park, staking a total of 295 of (S)-methoprene briquettes in December 2023. An additional 106 briquettes were added to these sites in June 2024 to prepare for the upcoming wet season.

In addition to monitoring and treatment, the City carried out face-to-face community engagement promoting DoH's Fight the Bite campaign, providing personal repellent and information on preventing mosquito breeding at home and protecting against mosquito bites.

For further information on the City's response to managing mosquito populations and to view the MMP, visit: [my.armadale.wa.gov.au/service/public-health/mosquitoes-rodents-and-other-pests/mosquitoes](https://my.armadale.wa.gov.au/service/public-health/mosquitoes-rodents-and-other-pests/mosquitoes)





## Establishing partnerships to promote healthy lifestyles and raise awareness of health risks

The City has a strong history of establishing partnerships with health promotion organisations to utilise and promote their campaigns locally. By engaging with reputable organisations that have already created evidence based, tested and effective health promotion campaigns, the City has leveraged off well-recognised brands to communicate health promotion messages in our community efficiently and successfully.

Establishing these partnerships and adjusting the relevant health promotion campaigns locally has conserved significant resources, including staff time and Council budget that would have otherwise been spent on creating campaigns from scratch.

### **Mental Health Commission - Alcohol Think Again**

In 2021, in collaboration with the Armadale Canning and Gosnells Local Drug Action Group (ACG LDAG), the City was successful in receiving a STRIVE grant from LDAG Inc to run the Alcohol Think Again 'I need you to say no' campaign, advertising throughout the City to raise awareness of underage drinking.

This campaign was strategically placed throughout Armadale during October and November in the lead up to Leavers to discourage parents, and others, from supplying underage people with alcohol. The advertising was placed on two billboards along Albany Highway and two panels at the Armadale Train Station. It is estimated 46,300+ unique individuals saw the advertising over the four-week campaign.

### **Mentally Healthy WA - Act Belong Commit**

Since 2021, the City has partnered with Mentally Healthy WA, establishing itself as an Act Belong Commit partner to encourage and promote good mental health and wellbeing throughout the community. Mentally Healthy WA's Act Belong Commit campaign is a comprehensive, population wide, community-based, evidence based, preventative mental health promotion campaign.

Act Belong Commit encourages people to take action to improve and protect their mental health and wellbeing at both an individual and community level. Keeping mentally active and healthy is just as important as staying physically healthy.

The City has utilised the Act Belong Commit campaign to encourage and promote good mental health and wellbeing through:

- Distributing Act Belong Commit information and resources,
- Utilising the Act Belong Commit messaging and logo to localise resources and projects such as grow with the flow and acts of kindness and,
- Promoting city programs, projects and events on the act belong commit activity finder.

For further information, visit: [my.armadale.wa.gov.au/service/health-fitness-and-wellbeing/staying-mentally-healthy](https://my.armadale.wa.gov.au/service/health-fitness-and-wellbeing/staying-mentally-healthy)





### Cancer Council WA – SunSmart

In 2022, the City partnered with Cancer Council WA to promote SunSmart messaging in the community to raise awareness of the importance of protecting yourself and your family from skin cancer.

As part of this project, a SunSmart space was installed, complete with a sunscreen kiosk and additional umbrellas, at the Armadale Fitness and Aquatic Centre (AFAC). The kiosk provides free Cancer Council Ultra Sunscreen SPF 50+ sunscreen year-round, encouraging staff, visitors, and patrons to be SunSmart. The kiosk also provides real-time advice on the UV index, giving staff, visitors, and patrons information on when they do and don't need sun

protection, making it easier than ever to be smart about your sun exposure all year.

Data collected on the usage of this kiosk reported that it was the number one used unit in Australia over the 2023 summer.

As part of the City's ongoing commitment to improving health and wellbeing, the City also has a portable kiosk that it uses at events to provide free Cancer Council Ultra Sunscreen SPF 50+ sunscreen.

For further information, visit: [my.armadale.wa.gov.au/service/health-fitness-and-wellbeing/sun-safety](https://my.armadale.wa.gov.au/service/health-fitness-and-wellbeing/sun-safety)



### Cancer Council WA – LiveLighter®

Since 2022, the City has partnered with Cancer Council WA once again to encourage healthy lifestyles in our community by promoting the LiveLighter® campaign. LiveLighter® is a public health education campaign aiming to help people eat well, be physically active, and avoid excess weight gain.

Working with the LiveLighter® team, the City raised awareness of healthy eating through promoting the colourful Eat Brighter advertisements in our City. Three City billboards used to advertise the LiveLighter® campaign and social media channels were utilised to extend the project messaging. From 29 August – 16 December 2022, over 620,820 vehicles and 420 bikes exposed to the billboard advertisements.

To increase the reach of the LiveLighter® campaign and Eat Brighter advertisements, a competition was run to generate interest and celebrate the partnership. For a two-week period, free LiveLighter® Summer Recipes Version 2 booklets were also available to collect from various City facilities with 660 booklets collected during this period.

The City has also signed a copyright agreement with LiveLighter® to reproduce and distribute materials and resources, such as recipe books, in our community.

For further information, visit: [my.armadale.wa.gov.au/service/health-fitness-and-wellbeing/eating-for-health/livelighter-partnership](https://my.armadale.wa.gov.au/service/health-fitness-and-wellbeing/eating-for-health/livelighter-partnership)



# Glossary

AFAC	Armadale Fitness and Aquatic Centre
AYAC	Armadale Youth Advisory Council
BRMP	Bushfire Risk Management Plan
BAP	Business Area Plan
CBD	Central Business District
CEO	Chief Executive Officer
CHWP	Community Health and Wellbeing Plan
CLAG	Contiguous Local Authorities Group
DPLH	Department Planning, Lands and Heritage
DOH	Department of Health
DWER	Department of Water and Environmental Regulation
EHEMSP	Environmental Health Emergency Management Support Plan
ITS	Integrated Transport Strategy
KPI	Key Performance Indicator
LBP	Local Bike Plan
LEMC	Local Emergency Management Committee
LEMA	Local Emergency Management Arrangements
MAG	Multicultural Advisory Group
MMP	Mosquito Management Plan
NCN	Neighbourhood Connections Network
RAP	Reconciliation Action Plan
SEIFA	Socio-Economic Index for Areas
WA	Western Australia
WA Plan	State Public Health Plan for Western Australia 2024 – 2029 objectives and priorities
TPS	Town Planning Scheme
WAPC	WA Planning Commission
WHO	World Health Organization





# References

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<sup>5</sup> World Health Organization (2021). *Social determinants*. Retrieved from: [https://www.who.int/health-topics/social-determinants-of-health#tab=tab\\_1](https://www.who.int/health-topics/social-determinants-of-health#tab=tab_1)

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<sup>8</sup> Department of Health (2021). *National Preventive Health Strategy 2021 – 2030*. Department of Health, Canberra ACT.

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<sup>13</sup> ID Community (2024). *City of Armadale community profile*. Retrieved from: <https://profile.id.com.au/armadale/long-term-health>

<sup>14</sup> East Metropolitan Health Service (2023). *City of Armadale Community Health Profile 2023*. EMHS, Department of Health, Perth WA.





