

Incorporating nutrition and food security actions into Public Health Plans: a City of Armadale perspective

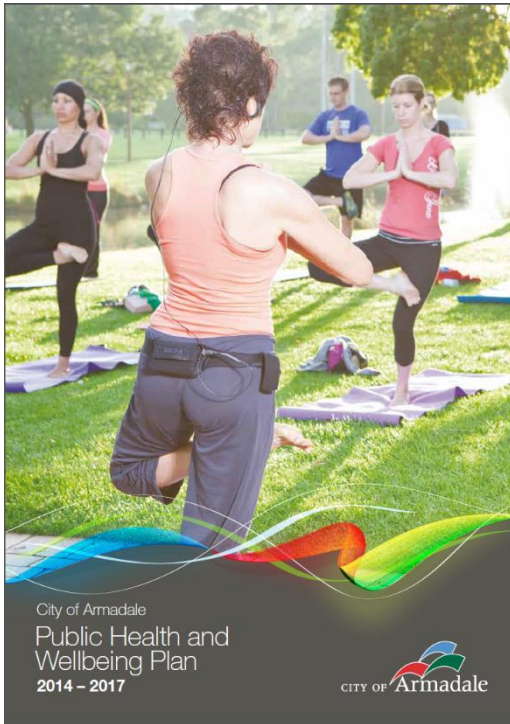
Kirsten Beckingham, Community Health and Wellbeing Officer



Acknowledgement



City of Armadale Public Health Plans



Community Health
and Wellbeing Plan
2021-2024



**Community
Health and
Wellbeing Plan
2025 – 2030 –
coming soon!**

For more information, visit: <https://my.armadale.wa.gov.au/service/health-fitness-and-wellbeing/community-health-and-wellbeing-plan>

Nutrition and food security case studies and examples



Action Number	Action	Expected outcome	Measure
Strategy 11.1.1 Increase opportunities and support available for residents to incorporate healthier food choices into their lifestyles.			
11.1.1.1	Link with appropriate local, state and federal health promotion bodies/campaigns to increase community awareness of health risks and opportunities to adopt healthy lifestyles.	<ul style="list-style-type: none"> Partnerships established with key organisations to locally administer campaigns/initiatives. Initiatives implemented to meet identified community need and messages promoted through appropriate City mechanisms. 	<ul style="list-style-type: none"> Number of partnerships established. Number of initiatives implemented. Campaign reach of materials.

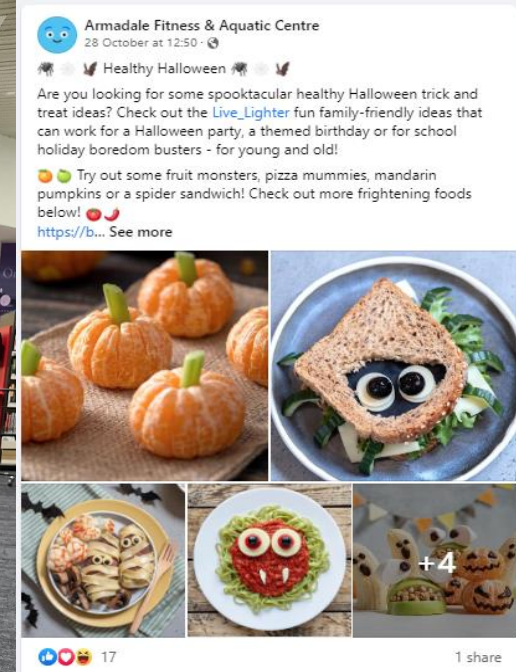
Strategy Empower and enable people to live healthy lifestyles by providing opportunities to develop their knowledge and skills.					
Outcome	Action	Measure	Timeframe	Resource implication	Corporate Business Plan Alignment
Promote healthy lifestyles and raise awareness of health risks by disseminating evidence-based local, state and/or federal health messages and resources.	<ul style="list-style-type: none"> Continue to strengthen or renew existing partnerships and seek opportunities to develop new partnerships. Deliver projects which promote healthy lifestyles and/or raise awareness of health risks. Continue to promote and encourage healthy lifestyle messages in the community through continuing to provide the Blender Bikes for hire. 	<ul style="list-style-type: none"> Number of established and new partnerships Number of projects delivered Blender Bike evaluation: <ul style="list-style-type: none"> Number of smoothies made Number of organisations who hired the bike, Number of events the bikes were operated at, Feedback received through post evaluation survey. 	<ul style="list-style-type: none"> 2025/2026 2026/2027 2027/2028 2028/2029 2029/2030 		1.2.4



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

Cancer Council WA – LiveLighter®





Eat Brighter, Live Lighter project evaluation 2022



- 3 billboard advertisements.
- 29 August – 16 December 2022, over 620,820 vehicles and 420 bikes exposed to the billboard advertisements.



- Online competition was run to increase reach and community engagement, with 39 responses received.
- 660 free LiveLighter® recipe books were collected over a two-week period from City facilities.

For more information on the City's partnerships, visit: <https://my.armadale.wa.gov.au/service/health-fitness-and-wellbeing/eating-for-health/livelighter-partnership>



CHWP 2021 - 2024

11.3.3.2	City of Armadale to continue to support and deliver initiatives that ensure healthy food is accessible, affordable and available to the community.	<ul style="list-style-type: none"> • Continue to coordinate and deliver the Food Security Program at the Champion Centre. • Maintain the partnership with Foodbank WA to enable the Mobile Foodbank van to visit the Champion Centre and Armadale Arena locations weekly to ensure healthy and affordable food is available to the community. 	<ul style="list-style-type: none"> • Weekly average number of people accessing food security program. • Weekly average of produce and bread provided to the community. • Number of people accessing the Mobile Foodbank van.
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CHWP 2025 – 2030

Continue to support and deliver initiatives that ensure healthy food is accessible, affordable and available to the community.	<ul style="list-style-type: none"> • 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. • 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 	<ul style="list-style-type: none"> • Weekly average number of people accessing food security program. • Weekly estimated weight of food diverted from landfill. • Number of weekly visits of Foodbank WA van to Armadale Recreation Centre and Champion Centre. • Number of hardcopy directories distributed annually. <p>(Reported on annually in Community Development Strategy Report to Council)</p>	<ul style="list-style-type: none"> • 2025/2026 • 2026/2027 • 2027/2028 • 2028/2029 • 2029/2030 	1.2.4 & 1.4.4	Health Services and Community Development
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	<p>available to the community.</p> <ul style="list-style-type: none"> • Update, publish and distribute the Hardship Resource Directory including information on local food security programs. 					
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Improving food security: Koort Marrakool Project



Food Security Program

Quick stats



- Program run in partnership with Aldi and Coles with volunteers picking up excess fruit, vegetables and other grocery items five days a week.
- Approx. 4,000 – 5,000kg of food cycles through the Champion Centre each month.
- On average, 250 people are accessing food and emergency relief every week.



Acts of Kindness Christmas Appeal





CHRISTMAS FOOD APPEAL



164KG

**DONATIONS
RECEIVED**



**THESE DONATIONS SUPPORTED CROSSWAYS
TO PROVIDE FOOD PACKS TO**

150

FAMILIES



Community Health and Wellbeing Plan 2025 - 2030

Strategy
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
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"> Continue to strengthen or renew existing partnerships and seek opportunities to develop new partnerships. Deliver projects which promote healthy lifestyles and/or raise awareness of health risks. Continue to promote and encourage healthy lifestyle messages in the community through continuing to provide the Blender Bikes for hire. 	<ul style="list-style-type: none"> Number of established and new partnerships Number of projects delivered Blender Bike evaluation: <ul style="list-style-type: none"> Number of smoothies made Number of organisations who hired the bike, Number of events the bikes were operated at, Feedback received through post evaluation survey. 	<ul style="list-style-type: none"> 2025/2026 2026/2027 2027/2028 2028/2029 2029/2030 		1.2.4	Health Services



Promoting healthy food environments: Blender Bike





Blender Bike evaluation

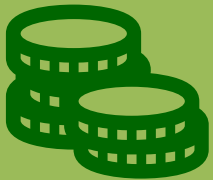
2019/20 – 2023/24



Hired 118 times for events in and outside the City.



10,633 healthy smoothies made and handed out.



\$660 raised among 6 hirers who used the Blender Bike as a fundraising activity.

For more information on the City's Blender Bike, visit: <https://my.armadale.wa.gov.au/service/health-fitness-and-wellbeing/eating-for-health/blender-bike>

11.1.1.5	Develop a healthy catering policy to increase access and availability of healthy food and drink options and choices for City meetings, venues, events and community activities.	<ul style="list-style-type: none"> Catering policy is advertised for public comment and adopted by Council, raising awareness of the City's commitments to supporting healthy lifestyles. 	<ul style="list-style-type: none"> Increase in number of caterers, suppliers and food providers to comply with catering policy. Number of Council events/meetings adhering to policy.
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Promote environments that support and	<ul style="list-style-type: none"> Increase access to and availability of health food and drink options and choices 	<ul style="list-style-type: none"> Compliance with policy. Feedback received regarding policy. 	<ul style="list-style-type: none"> 2025/2026 2026/2027 2027/2028 2028/2029
encourage healthy eating.	<p>at City meetings, activities, programs, and events through the implementation of the Healthy Food and Drink Policy.</p> <ul style="list-style-type: none"> Commence review of Healthy Food and Drink Policy in 2028/2029. Install signage promoting healthy eating in City facilities. 	<ul style="list-style-type: none"> Healthy Food and Drink Policy reviewed every three years and any relevant changes are progressed and endorsed by Council. Signage selected and installed in City facilities. 	<ul style="list-style-type: none"> 2029/2030



Healthy Food and Drink Policy

- Policy endorsed in 2024
- Implementation to commence in 2025, once the City's Community Health and Wellbeing Plan project is completed.
- For more information visit:
<https://my.armadale.wa.gov.au/service/about-council/publications-and-governance/delegations-and-council-policies>

POLICY **HEALTHY FOOD AND DRINK**



ASPIRATION	Community
RESPONSIBLE DIRECTORATE	Development Services
RESPONSIBLE BUSINESS UNIT	Health Services
RELEVANT LEGISLATION	Public Health Act 2016 & Work Health Safety Act 2020

1. Objective

This policy seeks to:

- Promote and normalise safe, healthy, and supportive environments in which healthy food and drink options are valued and encouraged.
- Support the health of staff and community, by ensuring healthy food and drink options are provided when City funds are being used to purchase and provide catering.
- Provide workplace and community leadership by protecting and promoting staff and community health and wellbeing.

2. Scope

This policy applies to food and drinks purchased using City funds, including those:

- Available at public events, organised or hosted by or within the City.
- Purchased or funded by the City for rewards, incentives, gifts, prizes and giveaways offered to staff and/or community.
- Purchased as part of City funded community grants and/or service agreements.
- In vending machines owned by the City or located on City owned land, property and/or facilities.
- Sold by food businesses that lease City owned land, property and/or facilities.
- Provided by food businesses and/or their services that are purchased or contracted by the City.

This policy does not apply to meals served in conjunction with Committee and Council meetings.

Nutrition in Schools funding



CHWP 2021 – 2024

11.1.1.2	Support local schools to implement initiatives that promote healthy eating and physical activity.	<ul style="list-style-type: none"> • Assist public schools Parents' & Citizens' Associations servicing vulnerable populations to provide children with a healthy meal to support their learning and education. • Aim to reduce traffic related issues at new schools within the City and encourage incorporating daily physical activity by supporting schools to sign up to the Department of Transport's Your Move program. • Local schools linked with WA School Canteen Association (WASCA) to provide healthy food options to young children. • Work with external providers to implement food access and literacy activities and programs, as requested (e.g. school breakfast programs/ crunch and sip in identified schools). • Prioritise colocating new schools with Public Open Space (POS) to encourage physical activity in children and shared use. 	<ul style="list-style-type: none"> • Number of school Parents' & Citizens' Associations receiving assistance. • Number of schools signed up to Your Move program and relevant active transport events and projects undertaken at each identified school. • Number of schools linked with WASCA. • Number of food literacy and access activities and programs being offered and delivered to local schools, including feedback received and the number of participants. • Number of schools with co-located POS.
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Support and build capacity with priority populations by identifying and responding to areas of concerns through inclusive practices.	<p>Continue to respond to the City's identified Social Priorities by:</p> <p>Advertising, assessing and awarding Service Agreements to providers to address the identified social priorities through the delivery of programs and services in the City.</p> <p>Continue to implement the actions outlined in the Community Development Strategy 2021 – 2026 to ensure:</p> <ul style="list-style-type: none"> - 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. - Nutrition in Schools funding is available to assist schools 	<ul style="list-style-type: none"> • Number of Service Agreements received and awarded • Total funds provided for Service Agreements • Reported outcomes from awarded Service Agreements • Number of volunteer member agencies • Number of expressions of interest received from volunteers • Number of referrals made to member agencies • Number of one-on-one volunteer and organisation consultations • Number of attendees at Volunteer Recognition events • Number of Nutrition in Schools applications received and awarded 	<ul style="list-style-type: none"> • 2025/2026 • 2026/2027 • 2027/2028 • 2028/2029 • 2029/2030 		1.1.3, 1.2.1, 1.2.2, 1.4.1 &1.4.4	Community Development
	<p>within the City with their school nutrition or breakfast club program.</p> <ul style="list-style-type: none"> - Financial assistance is available to support individuals and community groups through the administration and award of Community Grants, scholarships, and donations. - Projects, programs and initiatives that address the City's Social Priorities are delivered. - The Multicultural Advisory Group (MAG), Neighbourhood Connections Network (NCN) and Armadale Youth Advisory Council (AYAC) continue to be coordinated. 	<ul style="list-style-type: none"> • Total Nutrition in Schools funds awarded • Number of scholarships and donations received and awarded • Total scholarship and donation funds awarded • Number of Community Grants received and awarded • Total Community Grant funds awarded • Number of projects/initiatives delivered • Number of members of the MAG, AYAC, and NCN • Number of meetings held per year for MAG, AYAC, and NCN <p>(Reported on annually in Social Priorities Progress Report to Council and Armadale Volunteer Services Report to Department of Communities)</p>				

Nutrition related programming



11.1.1.3	Support and encourage residents to incorporate healthier food choices into their diet.	<ul style="list-style-type: none"> • External funding secured through grants and partnership development to deliver nutritional literacy activities and programs. 	<ul style="list-style-type: none"> • External funding sources secured. • Number of activities and/or programs delivered and relevant participation data and feedback received. • Number of vulnerable people reached with the programs.
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Provide opportunities for residents to improve their health literacy, develop new skills, enhance behaviours and create social connections.	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Number of workshops, courses and programs delivered • Attendance numbers • Feedback received about workshops, courses and programs offered • Number of Health newsletter subscribers 	<ul style="list-style-type: none"> • 2025/2026 • 2026/2027 • 2027/2028 • 2028/2029 • 2029/2030 	
	<p>and wellbeing evidence-based workshops, courses and programs which are responsive to community need.</p> <ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Health newsletter analytics 		

Thank you for your time!

