



Government of **Western Australia**
North Metropolitan Health Service
Mental Health, Public Health and Dental Services

North Metropolitan Health Service Local Government Network

Public health planning

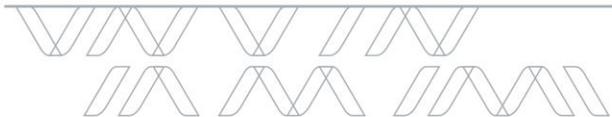
Wednesday 16 October 2024
Stirling Room, City of Stirling



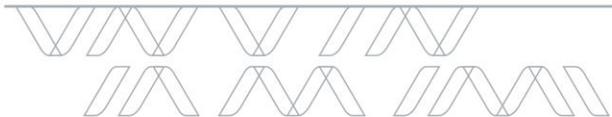
Acknowledgement of Country

We acknowledge the Noongar people as the traditional owners and custodians of the land on which we work, and pay respect to their elders both past and present.

North Metropolitan Health Service recognises, respects and values Aboriginal cultures as we walk a new path together.



Housekeeping



Agenda

9:30 **Welcome**
Krista Coward

9:35 **The NMHS Guide**
Assunta Di Francesco

9:45 **Icebreaker Activity**

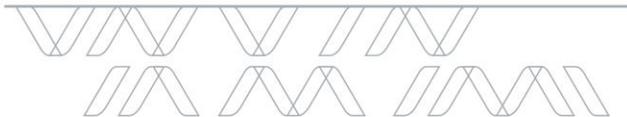
9:55 **Public Health Strategies**
Shani Toki, Michael Clow, Amy Barton, Lara Sheehan

10:15 **City of Nedlands, Engaging A Consultant**
Andrew Melville, Billy Leung

10:35 **Open Forum**

10:47 **Closing Comments**
Krista Coward and Assunta Di Francesco

10:57 **Networking and Morning Tea**



Health Promotion Service: about us

Krista Coward, Manager Health Promotion
Mental Health, Public Health and Dental Services
North Metropolitan Health Service



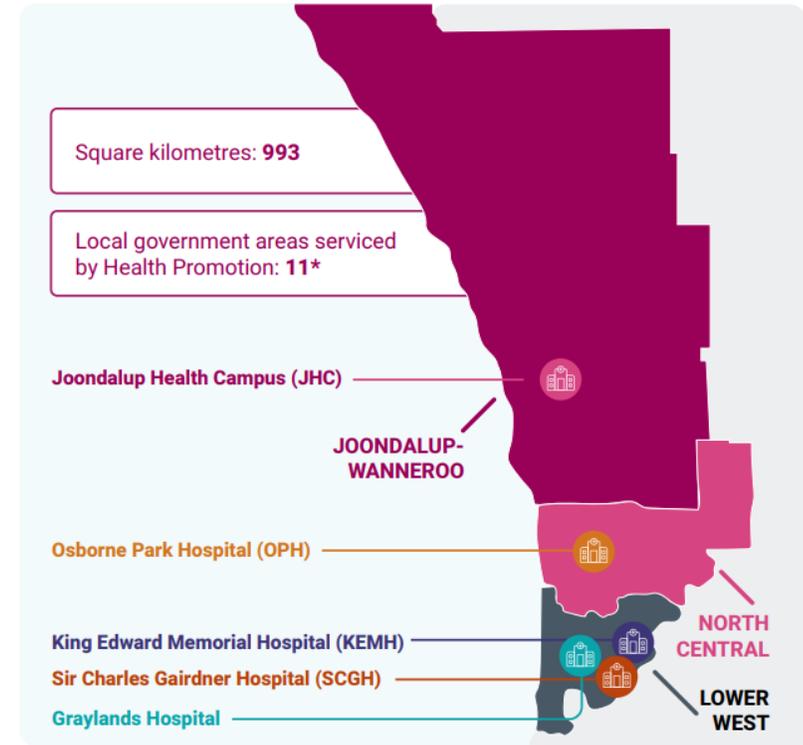
Health Promotion Service

Work across the north metropolitan area

Partner with agencies and community to support our population to experience the best possible health, wellbeing and quality of life

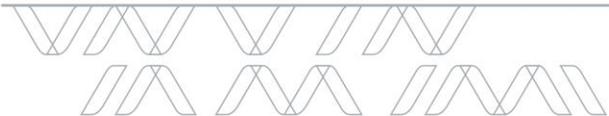
Focus on reducing the main lifestyle risk factors causing the greatest burden of disease:

- tobacco smoking
- poor diet
- overweight and obesity
- harmful levels of alcohol use
- physical inactivity
- injury



* Cambridge, Claremont, Cottesloe, Joondalup, Mosman Park, Nedlands, Peppermint Grove, Stirling, Subiaco, Wanneroo and Vincent.

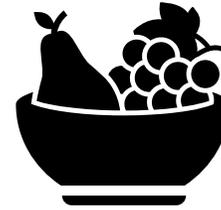
Total population: 736,907 people



NMHS health and wellbeing data



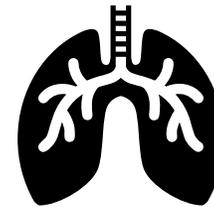
90% adults ate less than five serves of vegetables daily



59% adults ate less than two serves of fruit daily



36% adults were not active enough



12% adults currently smoke



31% adults drank alcohol at high risk levels for long-term health



12% adults drank alcohol at high risk levels for short-term health

Source: Epidemiology Directorate, (2024). North Metropolitan Health Service Adult Health Profile, 2022, HWSS, WA Department of Health: Perth.



Healthy Population Program Public Health Planning: Development Guide

Assunta Di Francesco, Health Promotion Coordinator
Mental Health, Public Health and Dental Services
North Metropolitan Health Service



Healthy Population Program

We partner with local governments and other agencies to develop interventions that support healthy lifestyles across the whole population.



Agreed roles and responsibilities



Government of **Western Australia**
Department of **Health**

Effective from: 10 July 2020

Agreed roles and responsibilities for the provision of public health planning support to local government; Part 5, *Public Health Act 2016*

1. Purpose

The Public and Aboriginal Health Division (PAHD) has a leadership role in supporting and facilitating the Health Service Providers (HSPs) to support local governments with the public health planning process required under Part 5 of the *Public Health Act 2016*.

The purpose of this "*Roles and responsibilities for the provision of public health planning support to local government*" document is to:

- establish clear roles and responsibilities of the PAHD and the population-wide primary prevention services of each HSP to ensure support is provided to local government who initiate the development of their public health plans in accordance with Part 5 of the *Public Health Act 2016*
- maintain a coordinated and integrated approach to public health planning between the PAHD and the HSPs to ensure consistency of information and to minimise duplication
- provide assurance to local government on the services and support provided by the PAHD and HSPs.

This document supports consistency and linkages across the WA Health system, in the governance, development and management of services aimed at promoting public health planning. This document was developed collaboratively by the Chief Health Officer of the PAHD and the Chief Executives of each HSP.

2. Roles and responsibilities

WA Health system wide support

Public health planning provides a significant opportunity for the WA Health system to provide leadership and guide the public health planning process across WA.

The establishment of public health partnerships is a key requirement of section 45(e) of the *Public Health Act 2016*, and provides an opportunity for the WA Health system to broaden our relationship with local governments and collaborate more effectively to influence the determinants of health.

Partnerships aim to:





Government of Western Australia
North Metropolitan Health Service
Mental Health, Public Health and Dental Services

North Metropolitan Health Service Public Health Planning: Development Guide

A guide outlining the support North Metropolitan Health Service can provide north metropolitan local governments in public health planning.

October 2024

nmhs.health.wa.gov.au

One team, many dreams.

Care / Respect / Innovation / Teamwork / Integrity



Thank you

John Steyntjes, City of Wanneroo

Caroline Dewey, City of Vincent

Aisling Green and Kerry Shaw, Town of Mosman Park

Andrew Melville and Billy Leung, City of Nedlands

Peter Erceg, South Metropolitan Health Service

Haylee Bullock, formerly North Metropolitan Health Service

Western Australia Public Health Planning Reference Group

NMHS Health Promotion Service

Stages in the guide



1.1. Establish the governance mechanisms

Key personnel

- Appoint a senior manager and/or executive leader to drive the development of the PHP and gain support from your chief executive officer.
- Appoint a project coordinator to develop the PHP and to manage the community engagement and communication activities.
- Establish an advisory group with broad business unit representation to ensure whole of LGA support and engagement throughout development of the PHP.

Resourcing

Identify what human and financial resources are available and/or needed. For example:

- What budget has been or needs to be allocated?
- Will your LGA utilise an existing staff member, create and fill a new position or hire a consultant?
- How will a project coordinator be appointed?
- What is the timeframe for commencement and completion?
- What events and communication channels are available for community engagement?
- What community groups and stakeholder organisations need to be involved and/or can assist with community engagement?

How we can support you

Work with you to develop a briefing note encouraging executive approval and support of the public health process.

Present the public health planning process and requirements, as outlined in the Public Health Act 2016, to your executive.

Provide public health planning support and advice, formalised through a Letter of Agreement or Memorandum of Understanding*.

Provide guidance to develop a consultancy brief.

Provide an editable position description form template to ensure suitability and experience for public health planning and project management.

Provide an editable terms of reference template for the advisory group.

Participate on the advisory group.

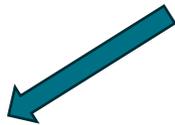
Executive lead



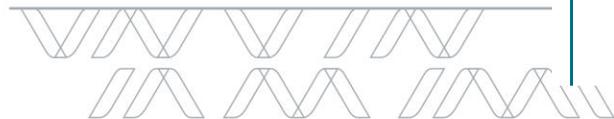
What are your resources?



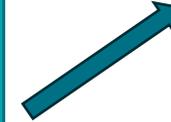
Consultant or staff?



Advisory group



NMHS support



Editable templates



Participate on advisory group





Position Title	Senior Public Health Officer
Award	
Level	
Directorate	
Section	
Reporting to	
Positions under Direct Supervision	
Positions under Indirect Supervision	

LGA Organisational Values:

- For example:
- **Care:** We show empathy, kindness, and compassion to all
- **Respect:** We are inclusive of other and treat everyone with courtesy and dignity

Overall objectives of the position:

The objective of this position is to lead the development of the **[insert LGA name]** Public Health Plan and provide project support for Health Services, to promote the wellbeing and health of the community.

Selection Criteria:

1. Knowledge and Skills:

- In depth knowledge of public and environmental health.
- Highly developed interpersonal, written, and verbal communication skills.
- Ability to collaborate, engage stakeholders and form key partnerships.
- Capacity to effectively project manage and handle conflicting work demands.
- Ability to lead and work in a team environment.
- Developed analytical, report writing and evaluation skills.

2. Experience:

- Demonstrated experience in public health, including the ability to draft and implement public health plans, programs, strategies and/or campaigns.
- Experience in projects, stakeholder engagement and managing effective partnerships.

[Insert Local Government] Public Health Plan Advisory Group

Terms of Reference

1. Purpose

[Insert Local Government] Public Health Plan Advisory Group is established to facilitate the development and implementation of [Insert Local Government] Public Health Plan that aims to take a proactive approach to preventative health, with the focus being on achieving long-term improvements to public health outcomes. The Public Health Plan must be consistent with the State Public Health Plan.

2. Background

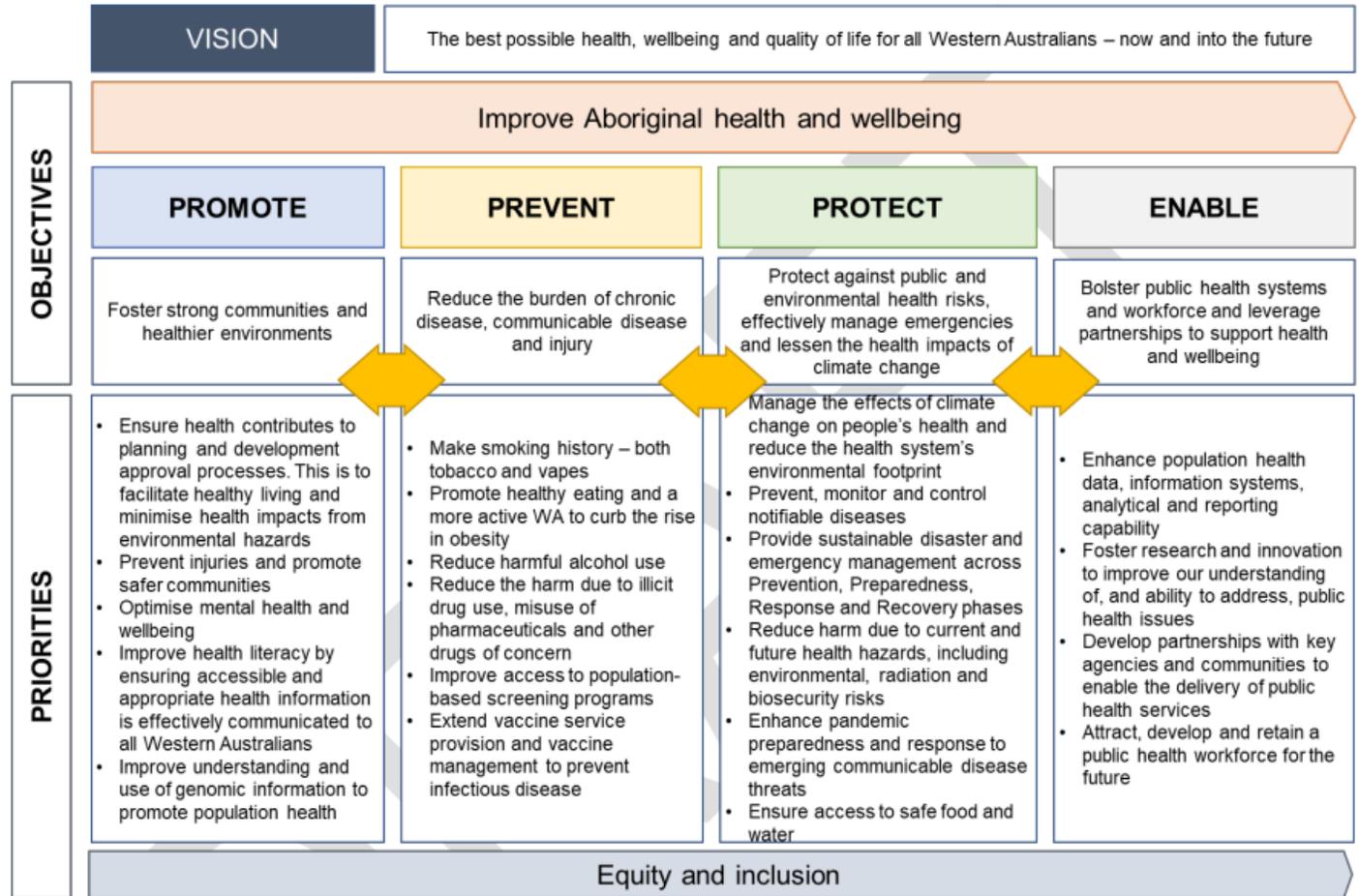
As directed by the WA Public Health Act 2016 Part 5, Section 45 of the Act requires Local Governments to have a published Public Health Plan by 4 June 2026.

A local public health plan must:

- identify the public health needs of the local government district; and
- include an examination of data relating to health status and health determinants in the local government district; and
- establish objectives and policy priorities for —
 - the promotion, improvement and protection of public health in the local government district; and
 - the development and delivery of public health services in the local government district; and
- identify how, based on available evidence, the objectives and policy priorities referred to in paragraph (c) are proposed to be achieved; and
- describe how the local government proposes to work with the Chief Health Officer and other bodies undertaking public health initiatives, projects and programmes to achieve the objectives and policy priorities referred to in paragraph (c); and
- include a strategic framework for the identification, evaluation and management of public health risks in the local government district and any other matters relating to public health risks in the local government district —
 - that the local government considers appropriate to include in the plan; or
 - that are required to be included in the plan by the Chief Health Officer or the regulations; and
- include a report, in accordance with the regulations, on the performance by the local government of its functions under this Act.

How we can support public health planning

- Health lens over existing work
- Provide guidance on health and wellbeing priorities
- **Advise on health promoting actions**
- Ensure consistency with the State Public Health Plan
- Facilitate connections
- Editable templates
- Letter of agreement



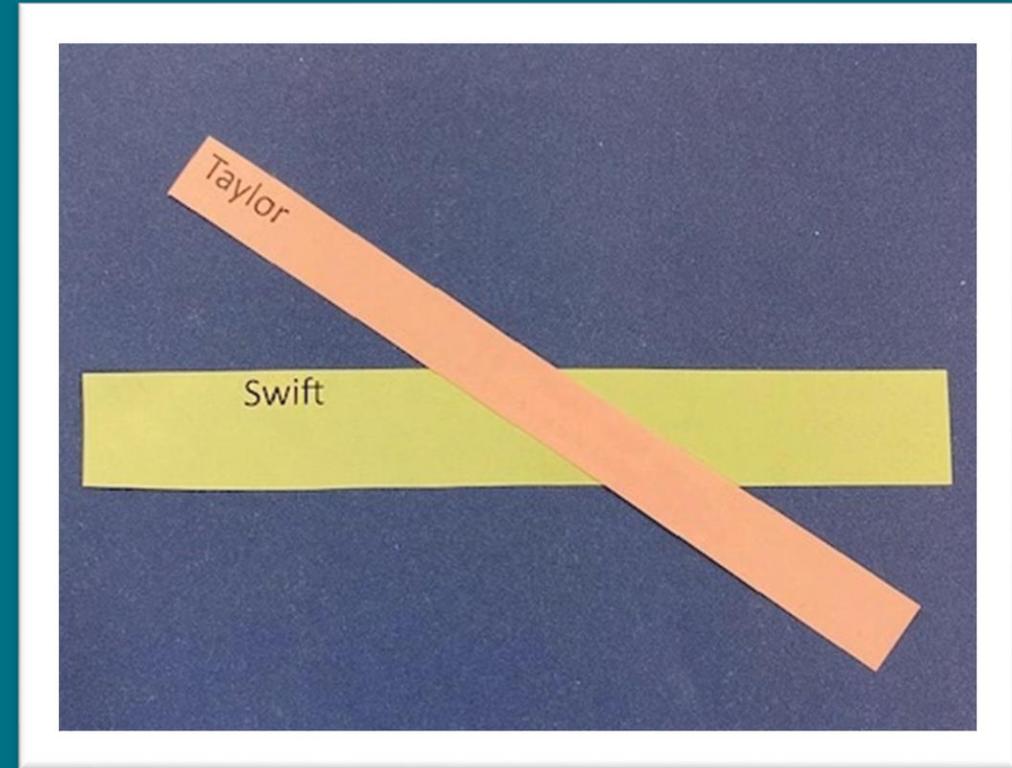
Ice-breaker

Amy Barton

Health Promotion Officer

Instructions:

1. Find your pair: pink is the celebrity's first name, green is their last name.
2. Once you have found your pair ask and answer the questions on the back.



Ice-breaker questions

1. What is your hidden talent?
2. What is something you enjoy in your current role?



Meet the team and health promoting actions

- Actions for consideration
- Actions your council may be doing already
- Our support





Smoking and vaping

Shani Toki
Health Promotion Officer

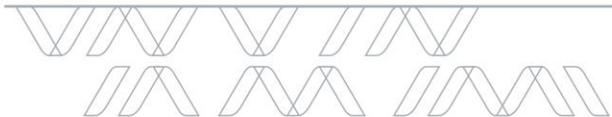


Case study: City of Vincent Smoke Free Town Centres

- Smoke-free Local Law and Policies
- Healthway funded
- Engaged business owners
- Education campaign
- Community survey: 88% support
- Cigarette smoking reduced by 42%



City of Vincent Smoke Free Launch, 2022

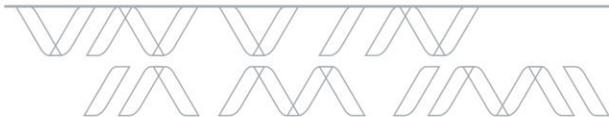


Case study: Smoke and Vape Free Mirrabooka Project

- Promote smoke and vape-free public spaces
- Signage and audio-based health intervention
- Artwork competition
- Increase awareness and health literacy

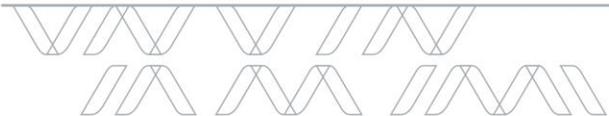


SVFMP artwork competition flyer



Tobacco strategies – simpler wins

- Instal smoke-free signage which includes e-cigarettes
- Promote smoke-free council run festivals and events
- Promote council staff access to quitting information such as [Make Smoking History](#)
- Promote [Quitline](#) and [smoke-free resources](#) for homes and cars in local government communications to community.





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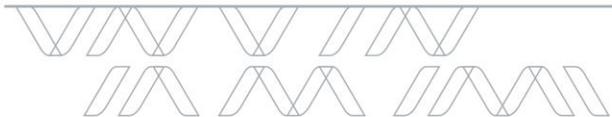
Healthy Eating

Michael Clow
Public Health Nutritionist



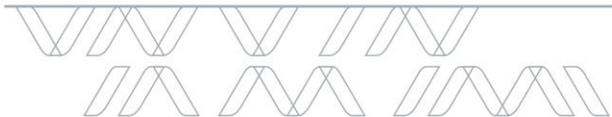
Supporting Healthy Eating - Business-As-Usual

- Free drinking water fountains.
- Community gardens
- Food procurement or food service strategies (e.g. catering guidelines)
- Nutrition education sessions (e.g. Foodbank “Nom”)



Business-As-Usual - Value Adds

- Free drinking water fountains
 - Increase wayfinding / promotion
 - introducing planned maintenance
 - Community engagement
- Community gardens
 - Verge gardens
 - community pantries
 - seedbanks
- Food procurement or food service strategies
 - Catering, community events
- Nutrition education
 - Catering staff, event organisers and those developing Public Health Plans





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Alcohol

Amy Barton
Health Promotion Officer



Supply Reduction

- Alcohol-free local events
- Develop and enforce alcohol policies
- Community relationships
- Take action - licensed premise applications of concern
- Town Planning mechanisms



Mosman Park, Sunset Eats –
Alcohol-free event



Demand Reduction

- Internal workplace alcohol policy
- Promote state-wide and national alcohol campaigns
- Alcohol management strategies - council owned buildings
- Sponsorship policy
- Advertising on local government assets

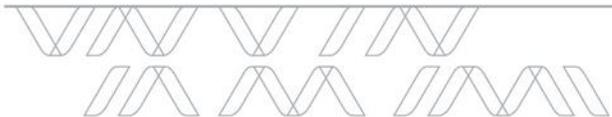


alcoholthinkagain



Social Harm Reduction

- Signage alcohol free zones
- Local Laws for public spaces
- Promote school programs
- Definition of Events – Liquor licenses
- Set the number of large events



Case study: Stirling Local Drug Action Team

Alcohol Action Plan (in progress)

Three community and stakeholder workshops

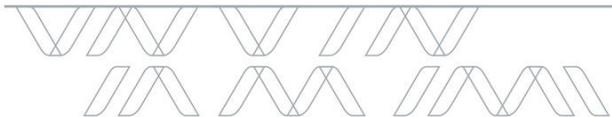
- Workshop 1 - Priorities
- Workshop 2 - Objectives
- Workshop 3 - Strategies

Priority Areas identified

- Alcohol, Young People and Families
- Alcohol in the community Setting
- Vaping and Young People



City of Stirling and NMHS SLDAT members





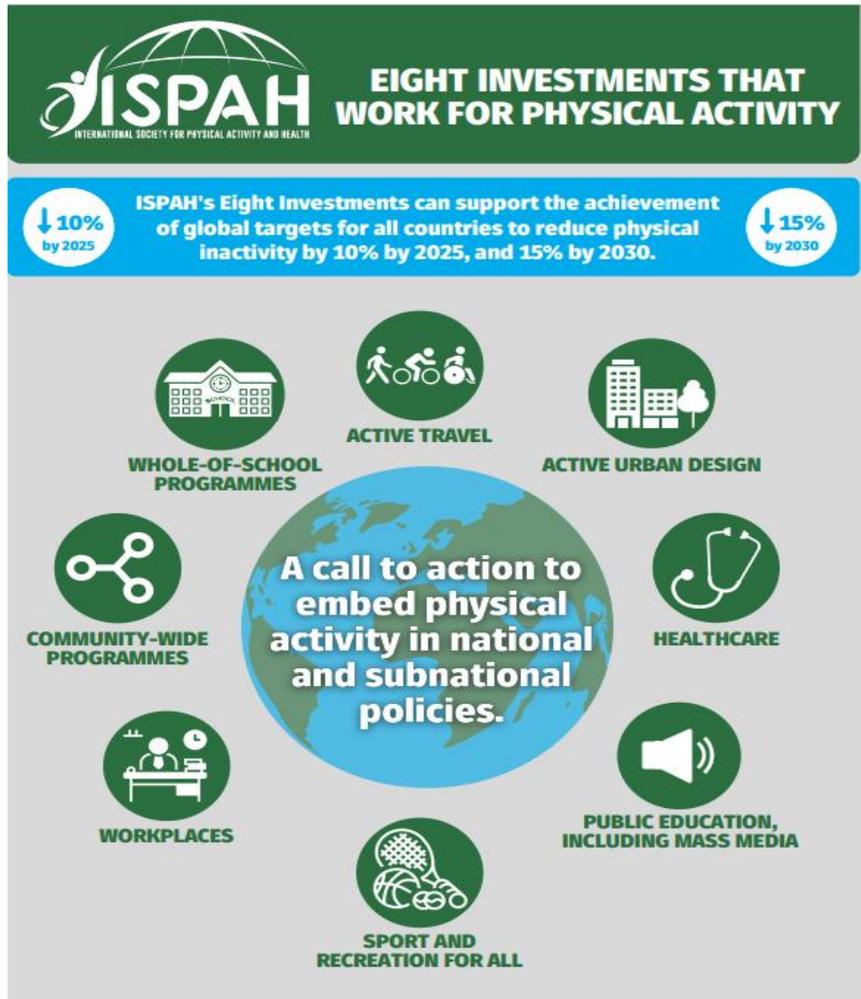
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Physical Activity

Lara Sheehan
Health Promotion Officer



Physical Activity – Key Investments



Target: Reduce physical inactivity levels by 15% by 2030

Call to Action: Embed and integrate physical activity

Comprehensive: Multiple settings and strategies over time

Create supportive environments to promote active...

- **Communities**
- **People**
- **Settings**
 - ✓ Parks / Public Open Spaces
 - ✓ Streetscapes
 - ✓ Schools
 - ✓ Sport and Recreation Facilities
 - ✓ Workplaces

Duncraig Adventure Hub

Percy Doyle Reserve



City of Joondalup

Physical Activity - Strategies

1. Act, Belong Commit:

Curtin University - Mentally Healthy WA

2. Active Transport:

WA Active Travel Strategy – DOT

3. Building Infrastructure and Urban Planning:

Local Government Authorities

4. Healthy Active By Design:

Heart Foundation of Australia

5. Healthy Streets:

Lucy Saunders, UK Director / Founder

Case Study

Healthy Streets Project Broome and Marmion Streets



Town of Cottesloe



Broome Street - Eric to Grant

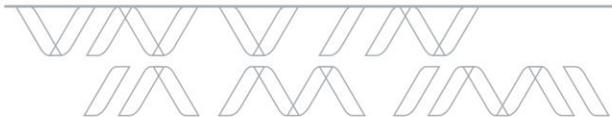
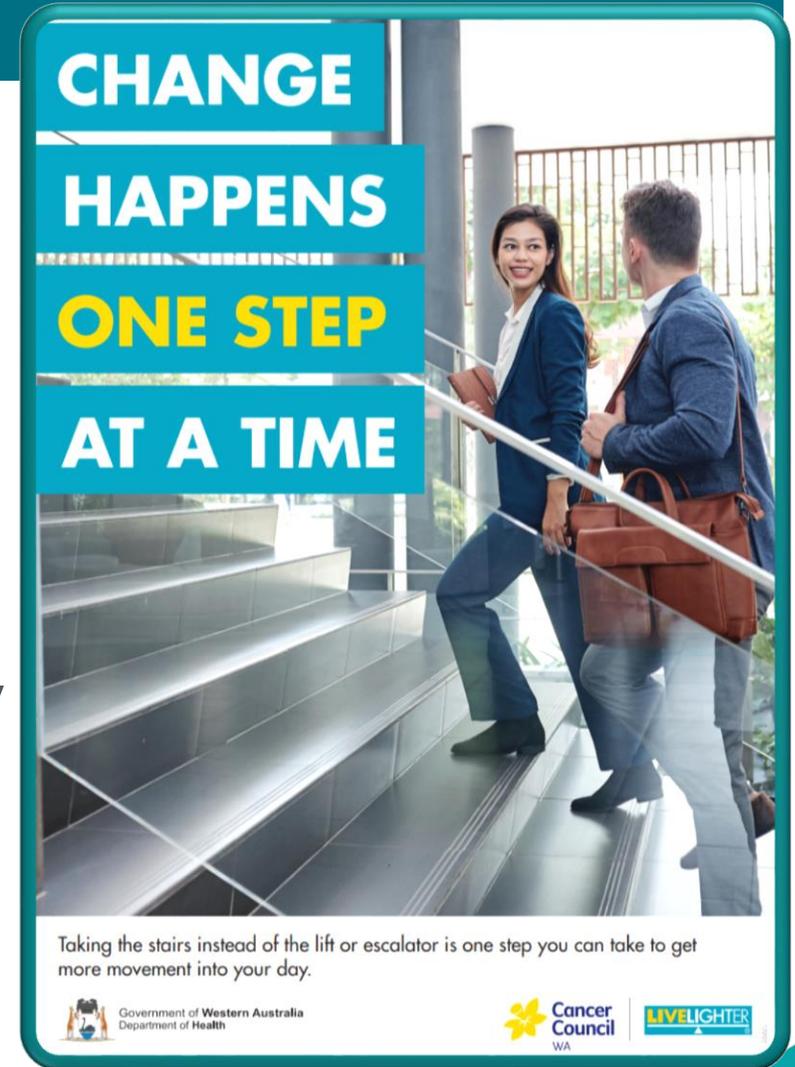
Design Check Key Findings

© Lucy Saunders, healthystreets.com



Physical Activity- Strategies

- 6. Live Lighter - Move More Campaign:** Cancer Council WA
- 7. Your Move Program:** Department of Transport
- 8. Walking Clubs / Groups:** Heart Foundation
- 9. Workplace Policy:** Occupational Health and Safety
 - ✓ Safe Active Travel
 - ✓ Bike Racks
 - ✓ Shower Facilities
 - ✓ Sit / Stand Desks
 - ✓ Stretch Breaks
 - ✓ Staff Fitness and Walking



Updates

Vaping and tobacco seminar

EMHS and NMHS

Wednesday 27 November 2024 at City of Vincent



Evaluation

Thank you for attending.

Please complete the following survey to help inform our evaluation.



Closing comments

Contact

nmhshealthpromotion@health.wa.gov.au

Assunta Di Francesco

assunta.difrancesco@health.wa.gov.au

*Thank
You*



Networking and morning tea

