



Stonnington Health and Wellbeing Plan 2021–2025



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Purpose



The purpose of the Stonnington Health and Wellbeing Plan (the Plan) is to identify the health and wellbeing needs of our community and provide strategic guidance to Council and its partners about how we respond to these needs.

While the Plan is prepared by Council, improving health outcomes requires a collective and sustained effort from all levels of government, non-government organisations, businesses, health professionals, communities, families, and individuals.

The Plan outlines the vision and priorities for improving and promoting the health and wellbeing of our community over the next four years, identifies the outcomes we want to see in the community, what we will focus upon, and who we will work with to achieve these outcomes.

A message from Council



We are excited to present the Stonnington Health and Wellbeing Plan 2021–2025.

This plan demonstrates how we will support the Stonnington community to lead healthy, happy and fulfilled lives, recognising that good health is far broader than being free from disease. Good health is about physical, mental, and social wellbeing.

We know that when our community has good health and wellbeing, they can live happy, fulfilled, and meaningful lives, and so planning activities for how we can improve and promote health and wellbeing in our community is an integral part of our role as Council. It underpins the Stonnington Community Vision 2040, the Council Plan 2021–2025, and all planning by Council.

We look forward to working with our partners and our community to increase the health and wellbeing of everyone in Stonnington.

Acknowledgement of Traditional Custodians



The City of Stonnington acknowledges that we are on the Traditional Lands of the Wurundjeri Woi Wurrung and Bunurong peoples of the East Kulin Nations and pay our respect to their Elders past, present and emerging.

The City of Stonnington recognises and accepts its responsibility to learn from and promote the intrinsic value of Aboriginal and Torres Strait Islander cultures, heritage and contemporary aspirations to the wider community; understanding that this enriches Australia’s heritage and our community. The City of Stonnington acknowledges the right

of Aboriginal and Torres Strait Islander peoples to live according to their own values and customs in our diverse community, subject to Australian law.

Council respects the Wurundjeri Woi Wurrung and Bunurong peoples' special relationship to the land and recognises Aboriginal and Torres Strait Islander sacred sites and significant places. Council recognises the valuable contributions to Victoria made by Aboriginal and Torres Strait Islander peoples and will work together towards a future of mutual respect and harmony.



Executive Summary

The Health and Wellbeing Plan (the Plan) identifies what Council, and its partners will focus upon in the next four years to improve the health and wellbeing of the Stonnington community. The Plan has been developed in partnership with health and community agencies and reflects a strong understanding of the health and wellbeing needs of the community, the changing issues, environment, and priorities our community is experiencing and responding to.

The commitments guiding Council's health and wellbeing planning

We are committed to building a resilient, capable, and inclusive community, and we will do this by:

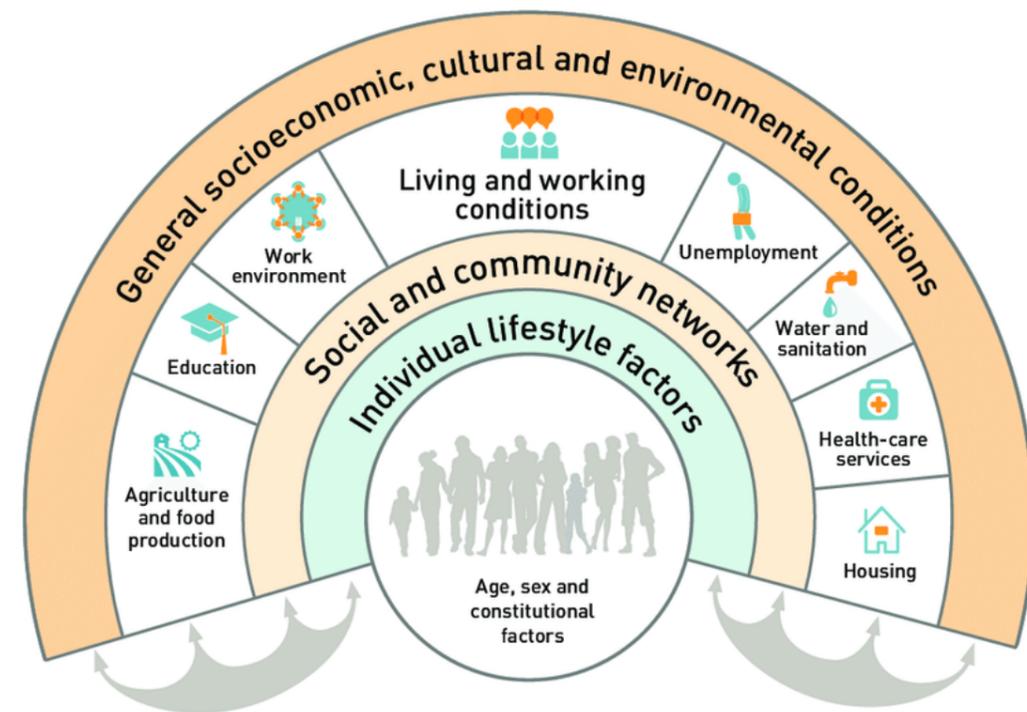
- » Pursuing **fair and equitable** health and wellbeing outcomes for our whole community.
- » **Advocating, collaborating, and partnering** with others to deliver health and wellbeing outcomes for our community.
- » **Working alongside** our community to plan for and make decisions about health and wellbeing outcomes.
- » Making decisions and implementing actions that are **based upon evidence and thorough consideration** of the health and wellbeing outcomes for our community.
- » **Embedding** equitable health and wellbeing outcomes in everything we do.
- » Pursuing great health and wellbeing outcomes for our community at **every stage of their life**.
- » **Implementing initiatives that deliver shared benefits** which improve the health and wellbeing of our community and address other priorities Council and its partners have for the Stonnington community.

What influences our health and wellbeing?

There are many factors which influence the health and wellbeing of individuals and communities. We make decisions every day about what we eat, whether we exercise and whether we drink alcohol or smoke tobacco. These all impact upon our health and wellbeing, but there are often factors beyond our control which influence these decisions and can have profound long-term impacts upon our health. These are known as the **social determinants of health**¹ and include:

- | | |
|----------------------------|---|
| » Socio-economic status | » Access to fresh and healthy food |
| » Early life circumstances | » Gender, sexuality, race and ethnicity |
| » Social support networks | » Access to, and use of health services |
| » Education and employment | » The liveability of the area. |
| » Housing | |

¹Commission on Social Determinants of Health (CSDH), 2008, Closing the gap in a generation: health equity through action on the social determinants of health. Final report of the Commission on Social Determinants of Health. Geneva: WHO.



Source: Dahlgren and Whitehead (1991, page 11)

Stonnington's health and wellbeing snapshot

Health and wellbeing



45%
of people are overweight or obese



15.7%
of adults sought help for a mental health problem



48.9%
of adults do not meet physical activity guidelines



17.9%
of children are bullied



95%
of children 6–16 years don't eat the recommended daily intake of vegetables



44.9%
of adults don't meet guidelines for fruit or vegetable consumption



Climate change will have the greatest impact upon the lives and health of people who are already vulnerable in our community.



Healthcare professionals are already seeing climate related impacts including illness and death from heat stress, respiratory distress from bushfires, and mental anxiety about climate change impacts.

Respect and safety



There was a **24%** increase in reported family violence incidents in 2020, with **70%** of cases affecting women.



50.9% of people feel they live in a close-knit neighborhood (State average is 61%)



Women do almost **4 times** more unpaid domestic work and care than men



55% of people feel moderately safe
32.7% feel very safe when out and about in Stonnington. However, women feel 60-80 per cent less safe to walk alone.



1,855 unintentional injury hospitalisations
Leading cause is falls



79.4% of men and **72.1%** of women have a lifetime risk of harm from alcohol (State average is 69% and 50.6%)



8.4% increase in criminal incidents between 2019 and 2020



83.6% of single parent families are female led.

Connection and support



15.7% people sought help for a mental health problem, and 8.4% reported high or very high psychological distress.



74.1% of residents agree that people in their neighbourhood can be trusted.



17.9% of children are bullied



21.4% of people volunteer for an organisation or group



3.2% of residents live in social housing and **17.7%** of low-income households experience rental stress



3,463 people need help in their day-to-day lives due to disability

COVID-19 Impacts



The COVID-19 pandemic has had a significant impact upon our community, as it has across Victoria, Australia, and the world. In Stonnington, it has exacerbated health and wellbeing issues which are already of concern including unequal access to services and supports, mental health, family violence, consumption of alcohol and tobacco. It has also had some positive impacts with our community wanting to live well locally and more people feeling connected to their community.



In April 2020, spending on alcohol and tobacco increased by **187%**



55.3% of people feel more connected to their community since COVID-19



14.4% increase in reported family violence incidents between April and September 2020. Women were affected by 70% of family violence cases in Stonnington.



The **top 3** challenges for young people in 2020 were being in isolation due to COVID-19 lockdown, loneliness and anxiety.

For comprehensive health data visit the [Stonnington website for Health and Wellbeing Plan Fact Sheets and Municipal Scan \(2021-25\)](#).

Our health and wellbeing priorities 2021-2025

Priority Area / The outcomes we want to see

Healthy and well

Our community is more physically active

Our community has a healthier diet

Services, supports and information are easier to access in our community

Our community is healthy in a changing climate

Respectful and safe

Equity and respect are thriving in our community

Our community is a safer place for everyone

Harm from alcohol, gambling, tobacco, and other drugs is reduced in our community

Connected and supportive

Mental wellbeing is strengthened in our community

Our community is more socially connected and able to participate in community life

All members of our community are valued, supported, and connected

Working together to improve health and wellbeing



Council has responsibility for progressing the Health and Wellbeing Plan in partnership with other health agencies and organisations supporting the Stonnington community. To ensure this partnership is strong and collaborative, the Reference Group, established to guide development of the Plan, will also guide implementation of the Plan.

The Reference Group includes representatives from:

- » **City of Stonnington**
- » **Star Health**
- » **Caulfield Community Health**
- » **Alfred Health**
- » **Women's Health in the South East (WHISE)**
- » **Southern Melbourne Primary Care Partnership (SMPCP)**
- » **State Government Department of Health**
- » **Other health agencies and community groups with a role in health**

How you can get involved

Understand how to stay healthy and well

- » Make sure you have the right health and wellbeing information for you, your family and your friends. You can find this:
 - through the State Government's Better Health Channel
 - by speaking with your general practitioner or local community health service.

Get involved in your local community

- » Join a group, club or activity
- » Know your neighbours and help them out
- » Volunteer with a community group, emergency service organisation, community support service or one of Council's advisory committees
- » Can't find a group that's right for you? Set up your own group

Be active and eat well

- » Keep your body moving – take a walk around our vibrant and beautiful streets and parks, swim at one of our leisure centres, or join a sports club
- » Eat a healthy and balanced diet including lots of fruit and vegetables and less treat food.

Not sure where to start?

- » Visit the City of Stonnington and Active Stonnington websites
- » Visit the VicHealth Be Healthy website
- » Visit the *This Girl Can* website.

The Plan

What is public health and why is it important?

Public health looks at the health of a community or population group and works to prevent people from becoming unwell in the first place. The World Health Organisation (WHO) defines public health as ‘the art and science of preventing disease, prolonging life and promoting health through the organised efforts of society’. Health in this context includes physical, mental, and social wellbeing and it is not merely the absence of disease or infirmity².

The purpose of public health is to protect, improve and promote health and wellbeing. This happens through educating our communities about staying healthy and well, encouraging healthy lifestyles, and research about disease and the prevention of injuries. It focuses on preventing avoidable disease, injury, disability and death, and promoting and building a healthy and sustainable environment for current and future generations³.

Focusing on health is important because being healthy and well underpins the lives of individuals, families, and communities. When we are healthy and well, we can live happy, fulfilled, and meaningful lives, when we are unwell, our opportunity to live happy, fulfilled and meaningful lives is reduced.



What is a public health and wellbeing plan and why do we need one?

It is a requirement of the *Public Health and Wellbeing Act 2008* (the Act) that all local governments prepare a public Health and Wellbeing Plan within twelve months of Council elections. But more importantly, by developing a Health and Wellbeing Plan, Council and its partners demonstrate that:

- » they understand the health and wellbeing needs of the community;
- » are clear about the priorities for improving health and wellbeing; and
- » are committed to improving health outcomes for everyone in the community.

Local government’s role in health and wellbeing

Council has several recognisable statutory responsibilities for improving health outcomes in Stonnington including:

- » developing and enforcing public health standards and intervening if the health of the Stonnington community is affected;
- » coordinating and providing immunisation services to people living in or being educated in Stonnington; and
- » maintaining Stonnington in a clean and sanitary condition⁴.

However, our biggest role is to create environments which support all people in our community to walk, live healthy and well lives. We do this in many ways including:

- » planning neighbourhoods and spaces that encourage our community to walk, cycle and play;
- » land use planning and the development and enforcement of local laws;

- » working in partnership with other agencies to improve health and wellbeing in the local community⁵;
- » advocating to other levels of government about changes that are needed to reduce harm and improve the health of our community; and
- » supporting all our community, including people experiencing vulnerability or disadvantage, to access services and supports and to actively participate in community life.

We will continue this focus in our new Plan (particularly in response to the disruption caused by the COVID-19 pandemic) to help improve understanding of the health impacts of climate change, increase physical activity levels, impact healthier food and drink choices and create a more respectful and equitable community.

² Public Health Association of Australia, May 2018, Fact Sheet: What is Public Health. Available: Reports - Public Health Association of Australia Inc (phaa.net.au)

³ Public Health Association of Australia, May 2018, Fact Sheet: What is Public Health. Available: Reports - Public Health Association of Australia Inc (phaa.net.au)

⁴ Victorian State Government, 2008, Victorian Public Health and Wellbeing Act

⁵ Victorian State Government, 2008, Victorian Public Health and Wellbeing Act

Planning and policy framework underpinning the Health and Wellbeing Plan

The Health and Wellbeing Plan is informed and shaped by Council’s planning framework, and by State and Federal Government policies; and is informed by the United Nations Sustainable Development Goals, as well as Australian and Victorian guidelines.



For Council, the Community Vision and Council Plan are critical to shaping the Health and Wellbeing Plan. The community vision is:

‘Our community is a safe, inclusive and creative city that celebrates and embraces its vibrancy of cultures. Walking the tree lined streets, we pay respect to the influence of the Nation’s First Peoples past and living on a modern, sustainable and interconnected way of life that supports the good health and wellbeing of all.’

The Council Plan 2021–2025 is centred on three strategic directions representing our broad aspirations in achieving the Community’s Vision:

| Strategic Direction / Objectives | |
|--|---|
| A thriving and unique place | Identity and destination |
| | Thriving and desirable businesses |
| | Pride of place and character |
| | Active transport and connected city |
| An inclusive and healthy community | Health and wellbeing |
| | Diverse, inclusive and safe |
| | Public and green spaces |
| | Sustainability and climate action |
| A people centred and future ready city | Community focus, connection and engagement |
| | Enhanced customer experience |
| | Engaged and capable people |
| | Fit for purpose operating model and resource management |

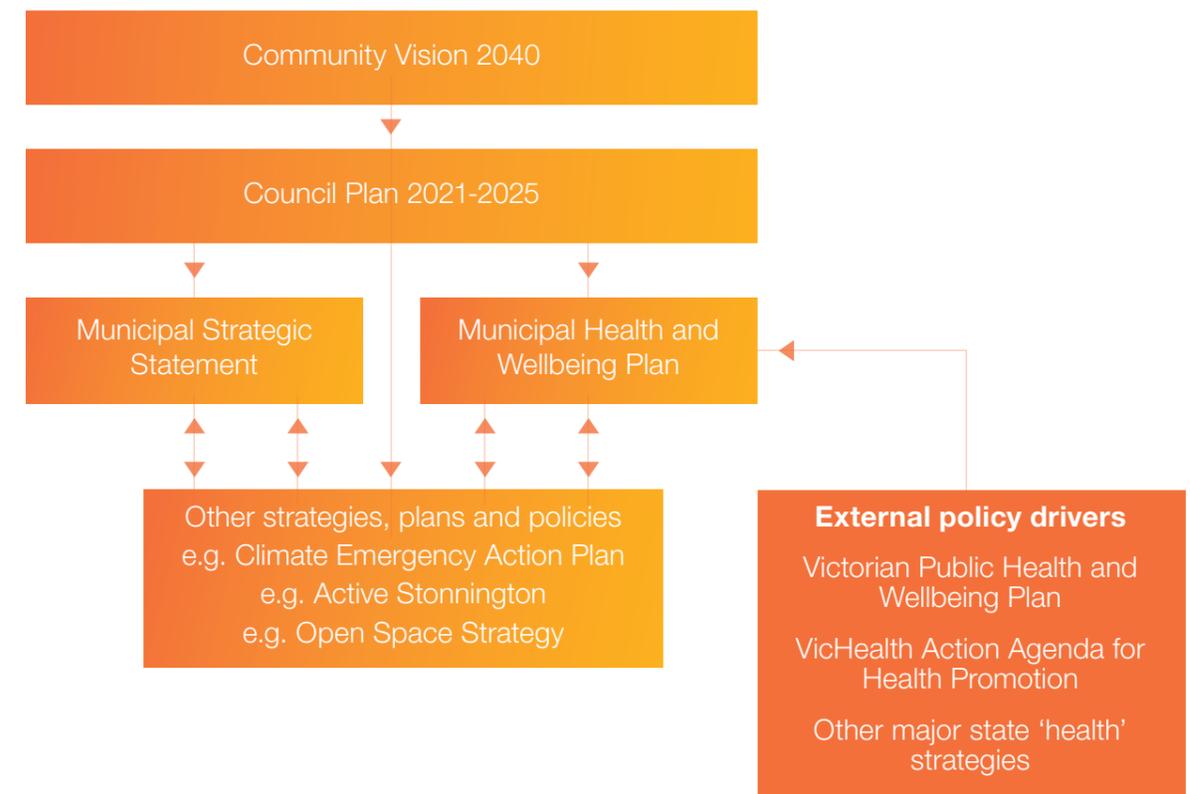
The Victorian Health and Wellbeing Plan 2019–2023 outlines high level strategies and priorities for improving the health and wellbeing of the Victorian community. The priorities of this plan must be considered as part of municipal health and wellbeing plans including:

- » Tackling climate change and its health impacts
- » Reducing injury
- » Preventing all forms of violence
- » Increasing healthy eating
- » Decreasing the risk of drug resistant infections in the community
- » Increasing active living
- » Improving mental wellbeing

- » Improving sexual and reproductive health
- » Reducing tobacco related-harm
- » Reducing harmful alcohol and drug use⁶.

The VicHealth Action Agenda for Health Promotion 2019–23 also provides important guidance in developing the Health and Wellbeing Plan. The five strategic imperatives of the Action Agenda are:

- » encourage regular physical activity
- » prevent tobacco use
- » improve mental wellbeing
- » promote healthy eating
- » prevent harm from alcohol⁷.



⁶Victorian State Government, 2019, Victorian Health and Wellbeing Plan 2019 - 2023

⁷VicHealth, 2019, VicHealth Action Agenda for Health Promotion 2019 – 23

How we developed the Plan



The Health and Wellbeing Plan has been developed in collaboration with key partners and is underpinned by extensive research and engagement. The planning process began in October 2020 and has included:

- » Establishment of a Reference Group to guide the development of the Plan
- » A review of the previous Health and Wellbeing Plan 2017–2021
- » Research about the health and wellbeing profile of our community
- » An analysis of the policy context and health research
- » Extensive consultation and engagement with internal and external stakeholders who are involved in implementing the Health and Wellbeing Plan including:
 - A series of round table workshops about key issues and topics
 - Targeted conversations with various stakeholders to identify priorities and strategies
 - Briefings and discussions with Councillors
- » Engagement with the community including:
 - A health and wellbeing survey about needs and priorities of the community
 - An opportunity for community members to contribute to an ideas board through Connect Stonnington, Council's online engagement platform
 - Consultation with the community about the draft Health and Wellbeing Plan.

Engagement undertaken as part of developing the Community Vision and the Council Plan 2021–2025 has also informed the development of the Health and Wellbeing Plan.





01 /

Priority 1 Healthy and well

Enabling our community to move more often and eat a healthier diet is good for both our health and for our climate.

Priority 1: Healthy and well

Why is this important?

Overweight and obesity, unhealthy diets and physical inactivity are avoidable risks for chronic health conditions such as heart disease, type 2 diabetes, and several cancers.ⁱ

Moving more and sitting less reduces the risk of health conditions like heart disease, type 2 diabetes, and cancer^j and improves mental wellbeing, strengthens social connection, and reduces social isolation. Those who do little or no physical activity are more likely to get active and stay active when the activity is social, unstructured and fitted into everyday life.ⁱⁱ

Good nutrition is essential to childhood growth and development, maintaining a healthy weight, good mental and physical health, resistance to infection and improved protection against chronic diseases.

According to the World Health Organisation, **climate change is our biggest health challenge** in the 21st century, with those most likely to experience poorer

health also most vulnerable to the effects of climate change. Increasing use of active transport such as walking and cycling, eating a diet rich in plant-based foods, and reducing consumption of processed and packaged foods, helps reduce energy consumption and waste, which is good for both our health and the environment.

Many members of our community face barriers to achieving optimal health and wellbeing.

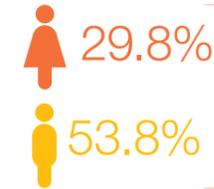
These include women, older members of our community, those with lower education levels and socioeconomic status and people from culturally and linguistically diverse backgrounds.

Low health literacy contributes to health inequality in our community. People who do not understand how to access, understand, and use health information, are at higher risk of poorer health outcomes and behaviours.ⁱⁱⁱ



What we know about our community

Overweight and Obese



Groups who are more likely to be overweight or obese are:

- » People with a disability
- » Older people (65 – 74 years)
- » People on low \$\$\$
- » Aboriginal and Torres Strait Islanders
- » Men.

Poor Nutrition



Our community has easy access to and a high intake of **foods and drinks** high in saturated fat, sugar, and salt, and with **little or no nutritional value:**



Physical Activity Levels



In total 48.9% of adults do not meet physical activity guidelines:

51% undertake low, very low or no physical exercise

MORE than do not meet physical activity guidelines

MOST 12-18-year olds do not meet recommended guidelines for weight, diet, exercise, and screen time.

COVID-19 Impacts



COVID-19 has exacerbated unequal access to services for people with a disability, older adults and disadvantaged community members, particularly in navigating online services



55.3% of people feel more connected to their community since COVID-19

Our community wants to live well locally by having the places and things they need regularly, within walking or cycling distance of where they live.

Health Impacts of Climate Change

- » Climate change will have the greatest impact upon the lives and health of people who are already vulnerable in our community including people with a mental illness, Aboriginal and Torres Strait Islander people, people aged under 5 and over 65, women, people living with poor quality housing and people with existing long-term health conditions.
- » Healthcare professionals are already seeing climate-related illness and death from heat stress, respiratory distress from bushfires, and anxiety about climate change impacts.

What outcomes we want to see and what we will focus on

OUR COMMUNITY IS MORE PHYSICALLY ACTIVE

- » Creating neighbourhoods that make it easy for our community to be physically active.
- » Increasing understanding about the factors that influence health and how important it is to be physically active.
- » Building the capacity of our community to be more active and remain engaged in sport and physical activity throughout their life.

OUR COMMUNITY HAS A HEALTHIER DIET

- » Embedding healthy food and drink policies in Council-owned and operated spaces, programs and activities.
- » Improving our community's understanding about how healthy food and drink is good for their health and good for the environment.
- » Enabling all members of our community to access nutritious and safe food.

SERVICES, SUPPORTS AND INFORMATION ARE EASIER TO ACCESS IN OUR COMMUNITY

- » Increasing our understanding of the barriers our community experiences when accessing services, supports and information.
- » Advocating for and facilitating access to health and community services throughout Stonnington.
- » Facilitating more effective ways of getting information to our community about services and supports, and about how diseases and illnesses can be prevented or reduced.

OUR COMMUNITY IS HEALTHY IN A CHANGING CLIMATE

- » Enabling 20-minute neighbourhoods to increase opportunities for local living.
- » Increasing access to quality public open space, especially in areas where there is higher residential density or lower socioeconomic circumstances.
- » Supporting our community to understand and take action to adapt to the health impacts of climate change.





02 /

Priority 2
Respectful
and safe

A fair, equal and safe community
promotes good health and
wellbeing.

Priority 2: Respectful and safe

Why is this important?

The impact family violence has upon health and wellbeing is profound. Family violence is primarily experienced by women and children, while men are more likely to be impacted by street and community violence.^{iv} Impacts include poor physical and mental health, loss of housing, loss of, or limited, access to employment, a lack of financial security, alienation, and disconnection from family and social supports, and in extreme case, death. The impacts for children are just as significant, with their development, mental health, behaviour and learning all profoundly affected over the long term. Higher rates of violence are experienced by women with disabilities, Aboriginal, immigrant, refugee women, women from culturally and linguistically diverse backgrounds, pregnant women and new mothers.

There is growing understanding of the prevalence and impact of elder abuse in our communities. This is a complex health and social problem that can have devastating physical, emotional and social consequences for older people, their families, and their communities. Elder abuse can be challenging to identify as there is no single type of older person who is at risk, and no single type of person who may cause harm. It can be deliberate or unintentional and it can occur once or many times.^v

Gender equality is when people of all genders have equal rights, responsibilities and opportunities. Everyone benefits from gender equality as it prevents violence against women and girls, is essential for economic prosperity, improved health outcomes and more connected communities.^{vi}

Injury affects Australians of all ages and is the greatest cause of death between the ages of 1 and 44 years and it leaves many people with serious disabilities or long-term conditions. The leading causes of injury are falls, attempted suicide, road trauma, drowning and poison.^{vii}

Alcohol is one of the most harmful and widely-used drugs in our community. It causes more chronic diseases and is linked to more deaths than many illicit drugs.^{viii} Regular use of alcohol can lead to depression, poor memory and brain damage, liver disease, cancer, high blood pressure, heart disease, and difficulty having children.^{ix}

Tobacco is the leading contributor to disease and death in Australia. While there has been a large decline in smoking rates over recent decades, this has slowed, and some communities continue to have high smoking rates compared with the wider community.^x

More than two thirds of adult Victorians participated in some form of gambling in 2018 and the internet continues to grow in popularity as a platform for gambling with dramatic growth in online race and sports betting. People who are high risk gamblers are more likely to experience poor mental health, consume excessive alcohol and be smokers.^{xi}



What we know about our community

Violence



24% ↑
in reported family violence incidence in 2020

Women were affected in **70%** of family violence cases

Those aged 25 – 34 years were most likely to be affected.

Injury



1,855 unintentional injury hospitalisations in 2018:



High rates of admissions for falls, much > for than males

MOST injuries occurred in the home followed by roads, residential institutions, sport and athletic areas.

Alcohol

The lifetime risk of harm from alcohol is notably > than the State average:



The lifetime risk for men is **79.4%** (VIC 69%)



The lifetime risk for women is **72.1%** (VIC 50.6%)



High rate of alcohol related admissions:



Male admissions are **greater** than females

Safety



9,494 criminal incidents in 2020, an **8.4%** ↑ increase from 2019, mostly related to COVID-19 compliance issues:

South Yarra, Prahran and Malvern East experienced the most crime followed by Windsor.

Theft from a  is the main crime committed.

When out and about in Stonnington, **most** people feel **moderately (55%)** or **very safe (32.7%)**. More people report **feeling unsafe** in entertainment precincts/nightlife areas, laneways, residential streets, travelling on public transport and bike/shared pathways.

Gender Inequity

32% of  earn below the minimum wage compared with **23%** of 



do almost **4 times** more unpaid domestic work than 



Only **20-40%** of women feel safe to walk alone in their neighbourhood

83.6% of single parents are 



What outcomes we want to see and what we will focus on

EQUITY AND RESPECT ARE THRIVING IN OUR COMMUNITY

- » Increasing understanding of gender stereotype and challenging our community to be more equitable and respectful.
- » Embedding equality and respect in services, programs, planning and places.
- » Reducing unintended and structural barriers that drive discrimination and marginalisation.

OUR COMMUNITY IS A SAFER PLACE FOR EVERYONE

- » Preventing all forms of violence, including violence against women and children.
- » Creating places that improve safety, crime prevention and perceptions of safety.
- » Increasing safety for children in our community.
- » Reducing injury caused by falls and road trauma.

HARM FROM ALCOHOL, GAMBLING, TOBACCO, AND OTHER DRUGS IS REDUCED IN OUR COMMUNITY

- » Increasing understanding in our community about the harm caused by alcohol.
- » Creating environments that support low-risk alcohol consumption.
- » Facilitating improved access to harm reduction services and supports.
- » Advocating for reduced access to alcohol, gambling, tobacco and other drugs.



03 /

Priority 3
Connected
and supportive

A community that is connected, supportive and inclusive can deliver improved health and wellbeing outcomes for all community members.

Priority 3: Connected and supportive

Why is this important?

Mental health is a significant component of individual and community wellbeing. Mental health conditions are common and have increased during the COVID-19 pandemic. They can be distressing and disabling, particularly when untreated.^{xii} Feeling connected to others, being able to cope with the usual stresses of life, having the opportunity and capacity to contribute to community, and being productive are all critical to mental health.^{xiii} Making the topic of mental health more accessible and better understood is key to responding to this growing issue.

Resilient people and resilient communities can cope or 'bounce back' after negative events or difficult situations and return to the same level of wellbeing. They can respond to difficult situations and still thrive. Building resilient communities that promote social inclusion and economic participation is key to social and emotional wellbeing.

Inclusion is critical to the health and wellbeing of communities and individuals. In its simplest form, inclusion is about the opportunity to be involved, to contribute and to be valued for your contribution.

In an inclusive community, services, programs and supports are welcoming of everyone; information is easily available to all community members, places and spaces are universally accessible, and community members feel they belong.

Engaged and empowered communities are more connected and healthier because they are active participants in decision making about their lives and their community.

Communities that are more equal always do better. In communities which are more equal, child wellbeing, levels of trust, life expectancy and educational scores are higher. In communities where there is large inequality of income and wealth, health and social problems are worse. The prevalence of mental illness is higher, drug use is more common, more adults are obese, more children drop out of high school, and children experience more conflict.



What we know about our community

Mental Health

In 2018, **8.4%** of Stonnington residents reported high or very high psychological distress.



15.7% of adults sought help for a mental health problem



17.9% of children were bullied



The **top 3** challenges for young people in 2020 were, being in isolation due to COVID-19, loneliness and anxiety.

In 2021, improving mental wellbeing is extremely important to adults and young people in Stonnington.

Community connection and belonging



Fewer Stonnington residents **50.9%**

feel they live in a close-knit neighbourhood compared with Victoria (61%).



74.1%

agree that people in their neighbourhood can be trusted



21.4%

volunteer for an organisation or group.

Diversity and Inclusion



3,463 people need help in their day to day lives due to disability



7.8% of adults identify as LGBTQIA+



31.4% were born overseas and **56.3%** speak a language other than English at home.

Vulnerability



2.4% of people ran out of food in the last 12 months and could not afford to purchase more.



3.2% of residents live in social housing



People who are **homeless** are most likely to be aged **40 - 49**



31.7% are lone person households



17.7% of low-income households experience rental stress



40.2% of people live in privately rented homes, and with COVID-19, rental stress has increase

What outcomes we want to see and what we will focus on

MENTAL WELLBEING IS STRENGTHENED IN OUR COMMUNITY

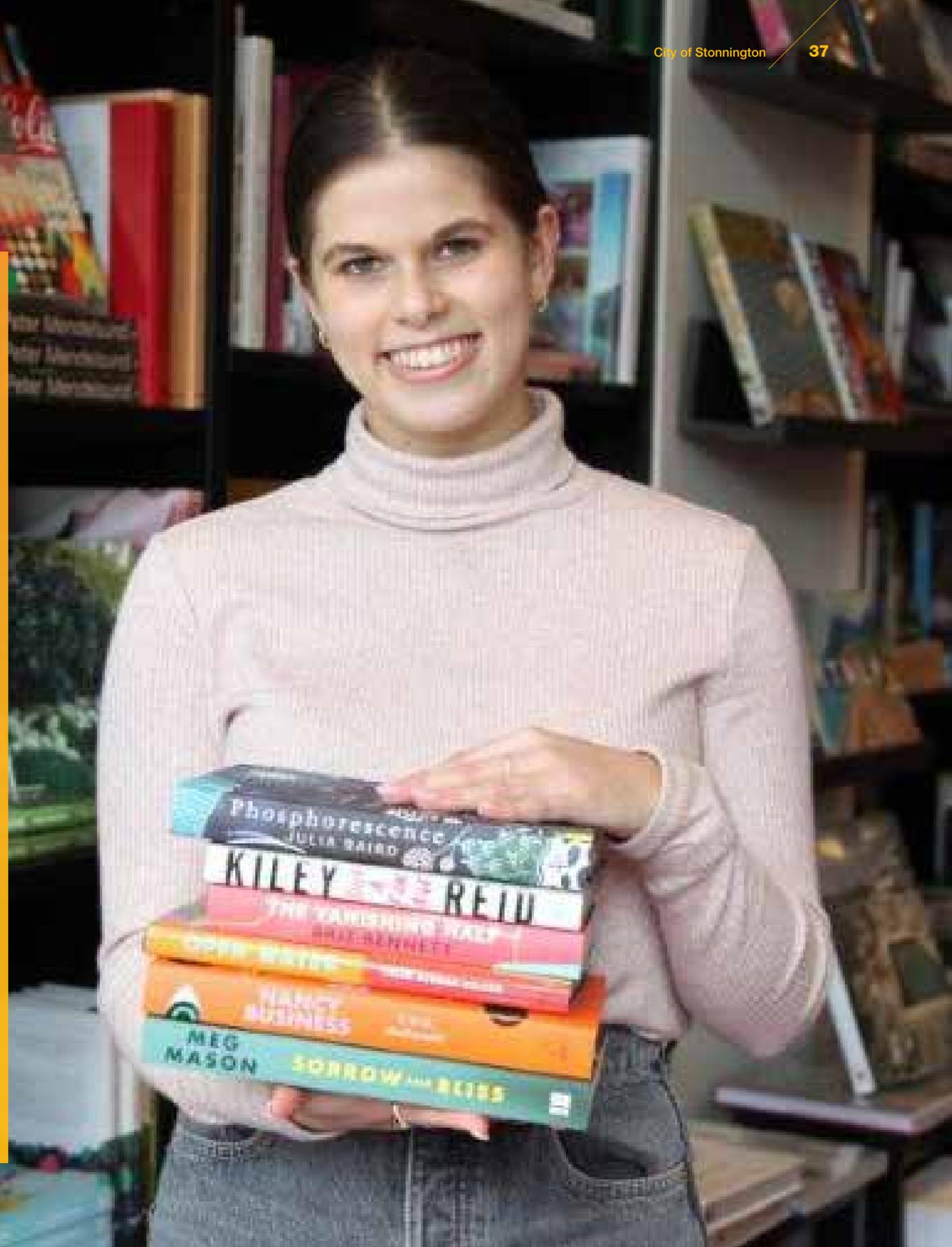
- » Increasing our community's understanding of mental illness.
- » Building our community's capacity to seek help and support those who need help.
- » Increasing awareness of how mental health can be strengthened.

OUR COMMUNITY IS MORE SOCIALLY CONNECTED AND ABLE TO PARTICIPATE IN COMMUNITY LIFE

- » Providing opportunities for social connection, particularly for community members experiencing social isolation and loneliness.
- » Enabling volunteering across our community.
- » Empowering our community to be active participants in decisions about their lives and their communities.

ALL MEMBERS OF OUR COMMUNITY ARE VALUED, SUPPORTED, AND CONNECTED

- » Improving understanding about vulnerability and disadvantage in our community.
- » Facilitating initiatives which support community members experiencing vulnerability, to be connected to and participate in community life.
- » Advocating for increased services and supports, including housing for community members experiencing homelessness and rough sleeping.



Implementing the Plan

The outcomes of the Health and Wellbeing Plan will be achieved through the development and/or implementation of Council policies, strategies and action plans; in partnership with community agencies, local and state-wide organisations, state government departments and neighbouring municipalities, where relevant.

| Priority Area | Policy / Strategy / Plan |
|-------------------------------------|--|
| Healthy and well | Active Stonnington Strategic Framework |
| | Sustainable Environment Strategy |
| | Walking Strategy |
| | Active Transport Strategy |
| | Community Recovery Plan |
| | Open Space Strategy |
| | Cycling Strategy |
| | Playground Strategy |
| | Climate Emergency Action Plan |
| | Urban Forest Strategy |
| | Neighbourhood Activity Centre Strategy |
| | Community Infrastructure Plan |
| | Biodiversity Strategy |
| Municipal Emergency Management Plan | |
| Respectful and safe | Community Safety Strategy |
| | Road Safety Strategy |
| | Gambling Harm Policy and Action Plan |
| | Alcohol Management Policy |
| | LGBTIQA+ Action Plan |
| | Gender Equality Strategy |
| | Child Safety Policy |
| | Local Law |
| | Graffiti Management Plan |
| | Mutual Respect Charter |
| Connected and supportive | Homelessness Protocol (Stonnington Zero) |
| | Cultural Diversity Action Plan |
| | Inclusion Plan |
| | Reconciliation Action Plan |
| | Volunteer Support |
| | Social and Affordable Housing Policy |
| | Engagement Policy |
| | Community Grants Policy |
| | Children, Youth and Family Strategy |
| | Positive Ageing Strategy |
| | Library Strategy |
| | Economic Development Strategy |
| | Arts and Cultural Strategy |

To view the policies, strategies and plans visit:

- » www.stonnington.vic.gov.au/policies
- » [www.stonnington.vic.gov.au/strategies and plans](http://www.stonnington.vic.gov.au/strategies-and-plans)

Monitoring Progress

The progress of the Health and Wellbeing Plan will be transparent and collaborative:

- » The Reference Group will meet quarterly to oversee, guide and review the implementation of the Plan.
- » An evaluation framework including key performance indicators will be used to measure progress.
- » An annual report will be provided to Council about the outcomes achieved by Council and its partners, over the previous twelve months.
- » Each year, the Plan will be reviewed and evaluated with adjustments made as needed in response to emerging health needs of the community, and increased understanding about how we can better support our community to be healthy and well.

Attachments

The following fact sheets and reports are available on the City of Stonnington website: stonnington.vic.gov.au:

- » Our day-to-day health and lifestyle
- » Our diverse community and their needs
- » A safe and connected community
- » Gender issues and the impact on health
- » Reducing harm from alcohol, tobacco, drugs, and gambling
- » Climate change – our biggest health challenge
- » City of Stonnington Health and Wellbeing Scan (2021-25).

References

- i A healthier start from Victorians: a consensus statement on obesity prevention, Healthy Eating and Active Living Roundtable, July 2019
- ii VicHealth Action Agenda, 2019 – 2023, p7.
- iii <https://www.aihw.gov.au/reports/australias-health/health-literacy>
- iv Victorian State Government, 2019, **Public health and wellbeing planning - health.vic**
- v Council of Attorneys-General, 2019, **National Plan to Respond to the Abuse of Older Australians (Elder Abuse)2019–2023 (ag.gov.au)**
- vi Victorian State Government, March 2021, **Gender equality: what is it and why do we need it? | Victorian Government (www.vic.gov.au)**
- vii Victorian State Government, **Injury prevention - health.vic**
- viii Alcohol and Drug Foundation, April 2021, **Alcohol - Alcohol and Drug Foundation (adf.org.au)**
- xi Alcohol and Drug Foundation, June 2021, **Alcohol - Alcohol and Drug Foundation (adf.org.au)**
- x Draft National Preventive Health Strategy 2021–2030 p.46
- xi Victorian Responsible Gambling Foundation, 2020, Victorian population gambling and health study 2018 - 2019
- xii VicHealth, July 2020, Evidence Review: The primary prevention of mental health conditions
- xiii Victorian State Government, 2019, **Public health and wellbeing planning - health.vic**
- xiv Wilkinson and Pickett, 2009, The Spirit Level. **The Spirit Level | The Equality Trust**





Community Languages Call the Stonnington Community Link, a multilingual telephone information service.

| | | | | | |
|-----------|----------|-----------|---------------------|------------------|-----------|
| Mandarin | 普通話 | 9280 0730 | Polish | Polski | 9280 0734 |
| Cantonese | 廣東話 | 9280 0731 | Russian | Русский | 9280 0735 |
| Greek | Ελληνικά | 9280 0732 | Indonesian | Bahasa Indonesia | 9280 0737 |
| Italian | Italiano | 9280 0733 | All other languages | | 9280 0736 |

Service Centres

Stonnington City Centre

311 Glenferrie Road, Malvern

Prahran Town Hall

Corner Chapel and Greville Streets

Depot

293 Tooronga Road, Malvern

Open

Monday to Friday, 8.30am to 5pm

T 8290 1333 F 9521 2255

PO Box 21, Prahran Victoria 3181

council@stonnington.vic.gov.au

stonnington.vic.gov.au