

TOWN *of* CLAREMONT

2026 TO 2031

Public Health Plan



Contents

1. Introduction	1	5. Community Consultation	14
2. Strategic Alignment	3	5.1 Preliminary Consultation	14
3. Determinants of Health	5	5.1.1 Preliminary Consultation Process	14
People and social connection	5	5.1.2 Preliminary Consultation Feedback	14
Access and inclusion	5	6. Priority Health Areas	15
People's health and wellbeing are influenced by their ability to access the places, services, information and opportunities they need to participate fully in community life. Barriers can arise from age, disability, mobility, financial circumstances, language, transport, digital access or the availability and location of services and facilities. Ensuring that community resources are accessible and inclusive can help reduce barriers to participation and support greater independence and wellbeing.		7. Implementation	16
Healthy lifestyles	5	8. Health and Wellbeing Actions	17
Built environment and accessibility	6	9. Partnerships	24
Natural environment, climate and safety	6	10. Monitoring, Evaluation and Review	25
4. Community Health Profile	6	10.1 Evaluation	25
4.1 Town of Claremont Profile	6	10.2 Reporting	26
4.1.1 Demographics	6	10.3 Review	26
4.1.2 Socio-economic Index	7	11. Limitations of local government	26
4.1.3 Housing	8		
4.1.4 Education and Employment	8		
4.2 Health and Wellbeing Overview	9		
4.2.1 Census Health Statistics	9		
4.2.2 Mortality Rates	10		
4.2.3 Hospitalisation	11		
4.2.4 Social and Behavioural Risk Factors	11		
4.2.5 Biomedical Risk Factors	13		
4.2.6 Mental Health and Wellbeing	13		

1. Introduction

The Town of Claremont acknowledges the Traditional Custodians of the land and waterways of the Claremont and Swanbourne area. We respect the significance of their connection to the sacred sites, the Derbal Yerrigan and Galbamaanup wetland.

The Town of Claremont is committed to protecting and promoting community health and wellbeing. Public health is influenced by a range of social, environmental, cultural and economic factors, including housing, education, employment, social connection, access to services, and the quality of the built and natural environment. Improving health outcomes is a shared responsibility requiring collaboration between local government, the Department of Health, other government agencies, service providers, community organisations, businesses and residents.

In addition to its responsibilities for environmental health, food safety and public health protection, the Town recognises the importance of addressing the broader determinants of health. Through planning, partnerships, advocacy, education and community initiatives, the Town supports environments that enable people of all ages, cultures and abilities to thrive.

This Public Health Plan adopts a proactive and preventative approach to improving health and wellbeing. Guided by the principles of equity, inclusion and sustainability, it recognises that people experience health opportunities and challenges differently. Respect for cultural diversity, accessibility, social connectedness and health equity are embedded throughout the Plan and inform its priorities and actions.

The Town recognises that healthy, resilient and vibrant communities are built on strong foundations of health and wellbeing. By supporting quality infrastructure, accessible services and opportunities for participation, the Town aims to enhance the wellbeing of current and future generations.

LEGISLATION AND RESPONSIBILITY

The *Public Health Act 2016* recognises this shared responsibility and has embedded the requirement for public health planning (under Part 5 of the *Public Health Act 2016*) at both a State Government and local government level.

Establishing the legal requirement for public health planning is seen as an important step in elevating the importance and commitment to public health at both a State and local government level and creates the opportunity to establish stronger partnerships to influence the determinants of health.

The *Public Health Act 2016* defines public health as:

- (i) The wider health and wellbeing of the community; and
- (ii) The combination of safeguards, policies and programs designed to protect, maintain, promote and improve the health of individuals and their communities and to prevent and reduce the incidence of illness and disability.

In meeting the legislative requirements to prepare a Public Health Plan (PHP), the Town can better match community needs and local capacity to ensure resources are used appropriately and efficiently.

The PHP is a five-year strategic document which meets the Town's obligations for the development of a local PHP under the *Public Health Act 2016*. The objectives of this PHP are consistent with the requirements of the *Public Health Act 2016*, which are to:

- (i) identify the public health needs of the local government district;
- (ii) include an examination of data relating to health status and health determinants in the local government district;

-
- (iii) establish objectives and policy priorities for the promotion, improvement and protection of public health in the local government district;
 - (iv) describe the development and delivery of public health services in the local government district;
 - (vi) include a strategic framework for the identification, evaluation and management of public health needs in the community; and
 - (vii) include a reporting mechanism to evaluate the implementation of the PHP.

The Town's PHP is modelled from the State Public Health Plan (SPHP) 2025-2030 with the key objectives of:

Promote – Foster Strong, connected 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, reduce impacts of disasters, and lessen the health impacts of climate change;

Enable – Bolster public health systems and workforce and leverage partnerships to support health and wellbeing.

This is clearly shown in Section 8 – Health and Wellbeing Actions of the Town's PHP which links to how each actions addresses one of more of the key objectives of Promote, Prevent, Protect & Enable.

2. Strategic Alignment

LEGISLATIVE FRAMEWORK

Public Health Act 2016 (WA)

This Plan meets our obligations under Part 5 of the *Public Health Act 2016 (WA)*, which requires local governments to develop, implement and review local public health plans. The Act defines public health broadly as the wider health and wellbeing of the community, and the safeguards, policies and programs that protect, maintain, promote and improve it. This Plan reflects that emphasis on prevention, health promotion and health protection.

Food Act 2008 (WA)

Our food safety work – registering and inspecting food businesses, is carried out under the *Food Act 2008* and sits within this Plan's priority area.

Environmental Protection (Noise)

Regulations 1997 (WA) Noise management and complaint investigation are ongoing statutory functions of our Environmental Health service and are reflected in this Plan's commitments.

Disability Inclusion Act 2014 (WA)

Our obligations under the *Disability Inclusion Act 2014*, including our Disability Access and Inclusion Plan, support this Plan's commitment to equity, inclusion and access for all residents.

State Strategic Document

The State Public Health Plan 2025–2030 (SPHP), prepared by the WA Chief Health Officer, sets the strategic framework for public health planning across the state. It has four core objectives: Promote, Prevent, Protect and Enable, plus two that run through everything: Aboriginal health and wellbeing, and equity and inclusion. It also names two new priorities: managing the health effects of climate change, and pandemic preparedness. This Plan aligns with the SPHP 2025–2030. Our four priority areas together address the State Plan's core objectives.

LOCAL STRATEGIC DOCUMENT

Town of Claremont Strategic Community Plan 2021–2031

This Plan is an informing strategy within our Integrated Planning and Reporting Framework, sitting beneath the Strategic Community Plan 2020–2030 (SCP). The SCP carries the community's vision: balanced growth that recognises the diverse needs of our community through five objectives: Leadership and Governance, Liveability, Prosperity, Environment Sustainability and People. Every action in this Plan identifies the SCP outcome it contributes to.

TOWN OF CLAREMONT STRATEGIC COMMUNITY PLAN 2021-31

**Town of Claremont Disability Access and Inclusion Plan**

Our Disability Access and Inclusion Plan (DAIP) 2022–2026, prepared under the *Disability Services Act 1993 (WA)*, shares this Plan's commitment to equity and inclusion. The DAIP covers seven outcome areas, from access to services, events, buildings and information through to consultation and employment. We are committed to ensuring that health programs, events and services delivered under this Plan are accessible to people with disability, their families and carers.

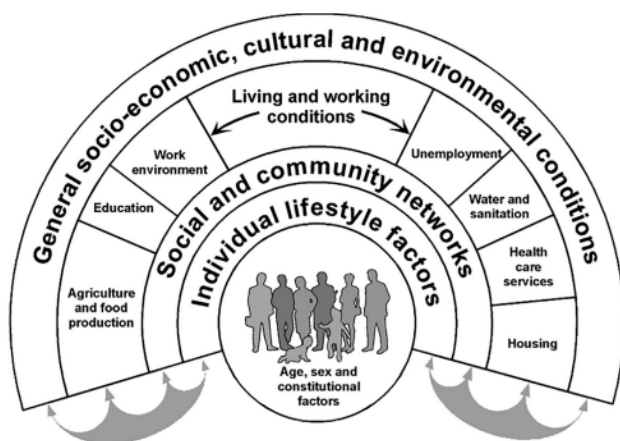
This framework ensures that all planned actions contribute to both local strategic outcomes and the broader state public health agenda, while advancing equitable health outcomes and improving public health and wellbeing across the Town of Claremont.

3. Determinants of Health

The Determinants of Health are a range of environmental, economic and social factors that influence health and wellbeing and the likelihood of developing a chronic disease or injury.

The model in Figure 1 shows how these determinants interact with, and impact, health and wellbeing (Dahlgren and Whitehead 2021).

Figure 1: Model showing layers of health determinants



Source: Dahlgren and Whitehead 2021

The profile data obtained points to several pressures shaping health outcomes in the Town, and the Plan responds to them:

People and social connection

People's health and wellbeing are influenced by their relationships, sense of belonging, participation in community life and the social environments in which they live. Factors such as age, family circumstances, social networks, disability and opportunities to participate can influence physical and mental wellbeing. Limited social connection can contribute to loneliness and reduced wellbeing, particularly for people who live alone or may have fewer opportunities to engage with others.

For the Town of Claremont, providing opportunities for people to connect, participate and feel a sense of belonging is an important part of creating a healthy community. Community facilities, local events, volunteering, recreation, cultural activities and welcoming public spaces can all contribute to

social connection. The Town can also consider whether these opportunities are accessible and inclusive for people of different ages, abilities and circumstances.

Access and inclusion

People's health and wellbeing are influenced by their ability to access the places, services, information and opportunities they need to participate fully in community life. Barriers can arise from age, disability, mobility, financial circumstances, language, transport, digital access or the availability and location of services and facilities. Ensuring that community resources are accessible and inclusive can help reduce barriers to participation and support greater independence and wellbeing.

For the Town of Claremont, this includes considering whether residents can easily access and participate in community facilities, public spaces, recreation, transport, services and activities. Universal access, accessible communication, inclusive design and opportunities for participation should be considered across the Town's planning, infrastructure, programs and community initiatives. This determinant also provides an opportunity to consider the needs of older people, people with disability, families and other groups who may experience barriers to accessing or participating in community life.

Healthy lifestyles

Healthy behaviours are important determinants of physical and mental health and can influence the risk of chronic disease. Physical activity, healthy eating, smoking and vaping, alcohol consumption and sedentary behaviour are influenced not only by individual choices, but also by the environments and opportunities available to people.

The Town can support healthy lifestyles by creating environments that make healthy choices easier and more accessible. Walkable neighbourhoods, connected paths, parks, recreation facilities, opportunities for active transport and access to healthy food can all support healthier lifestyles. For Claremont, the focus can therefore extend beyond individual behaviour to consider how the Town's planning, infrastructure, programs and partnerships can create an environment that supports people to be active and healthy.

Built environment and accessibility

The design and quality of the built environment can have a significant influence on health and wellbeing. Safe and accessible footpaths, cycling infrastructure, public open space, recreation facilities, public transport, housing and community facilities can influence people's ability to be physically active, access services and participate in community life. Good urban design can also support independence, social interaction and a sense of belonging.

For Claremont, planning and development provide important opportunities to create environments that support healthy and inclusive communities. Consideration of walkability, universal access, shade and shelter, pedestrian and cyclist safety, connectivity, housing diversity, access to open space and proximity to shops and services can help ensure the built environment supports people across different ages and abilities.

Natural environment, climate and safety

A healthy natural and physical environment is fundamental to community health. Access to nature and green space can support physical activity, mental wellbeing and social connection, while environmental conditions such as heat, air quality, noise, water quality and waste management can affect health. Climate change further increases the importance of heat resilience, urban greening, shade and preparedness for extreme weather events.

Claremont's parks, trees, open spaces and natural areas provide opportunities to support community wellbeing, while the Town's environmental health and community safety responsibilities provide important mechanisms for protecting public health. The Plan can therefore consider issues such as tree canopy, access to nature, pedestrian and road safety, noise, waste, environmental hazards and emergency preparedness. Creating safe, attractive and climate-resilient environments can support both physical health and people's ability to participate in community life.

4. Community Health Profile

This PHP was developed using epidemiological data sourced from the Epidemiology Directorate, Department of Health and North Metropolitan Health Service as well as Census data from the Australian Bureau of Statistics. The data provides a demographic and health overview, including causes of hospitalisations and the identification of public health issues within the Town.

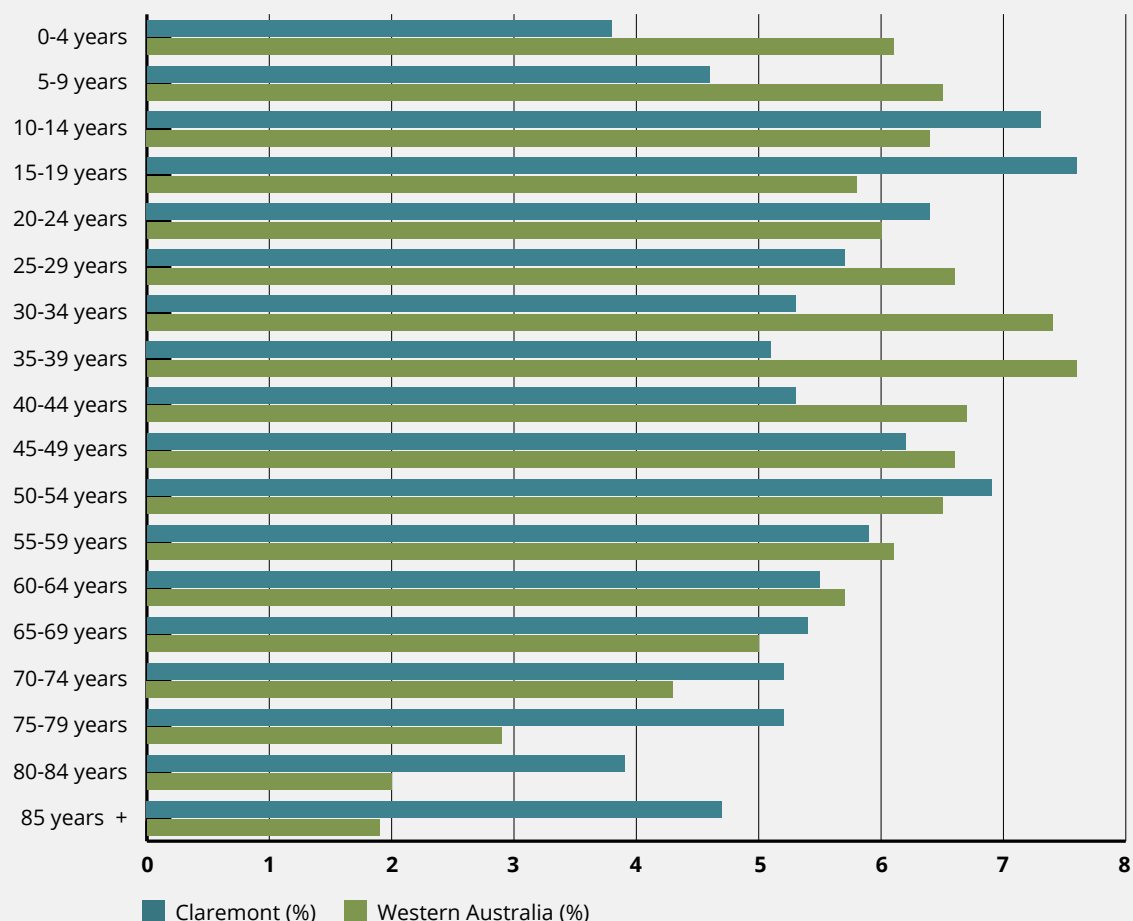
4.1 Town of Claremont Profile

4.1.1 Demographics

The Town of Claremont is located 9km from the Perth CBD and covers an area of 4.9 square kilometres, including the suburbs of Claremont and part of Swanbourne.

The Town has a total population of 11,284, consisting of 52.3% female and 47.7% male with a median age is 43. The median age is higher than the Western Australian median of 38. There was 0.8% of the population are Aboriginal and/or Torres Strait Islander, compared to 3.3% in Western Australia.

The household and family structure differs slightly from Western Australian with 41.8% of families being couples without children compared to 38.8% of Western Australia. Single (or lone) person households (31.9%) also exceed the Western Australian percentage (25.4%), with 1,403 people within the Town living alone.

Age Distribution: Claremont vs Western Australia (%)

Source: Census of Population and Housing General Community Profile, Town of Claremont LGA51750 ABS, 2021.

Note: there are small random adjustments made to all cell values to protect confidentiality of data.

4.1.2 Socio-economic Index

The socio-economic indexes for areas (SEIFA) scores are made up of four indices which summarise a variety of social and economic variables such as, employment, income, housing and educational attainment. SEIFA scores are based on a national average of 1,000. An inverse association exists with the score and the level of disadvantage experienced by the community (i.e. a higher SEIFA score indicating a lower level of disadvantage and a lower SEIFA score indicating a higher level of disadvantaged experienced by that community).

The following table shows the SEIFA scores according to 2021 Census data for the Town as well as the scores for Western Australia.

Location	Index of Relative Socio-economic Disadvantage
Claremont	1,081
Western Australia	1,011

4.1.3 Housing

The housing in the Town differs slightly from Western Australian with 47.1% being separate houses compared to 79.7% in Western Australia. This is reflective of multiple dwelling (apartment) developments occurring, with 30.1% of the Town's housing stock consisting of apartments compared to 6.5% in Western Australia.

A significantly greater proportion of private dwellings (41.1%) were owned outright as compared to 29.2% in Western Australia. for rentals, the Town having 35.2% of rental dwellings compared to 28.3% in Western Australia.

4.1.4 Education and Employment

A higher proportion of people within the Town hold tertiary – university or other higher education qualifications (24.8%) compared to Western Australian (13.9%). The level of highest educational attainment (for people aged 15 years and over) with bachelor's degree level or above, was (51.7%) in Claremont as compared to Western Australian (26.3%) according to the Australian Bureau of Statistics 2021. This is reflected in the higher-than-average number of professionals and a higher-than-average weekly income (median personal income of \$1,142 per week and median weekly household income of \$2,252). Similarly, household medium weekly income for Claremont was \$2,252 which is higher compared to Western Australia median weekly income of \$1,815.

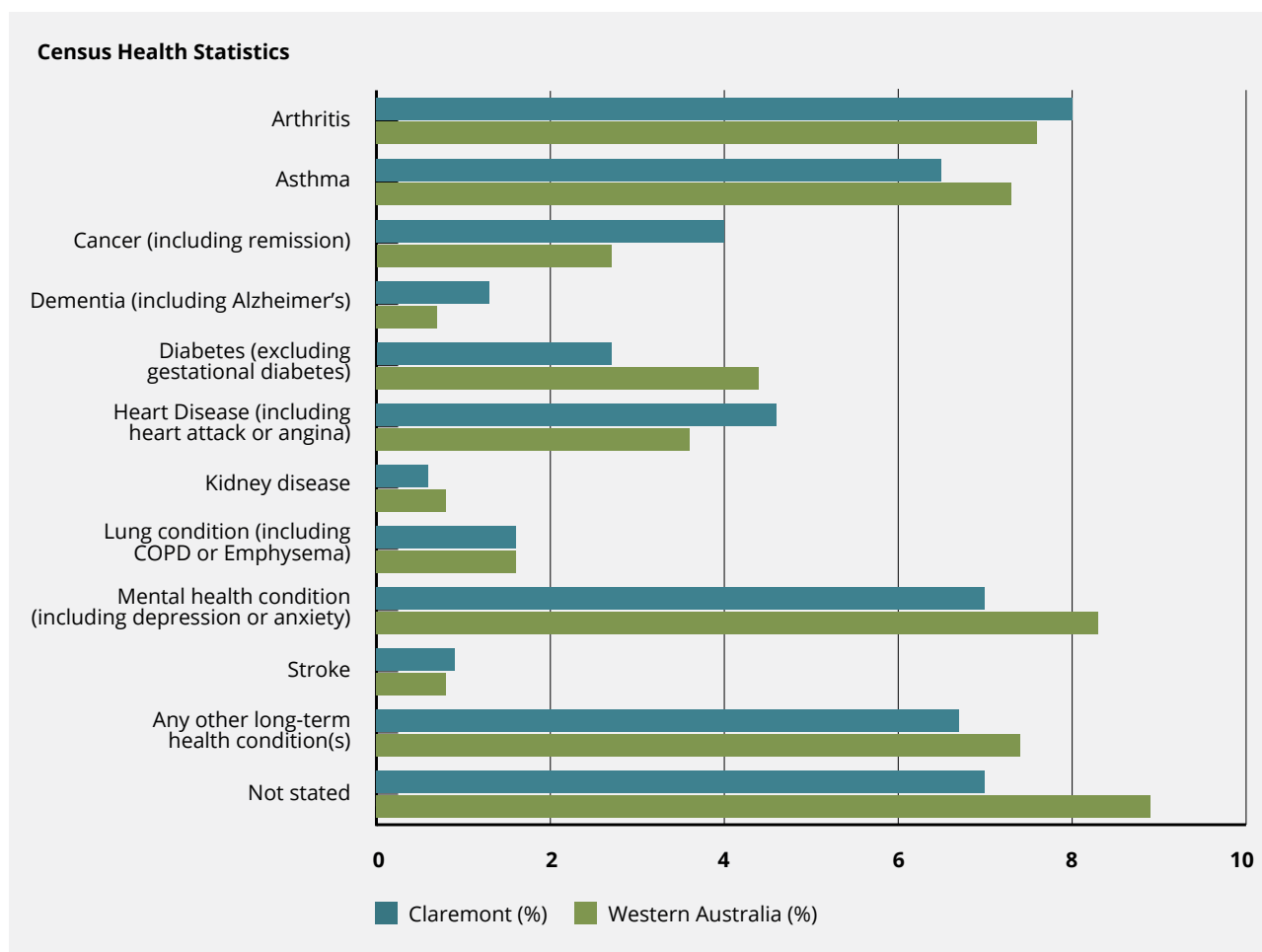
It was noted that the two top occupation responses for Claremont were Professionals (43.2%) and Managers (19.1%) as compared to Western Australia response for Professionals (22%) and Managers (12.3%) respectively.

The Town's CBD and private schools provide opportunities to develop partnerships that promote health initiatives under the Town's PHP to residents, workers, students and visitors.

4.2 Health and Wellbeing Overview

4.2.1 Census Health Statistics

The Australian Bureau of Statistics introduced a new question about long-term health conditions in the 2021 Census, which is the first time such information has been collected. The following data was collected for the Town of Claremont.



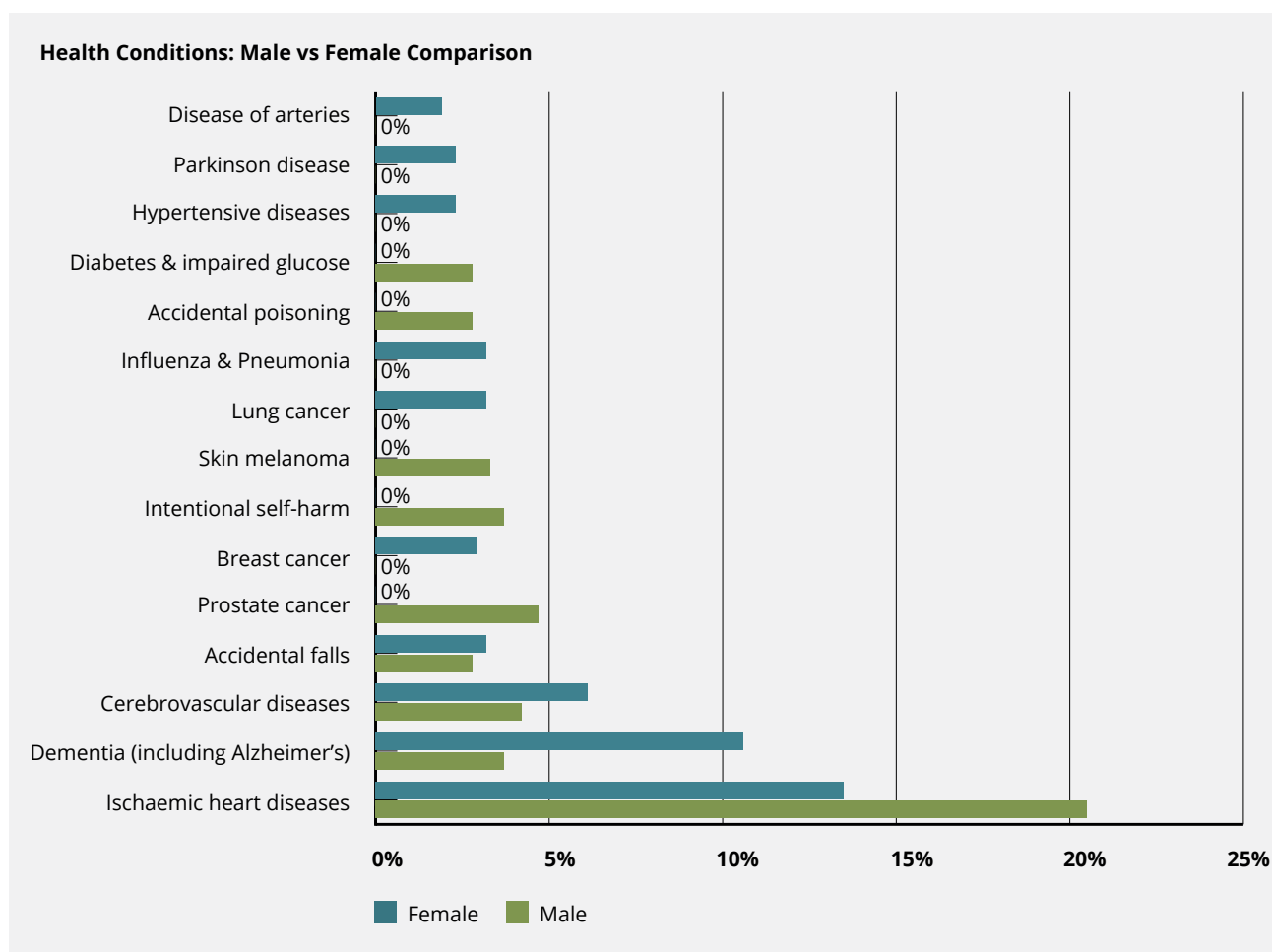
Source: Census of Population and Housing General Community Profile, Town of Claremont LGA51750 ABS, 2021.

Note: respondents had the option of reporting multiple long-term health conditions. Therefore, the sum of all long-term health condition responses for an area will not equal the total number of people in the area. Calculated percentages represent a proportion of the number of people in the area (including those who did not answer the long-term health conditions question).

4.2.2 Mortality Rates

The following table indicates the top 15 causes of death in Claremont for both males and females.

The rates of death in males due to ischaemic heart diseases, skin melanoma and accidental poisoning, and the rate for deaths in females due to Parkinson diseases were significantly higher than the rate in Western Australians.



Source: Epidemiology Branch, Department of Health WA between 2014-2018. Note: N/A indicates that the content has been suppressed due to privacy policies, or to withhold an unreliable date derived from a low count.

Local governments are vital in protecting and promoting the health and wellbeing of their local community, and provide a contribution in reducing disease, illness, and injuries. The leading cause of deaths in the Town of Claremont are long-term health conditions of ischemic heart disease, cancers, cerebrovascular disease, mental health conditions and injury (Epidemiology, Department of Health). Chronic conditions have a few modifiable lifestyle risk factors in common, including tobacco use, consumption of alcohol, overweight and obesity, physical inactivity, and dietary factors. These risk factors and their potential harms are adequately addressed in health promotion campaigns run by the Department of Health (DoH) – Alcohol Think Again, Live Lighter – Habits and Make Smoking History campaigns (funded by Cancer Council WA, co funded by DoH and Healthway) are well known to the community.

4.2.3 Hospitalisation

The main causes for admission to hospital generally differ from those of death. The following table outlines the major reasons for hospital admissions by residents within the Town in 2019.

Gender	Hospitalisation Causes
Male	Digestive diseases, ear diseases, eye diseases, nervous system diseases, mental disorders, blood diseases and neoplasm.
Female	Skin diseases, eye diseases, nervous system and neoplasms.

Source: Epidemiology, Department of Health WA

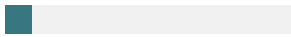
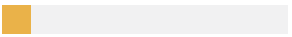
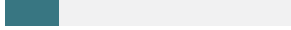
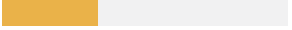
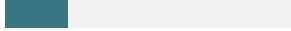
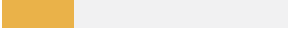
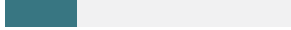
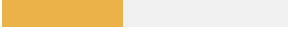
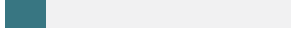
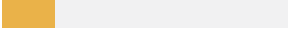
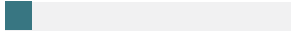
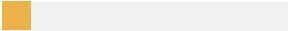
4.2.4 Social and Behavioural Risk Factors

Social and behavioural factors influence health, with lifestyle behaviours including things such as smoking, alcohol consumption, physical activity and nutrition. The following table includes some social and behavioural risk factors for the Town.

Please note the Infographic below comes from data supplied by Epidemiology, Department of Health for the Lower Health District which consists of Council's – Claremont, Cottesloe, Mosman Park, Nedlands and Peppermint Grove plus parts of Cambridge, Subiaco and Vincent.

SOCIAL AND BEHAVIOURAL RISK FACTORS

Lower West Health District vs Western Australia

RISK FACTOR	LOWER WEST HEALTH DISTRICT (% persons)	WESTERN AUSTRALIA (% persons)	DIFFERENCE (percentage points)
 Currently smokes	5.7% 	10.5% 	↓ -4.8
 Eats less than 2 serves of fruit daily	44.9% 	53.1% 	↓ -8.2
 Eats less than 5 serves of vegetables daily	82.4% 	89.5% 	↓ -7.1
 Eats meals from fast food outlets 1-2 a week	19.4% 	34.0% 	↓ -14.6
 Drinks alcohol at high risk levels for long term harm	22.4% 	25.9% 	↓ -3.5
 Less than 150 minutes of physical activity per week	25.6% 	39.7% 	↓ -14.1
 Adults that have a mental health condition confirmed by a doctor	15.0% 	17.0% 	↓ -2.0
 Adults that experience high or very high psychological distress	6.0% 	9.0% 	↓ -3.0

■ Lower West Health District (% persons) ■ Western Australia (% persons) ↓ Lower than WA average

KEY FINDINGS

-  Lower West performs better than the WA average across **all** reported social and behavioural risk factors.
-  **Better dietary behaviours**, with fewer people consuming inadequate fruit and vegetables.
-  Largest positive differences in **fast food** consumption and insufficient **physical activity**.
-  **More favourable mental health outcomes** with lower rates of diagnosed conditions and psychological distress.

AT A GLANCE

-  Smoking prevalence is almost half the WA average
5.7% vs 10.5% WA
-  Fast food 1–2 times per week 14.6 percentage points lower than WA
19.4% vs 34.0% WA
-  Insufficient physical activity 14.1 percentage points lower than WA
25.6% vs 39.7% WA
-  High risk alcohol consumption affects more than 1 in 5 adults, though lower than WA
22.4% vs 25.9% WA



The Lower West Health District demonstrates generally healthier social and behavioural risk profiles than Western Australia overall. While substantial progress is evident, inadequate vegetable intake (**82.4%**) and high-risk alcohol consumption (**22.4%**) remain key areas for ongoing public health focus.

4.2.5 Biomedical Risk Factors

Biomedical risk factors are bodily states that can contribute to the development of chronic diseases. High blood pressure, body weight and cholesterol levels can be influenced by socioeconomic, psychological and lifestyle risk factors, and modifying these risk factors can reduce an individual's risk of developing chronic conditions. The Town can create accessible, inclusive and supportive environments to enable community to be active. For example provide more interconnected cycle and footpaths or provide more tree canopy to provide shade for park users and general public to be more active.

Biomedical Risk Factors	Lower West Health District (%)	Western Australia (%)
Current high blood pressure	15.9	17.3
Current high cholesterol	16	17.6
Overweight (BMI of 25-<30)	40.3	38.2
Obese (BMI of 30+)	17.6	31.2

Source: WA Health and Wellbeing Surveillance System, Epidemiology Branch Department of Health WA 2020.

4.2.6 Mental Health and Wellbeing

Mental health and wellbeing refer to a person's ability to realise their abilities, cope with the normal stresses of life, participate in community life and maintain supportive relationships. It is influenced by social connection, life circumstances, access to support, and the environments in which people live, learn and work. In this area the Town could partner where possible, connect with leading organisations / potential partners such as Act Belong, Commit; Mental Health Commission; Neami National or Headspace.

The following table represents the number and rate of mental illness resulting in hospitalisations for Town of Claremont (included in the Lower West Health District below) residents between 2015 and 2019.

Condition	Lower West Health District Prevalence Estimate (%)	Estimated Persons in Lower West Health District	Western Australia Prevalence Estimate (%)
Mental Health Condition (h)	12.4	12,902	15.5
Stress related problem (i)	7.0	7,284	9.3
Anxiety (i)	6.6	6,911	9.3
Depression (i)	6.2	6,395	8.5

Source: Epidemiology Branch, Department of Health WA. Note (h) Diagnosed by a doctor with a stress related problem, depression, anxiety or any other mental health problem in the last 12 months & (i) Diagnosed by a doctor in the last 12 months (2015-2019).

In general, the data shows that the district population around mental ill health conditions prevalence is lower than the state's average.

5. Community Consultation

5.1 Preliminary Consultation

The Town's administration developed a range of survey questions was developed (27 questions in total). This was then promoted on the Town's website for three months commencing in November 2022, promoted in the Flourish Magazine and featured in the Post Newspaper and on social media (e.g. Facebook and Instagram).

5.1.1 Preliminary Consultation Process

The campaign for the community members to provide their feedback focused on the completion of the Survey Monkey questionnaire which featured a quick link on the Town's Website, promoted posters at the Library, Aquatic Centre and at the Museum. Town used its Social Media platforms with targeted paid campaigns on Instagram and Facebook. Also, a featured article was placed in the "Claremont Ahead" advertisement in the November 2022 The Post Newspaper.

Participants went into a draw to win give away prizes of 5 Claremont Aquatic Centre Family Passes and a grand prize of Tamara Yoga gift pack valued at \$500, as an incentive to complete the online survey.

5.1.2 Preliminary Consultation Feedback

A total of 123 responses were received (75% female; 29% aged 33–44 years; 23% aged 60–74 years). Overall, survey respondents self-reported positive health and wellbeing, with 88% rating their health as good to excellent, 47% reporting more than 30 minutes of physical activity on five or more days each week, 80.5% reporting they ate fast food less than once per week, and three respondents indicating they smoked or vaped.

Other positive results showed 24.3% of respondents did not drink alcohol, 33.6% drank less than 2 standard drinks per week and 34% consumed between 2-5 standard drinks per week. This self reporting shows that majority of respondents were having less than the 4 standard drinks per day and less than the 10 standards drinks per week. See Australian Alcohol Guidelines Campaign | Alcohol Think Again

Although 33% were in the above 60+ years age group, only a small percentage used aged care services at 7.3%. Walking was highest physical activity (69%), utilising local footpaths (53%) and parks and foreshore (22%). Areas identified for the Town to assist in improving health and wellbeing included infrastructure improvements (10.57%) such as more footpaths, park lighting, more exercise equipment and secure parks. 7.3% wanted more free exercise classes or events.

Regarding Mental Health, 86.1% of respondents considered themselves to be in Good to Excellent status and respondents were physically active, attending 1-2 weekly events or social activities. Respondents were also aware of mental health help services from Beyond Blue and Lifeline.

The feedback from the community members did provide confirmation that Claremont community are generally health conscious, well educated, have formed good healthy habits, and know where to seek help for their health and wellbeing. The results do suggest that the priority areas should be:

- Healthy active living,
- Mental wellbeing,
- Social connection,
- Healthy environments and community safety.

6. Priority Health Areas

HEALTHY ACTIVE LIVING

This focus area supports the State Plan's 'Prevent' objective, particularly its focus on healthy eating and active living and reducing the burden of chronic disease. At a local level, this could include encouraging physical activity, access to recreation and open space, healthy food choices, walkability and opportunities for residents to live healthier lifestyles. Through this Plan we commit to:

- Increase the proportion of residents who meet recommended physical-activity guidelines.
- Increase consumption of healthy foods, including fruits, vegetables, and minimally processed foods
- Reduce barriers to healthy eating in underserved communities, including cost, transportation, and availability.

MENTAL WELLBEING

This aligns strongly with the State Plan's 'Promote' objective, which identifies optimising mental health and wellbeing as a priority. The local focus can consider how the Town can support positive mental wellbeing through access to community activities, recreation, green spaces, information, services and opportunities for people to participate and feel connected. Through this Plan we commit to:

- Improve residents' mental wellbeing, resilience, and ability to manage stress.
- Increase awareness of mental-health resources and reduce stigma surrounding mental illness and help-seeking.
- Strengthen early identification and prevention of anxiety, depression, suicide risk, and substance-related harms

SOCIAL CONNECTION

Social connection reflects the State Plan's emphasis on strong, connected communities and its overarching focus on 'Equity and Inclusion'. The focus area recognises that social relationships, participation and a sense of belonging are important determinants of health and wellbeing.

The Town can support this through community programs, events, accessible facilities and opportunities for people of different ages and backgrounds to connect. Through this Plan we commit to:

- Reduce social isolation and loneliness among residents of all ages.
- Increase opportunities for residents to participate in community groups, cultural activities, volunteering, and local decision-making
- Increase access to intergenerational programs that connect children, youth, adults, and older adults

HEALTHY ENVIRONMENTS AND COMMUNITY SAFETY

This focus area brings together the State Plan's 'Protect and Promote' objectives. It recognises the important role local government has in creating safe, healthy and sustainable places. This includes environmental health, safe public spaces, planning and development, climate resilience, emergency preparedness, injury prevention, access to safe food and water, and reducing exposure to environmental health risks. Through this Plan we commit to:

- Improve access to clean, safe, inclusive, and well-maintained public spaces, parks, trails, and community facilities
- Reduce residents' exposure to environmental health risks, including poor air quality, extreme heat, unsafe water, and pollution.
- Increase community preparedness and resilience for emergencies, severe weather, and climate-related health impacts.
- Strengthen prevention efforts related to violence, substance-related harms, and community safety concerns.

7. Implementation

The Plan will be implemented through the Town's Integrated Planning and Reporting Framework and annual business planning and budget processes. The Health and Wellbeing Actions in Section 8 will operate as the five-year implementation program.

Each action will have a nominated lead service area, supporting internal and external partners, timeframe, required resources, relevant State Public Health Plan objective or objectives – **Promote, Prevent, Protect and Enable** – and measurable indicators. Lead service areas will incorporate approved actions into relevant service plans, project plans and budgets, maintain evidence of delivery, and identify emerging risks, dependencies and partnership opportunities.

Environmental Health Services will coordinate implementation across the organisation, maintain a central action register and convene at least six-monthly cross-organisational progress reviews.

Delivery will apply the Plan's guiding principles of equity and inclusion, community health and wellbeing, evidence-informed prevention, collaboration and proportionate action within the Town's functions and resources.

8. Health and Wellbeing Actions

Action	Priority Health Area	Outcome	Responsibility	Timeframe					Alignment with State Public Health Plan
				26/27	27/28	28/29	29/30	30/31	
1.1 Continue to complete the footpath replacement program		Creates accessible and safe opportunities to encourage walking or cycling.	Asset Services	x	x	x	x	x	PROMOTE
1.2 Maintain sporting fields to allow the community to easily participate in organised sport.		Community have access to facilities that promote physical activity and wellbeing.	Parks Services	x	x	x	x	x	PROMOTE
1.3 Provide, maintain and encourage the use of accessible and affordable community facilities, parks, walking trails and reserves for community use. For example, park exercise equipment.		Residents have access to facilities that promote physical activity and wellbeing.	Parks Services	x	x	x	x	x	PROMOTE
1.4 Incorporate public health principles (including Healthy Active by Design and Healthy Activity Streets) into local planning frameworks.		Planning guidelines that facilitate the development of healthy streets and neighbourhoods. HABD guidelines incorporated into all urban design and neighbourhood planning.	Planning Services Infrastructure Services	x	x	x	x	x	PROMOTE
1.5 Continue to develop the Town's public art trail		Creates Engagement, belonging, community pride and sense of place while encouraging physical activity.	Executive Office	x	x	x	x	x	PROMOTE
1.6 Identify and address access barriers for older people to Town buildings, facilities and built environments.		Accessible buildings and facilities.	Building Services	x	x	x	x	x	PROMOTE
1.7 Ensure age-friendly outdoor features are included as part of new or refurbished park facilities.		The Town's facilities are functional for older people.	Parks Services	x	x	x	x	x	PROMOTE

Action	Priority Health Area	Outcome	Responsibility	Timeframe					Alignment with State Public Health Plan
				26/27	27/28	28/29	29/30	30/31	
2.1 Maintain parks, outdoor recreation equipment and playgrounds		Accessible public open spaces for passive recreation, active transport and connection with nature. All ages accessibility and appeal. Support and encourage outdoor exercise and play for physical and mental health.	Parks Services	x	x	x	x	x	PROMOTE
2.2 Plant trees and provide shade structures throughout the district.		Increased tree canopy and shade to create a cooler and more liveable community. Also Reduces risk of injury (sunburn) and skin cancer.	Parks Services	x	x	x	x	x	PROTECT
2.3 Continued reduction of glyphosate weed control within public areas of the Town.		Natural weed control and reduced reliance on chemicals.	Parks Services	x	x	x	x	x	PROTECT
2.4 Develop a community garden to allow residents access to grow and supplement their fresh fruit and vegetable intake.		Develop a community garden to allow residents access to grow and supplement their fresh fruit and vegetable intake. (Pending the outcome of Claremont Park Master Plan).	Executive Park Services		x				PROMOTE

Action	Priority Health Area	Outcome	Responsibility	Timeframe					Alignment with State Public Health Plan
				26/27	27/28	28/29	29/30	30/31	
3.1 Implement the Claremont Museum's annual education and history program.		Enhanced opportunities to socialise, be active and connected in welcoming, accessible and all-inclusive environment.	Executive Office	x	x	x	x	x	PROMOTE
3.2 Provide and promote learning opportunities, including languages and digital literacy.		Lifelong learning to enhances social inclusion and personal development.	Community Development	x	x	x	x	x	PROMOTE
3.3 Provide and facilitate events, workshops and programs for social inclusion (e.g. craft workshops, book clubs, board games, language and literary events and other social activities).		Enhanced opportunities to socialise, be active and connected in welcoming, accessible and all-inclusive environment.	Community Development	x	x	x	x	x	PROMOTE
3.4 Manage and implement the Library home delivery service for seniors.		Ensure access to resources and social inclusion for seniors.	Community Development		x				PROMOTE
3.5 Implement the Library's school holiday programs		Opportunities for learning, engagement and interaction for youth.	Community Development	x	x	x	x	x	PROMOTE
3.6 Build the capacity of local clubs, groups and organisations to deliver health and wellbeing activities and initiatives.		Improved community education and awareness.	Executive Office	x	x	x	x	x	PROMOTE
3.7 Review, enhance and implement the Town's annual calendar of community events.		Enhanced opportunities to socialise, be active and connected in welcoming, accessible and all-inclusive environment.	Executive Office	x	x	x	x	x	PROMOTE

Action	Priority Health Area	Outcome	Responsibility	Timeframe					Alignment with State Public Health Plan
				26/27	27/28	28/29	29/30	30/31	
3.8 Implement the Aquatic Centre's annual program of leisure activities.		Improve the health and fitness of community members by offering a diverse range of fitness activities including: • Lap swimming • Squad training • Aqua aerobics • Learn to swim lessons • Water polo • Synchronised swimming • Free diving and breath training squads • Water walking • Physio sessions • Outdoor play areas for children • Leisure activities	Executive Office and Infrastructure Services	x	x	x	x	x	PROMOTE
3.9 Implement specific senior focussed activities at the Claremont Library and Community Hub.		Enhanced opportunities to socialise, be active and connected in welcoming, accessible and all-inclusive environment.	Executive Office	x					PROMOTE
3.10 Provide a variety of fitness sessions and diet and fitness related talks run by qualified personal training staff.		Improved community health and wellbeing.	Executive Office						PROMOTE
3.11 Ensure that the Town's Local Emergency Management plans are adequate for dealing with any natural disasters and climate change events.		Western Central Local Emergency Management arrangement and plans are in place to ensure appropriate responses and recovery processes are well managed. See link for current arrangements – Emergency Management Process in the Town of Claremont	Community Safety						PROTECT

Action	Priority Health Area	Outcome	Responsibility	Timeframe					Alignment with State Public Health Plan
				26/27	27/28	28/29	29/30	30/31	
4.1 Promote initiatives and campaigns designed to reduce injury and falls prevention.		Reduce injury from accidental falls. Explore potential with Injury Matters and "Stay on your feet" programs.	Environmental Health Services	x	x	x	x	x	PREVENT
4.2 Pursue grant funding opportunities to increase the health and wellbeing of the community through projects, activities and services.		Increase the number of healthy lifestyle initiatives within the Town.	All	x	x	x	x	x	PREVENT
4.3 Promote initiatives and campaigns designed to reduce skin cancers and ensure sunscreen is available at Town approved events.		Improved community education and awareness.	Environmental Health Services and Tourism and Events	x	x	x	x	x	PREVENT
4.4 Promote mental health awareness through Act Belong Commit and increase community engagement and understanding of mental wellbeing and social inclusion.		More community members get involved with mental health campaigns. Raising awareness of how to stay mentally healthy.	Executive Office	x	x	x	x	x	PROMOTE
4.5 Collaborate with and/or promote key stakeholders such as HeadSpace and Helping Minds to identify and implement / support mental health promotion initiatives with community groups and schools.		Improved community education and awareness regarding wellbeing and service access. Utilise existing campaigns (e.g. RUOK day and Mental Health Week) to support schools and community organisations raise the awareness regarding mental health supports for youth.	Executive Office Environmental Health Services	x	x	x	x	x	PROMOTE
4.6 Identify opportunities to promote state and federal health promotion bodies and campaigns such as Quit (smoking), Cancer Council WA (LiveLighter) that facilitate and help to promote health and wellbeing.		Informed community better equipped to make lifetime choices.	Environmental Health Services	x	x	x	x	x	PREVENT

Action	Priority Health Area	Outcome	Responsibility	Timeframe					Alignment with State Public Health Plan
				26/27	27/28	28/29	29/30	30/31	
4.7 Create and promote a campaign to encourage cycling and walking within the Town.		Increase the number of healthy lifestyle initiatives within the Town.	Executive Office	x	x	x	x	x	PROMOTE
4.8 Create and promote a marketing program to ensure the community is aware of health and fitness related services of the Town.		Raising awareness of how to stay physically and mentally healthy.	Executive Office	x	x	x	x	x	PROMOTE
4.9 Partnership with Breast Screen WA.		Continue to support Breast Screen WA to utilise Town's Carpark for annual screening checks for women.	Executive Office	x	x	x	x	x	PREVENT
4.10 Infant Clinic Support.		Continue to provide financial assistance with Shire of Peppermint Grove to fund the work being undertaken by Infant Health Centre – childhood immunisation.	Environmental Health Services	x	x	x	x	x	PREVENT

Action	Priority Health Area	Outcome	Responsibility	Timeframe					Alignment with State Public Health Plan
				26/27	27/28	28/29	29/30	30/31	
5.1 Promote the availability of free food safety training for local food businesses to enhance skills and knowledge in food safety.		Safe handling of food and adequate skills and knowledge of food handlers.	Environmental Health Services	x	x	x	x	x	PREVENT
5.2 Ensure all food businesses submit a Food Business Registration / Notification form as required under the Food Act 2008, and work with food businesses to provide safe and suitable food.		All food prepared, stored, handled, distributed, manufactured within the Town are by approved food businesses.	Environmental Health Services	x	x	x	x	x	PREVENT
5.3 Ensure all food businesses servicing vulnerable populations submit verified Food Safety Plans as required under the Food Standards Code.		All food safety plans completed and verified with regular monitoring and reporting.	Environmental Health Services	x	x	x	x	x	PREVENT

Action	Priority Health Area	Outcome	Responsibility	Timeframe					Alignment with State Public Health Plan
				26/27	27/28	28/29	29/30	30/31	
5.4 Conduct microbiological and chemical food sampling.		Food manufactured in the Town is safe and compliant with Food Standards Code.	Environmental Health Services	x	x	x	x	x	PREVENT
5.5 Implement and manage the Town's Mosquito Monitoring and Control Program.		Effective mosquito monitoring and control program to reduce mosquito nuisance levels in the community and mosquito-borne diseases.	Environmental Health Services	x	x	x	x	x	PROTECT
5.6 Disseminate information when the Department of Health considers local waterways pose a risk to people.		A safe Swan River for the community to recreate in.	Environmental Health Services	x	x	x	x	x	PROTECT
5.7 Manage issues that can result in noise pollution.		Ensure noise sources are compliant with the <i>Environmental Protection (Noise) Regulations 1997</i> .	Environmental Health Services	x	x	x	x	x	PROTECT
5.8 Protect the community from illness through education and enforcement of public health standards at skin penetration premises.		Protect the community from disease and illness.	Environmental Health Services	x	x	x	x	x	PROTECT
5.9 Administer and enforce Council's Local Laws.		Recognise Council's statutory role and its contribution to community safety.	All	x	x	x	x	x	PROTECT

Action	Priority Health Area	Outcome	Responsibility	Timeframe					Alignment with State Public Health Plan
				26/27	27/28	28/29	29/30	30/31	
6.0 Ensure that Town's Disability Access and Inclusion Plan is providing equal access to its facilities and services.		Committed to ensuring people with disabilities have access to the Town's facilities and services.	Community Development & Infrastructure Services						PROMOTE

9. Partnerships

Public health is a team effort. The Town cannot, and does not try to, meet our community's health needs alone. Many of the biggest influences on health sit outside local government control, and the most effective public health work happens through sustained partnership with state agencies, non-government organisations, neighbouring local governments, community organisations and the private sector.

KEY PARTNER ORGANISATIONS

Department of Health WA – Epidemiology Directorate – our primary source of population health data. We will maintain this relationship to ensure access to current data, guidance on plan development and review, and connection to the broader WA public health planning framework.

North Metro Health Services – the primary provider of public health and clinical services to our community. We will maintain a working relationship on shared public health interests.

Cancer Council WA

Healthway – our most established health promotion partner. We will continue to pursue Healthway grant and partnership opportunities across this Plan's priority areas.

Mental Health Commission WA – the state agency for mental health, alcohol and other drug policy and service commissioning. An important advocacy target and potential program partner, given our above-average rates of mental health conditions.

Community and Non-Government Organisations – including Diabetes WA, Heart Foundation, Injury Matters, Regional Men's Health Initiative, local sporting clubs and community associations.10.0 Monitoring, Evaluation and Review.

10. Monitoring, Evaluation and Review

10.1 Evaluation

Evaluation will use a practical program-logic approach that links community needs and health determinants to actions, outputs, short-term impacts and longer-term outcomes. A baseline and target, where practicable, will be established for each priority area and action. Monitoring will include: process measures, such as activities delivered, participation, reach, partnerships and expenditure; impact measures, such as changes in awareness, access, capability, policy, systems or environments; and outcome measures, such as trends in health status, risk factors, safety, social connection and equity. Data will be drawn from Town administrative records, regulatory and service data, participant feedback, community surveys, relevant WA Health and Australian Bureau of Statistics datasets, and partner information. Results will be considered overall and, where data quality and privacy permit, for priority population groups to identify inequities. The Town will interpret longer-term population outcomes cautiously, recognising shared responsibility and the contribution of factors outside local government control.

10.2 Reporting

Lead service areas will provide six-monthly status updates using a consistent reporting template covering progress, indicator results, expenditure, partnerships, barriers, risks and proposed corrective actions. Environmental Health Services will consolidate this information into an annual Public Health Plan progress report aligned to the Town's annual reporting cycle. The report will describe completed and continuing actions, performance against measures, contribution to the priority areas and State Public Health Plan objectives, equity and inclusion considerations, lessons learned and priorities for the next year. Material delays or changes in risk will be escalated through the Town's management and governance processes.

A concise public summary will be made available through the Town's annual report or website, and statutory reporting under the *Public Health Act 2016* will be completed separately where required.

10.3 Review

The Plan will be reviewed annually to confirm that actions remain relevant, feasible and aligned with current evidence, community needs, Council priorities and the State Public Health Plan. Annual review may result in administrative updates to actions, indicators, responsibilities, sequencing or partnerships, provided the Plan's intent and adopted priorities are not materially changed. A more comprehensive mid-term review will be undertaken during 2028–29. It will reassess the health profile, progress against outcomes, community and stakeholder feedback, emerging public health risks, resource requirements and changes to legislation or State policy, and will identify any substantive amendments requiring Council consideration. A final evaluation will commence in 2030–31 to assess the Plan's overall implementation and effectiveness and to inform preparation of the succeeding local public health plan. The replacement plan will be developed and published within the timeframe required by the *Public Health Act 2016*, following updated health profiling, engagement with the Department of Health and other partners, community consultation and Council adoption.

11. Limitations of local government

It must be acknowledged that many factors affecting community health and wellbeing fall outside the role of local government and therefore many health services are delivered and/or facilitated by external agencies.

The Town is committed to providing community health and wellbeing services aligned to the objectives and priorities of the State Public Health Plan, however notes limitations with regards to local government provision of some public health services and programs.

The Town acknowledges that some priorities identified in the State Public Health Plan are outside the scope and functions of local government and are more appropriately delivered by State agencies, health service providers and other organisations. An example includes improving access to population-based screening programs. The Town's PHP therefore seeks to align with the State Public Health Plan where relevant to local government functions and focuses on public health outcomes that can be influenced directly through the Town's services, facilities, regulatory functions, partnerships and community programs.



308 Stirling Highway, Claremont WA 6010 | PO Box 54, Claremont WA 6910
☎ (08) 9285 4300 | 🌐 www.claremont.wa.gov.au | Email: toc@claremont.wa.gov.au