

Community Health and Wellbeing Project 2020

Community Engagement Results





Acknowledgement of Country

The City of Armadale acknowledges the Traditional Owners and Custodians of the land upon which we stand, work and play.

We acknowledge the Aboriginal People as the First Nation People and their connection to the land and waters, as the land and waters are a part of them; spiritually and culturally.

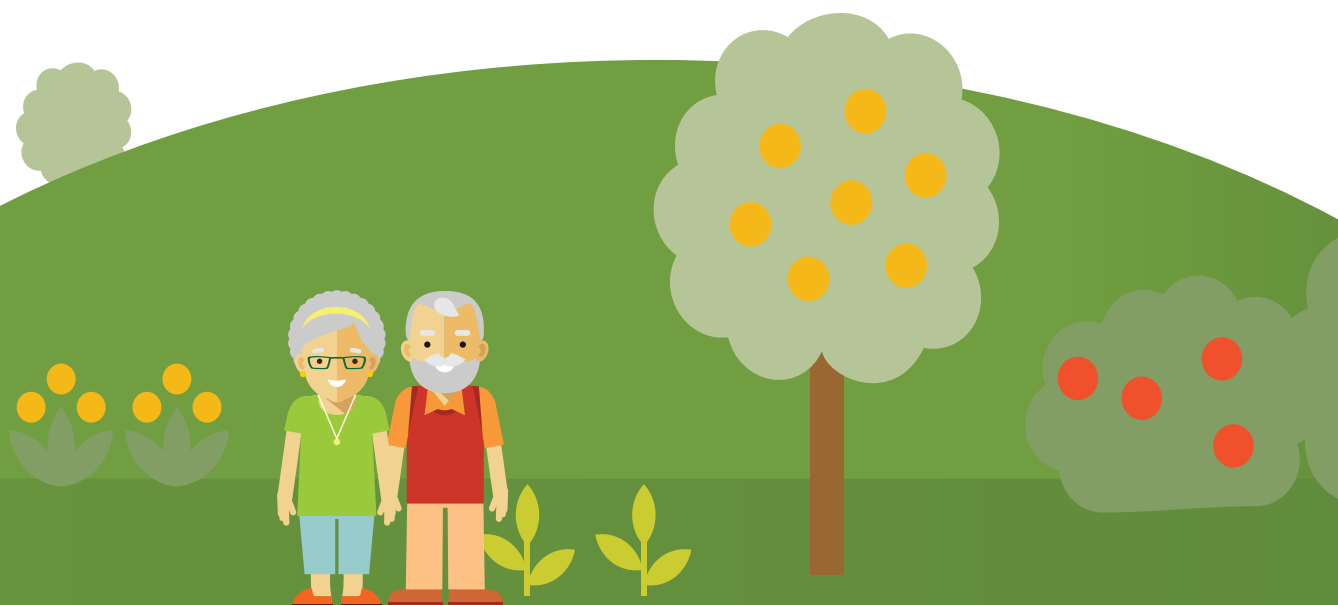
We acknowledge their ancestors, the Elders past and present, who have led the way for us to follow in their footsteps.

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Acknowledgements

The City of Armadale would like to acknowledge all the input and support provided by internal and external individuals and organisations in the development of the Community Health and Wellbeing Plan 2021–2024.



1.0 Project summary

The City of Armadale's Community Health and Wellbeing 2020 Project aimed to engage a range of community members and service providers to gather both quality data and feedback about the community's health and wellbeing priorities and concerns.

This input was sought to support the development of the City's second Public Health Plan to meet the requirements of Part 5 of the *Public Health Act 2016*. The *Public Health Act 2016* requires all local governments to develop a local Public Health Plan. A Public Health Plan outlines actions to improve community health and wellbeing.

In July 2019, the WA Department of Health released the State Public Health Plan for Western Australia: Objectives and Policy Priorities for 2019–2024 (WA Plan). The WA Plan provides guidance to State and Local Governments and other public health partners on how to work together to contribute towards influencing the health and wellbeing of all Western Australians. This WA Plan coincides with the amendment (Part 5) to the *Public Health Act 2016*, to make public health plans mandatory for every local government in WA. In the future, Part 5 of the *Public Health Act 2016* will be legislated and will support and drive ongoing improvements to the health and wellbeing of local communities.

In addition to the community data and feedback collected, the following data sets were also reviewed:

- Demographic and community data from ID Forecast and Profile ID
- City of Armadale Community Health and Wellbeing 2019 profile prepared by the East Metropolitan Health Service (sources included data retrieved from: Western Australian Health and Wellbeing 2019 Surveillance System, the Australian Childhood Immunisation Register, the Australian Bureau of Statistics, the Registry of Births, Deaths and Marriages and the Settlement Database)
- Community and service provider feedback retrieved from a workshop and follow up meetings

This feedback and data, in addition to aligning with the WA Plan, has supported the identification of strategies and action statements for the Community Health and Wellbeing Plan 2021–2024.

This document provides information about the data and feedback collected during the community engagement process.

Community engagement for the Community Health and Wellbeing 2020 project, ran from the 1 October – 30 November 2020.

- 1,047 valid survey responses were collected either online or by hard copy surveys.
- Consultation was undertaken with local Aboriginal Elders through a yarning session.
- 38 young children were consulted at a Children's Week event and at a local school event.
- The City's Access and Inclusion Reference Group (previously the Disability and Access Inclusion Reference Group) were consulted during a regular group meeting.
- 19 community and service provider organisation's were consulted through:
 - A workshop facilitated by Public Health Advocacy Institute of WA and Joel Levin from Aha! Consulting
 - Follow up meetings

Additionally, 147 City of Armadale staff completed the Staff Health and Wellbeing Survey and any further meetings required with community and service providers were completed post 30 November 2020.



2.0 Introduction

Data and feedback gathered from the Community Health and Wellbeing Project 2020 has been used to support the development of the Community Health and Wellbeing Plan 2021–2024 (CHWP).

The purpose of the CHWP is to contribute to improving health and wellbeing outcomes for City of Armadale residents to enable people to live well and experience the best possible quality of life. The City of Armadale is committed to providing a healthy, happy, safe and sustainable environment for all.

The community, staff and service provider data and feedback collected was collated, compared and analysed. Strategies, actions and priorities were developed in response to the data received along with the recommendations in the State Public Health Plan for Western Australian 2019 – 2024 (WA Plan).

The WA Plan outlines a number of potential priorities for local governments to consider when developing their Public Health Plans. Based on community, service provider, and staff data and feedback received, the City's Community Health and Wellbeing Plan will focus on three areas within the WA Plan that are aligned with our local priorities.

These include:

- Chronic disease prevention,
- Environmental health protection,
- Improving Aboriginal health and wellbeing.

The City acknowledges that many factors affecting community health and wellbeing fall outside the scope of local government and that the City alone cannot be responsible for improving resident's health and wellbeing.

Many local service providers, external agencies and community groups already provide invaluable services and support to the community that complement the objectives and strategies outlined in the Community Health and Wellbeing Plan. Where relevant, the City has identified potential partnerships with other government agencies, service providers, local organisations and non-government agencies to build relationships so we can address emerging public health risks in the community together.

The Community Health and Wellbeing Plan acknowledges the need for close and collaborative partnerships between key stakeholders to:

- Provide integrated approaches and holistic responses to emerging public health issues by developing local partnerships with service providers and organisations
- Maximise resources and partnerships internally to work towards addressing the objectives outlined in the Community Health and Wellbeing Plan
- Deliver activities, services, programs and amenities that support the objectives outlined in the Plan

The City has now developed a Community Health and Wellbeing Plan 2021–2024 that aligns with the WA Plan and meets the requirements of the *Public Health Act 2016*.

To view the Community Health and Wellbeing Plan 2021–2024, visit our website at www.armadale.wa.gov.au or contact the City directly on 08 9394 5000 or at info@armadale.wa.gov.au.

3.0 Health and Wellbeing in the City of Armadale

Demographics:

- The City of Armadale is growing at a rapid pace with the current estimated 2021 population at 97,705¹. ID Forecast estimates the population will reach 151,896 by 2041.
- The City covers an area of 560 square kilometres and consists of 19 diverse suburbs and localities.
- The City has a SEIFA index of 994 in 2016 (993 in 2011)*
- 18.7% of people speak a language other than English at home whilst 75.1% speak only English at home (6.3% did not specify what language they spoke at home)
- 2.6% of the population identify as Aboriginal and/or Torres Strait Islander

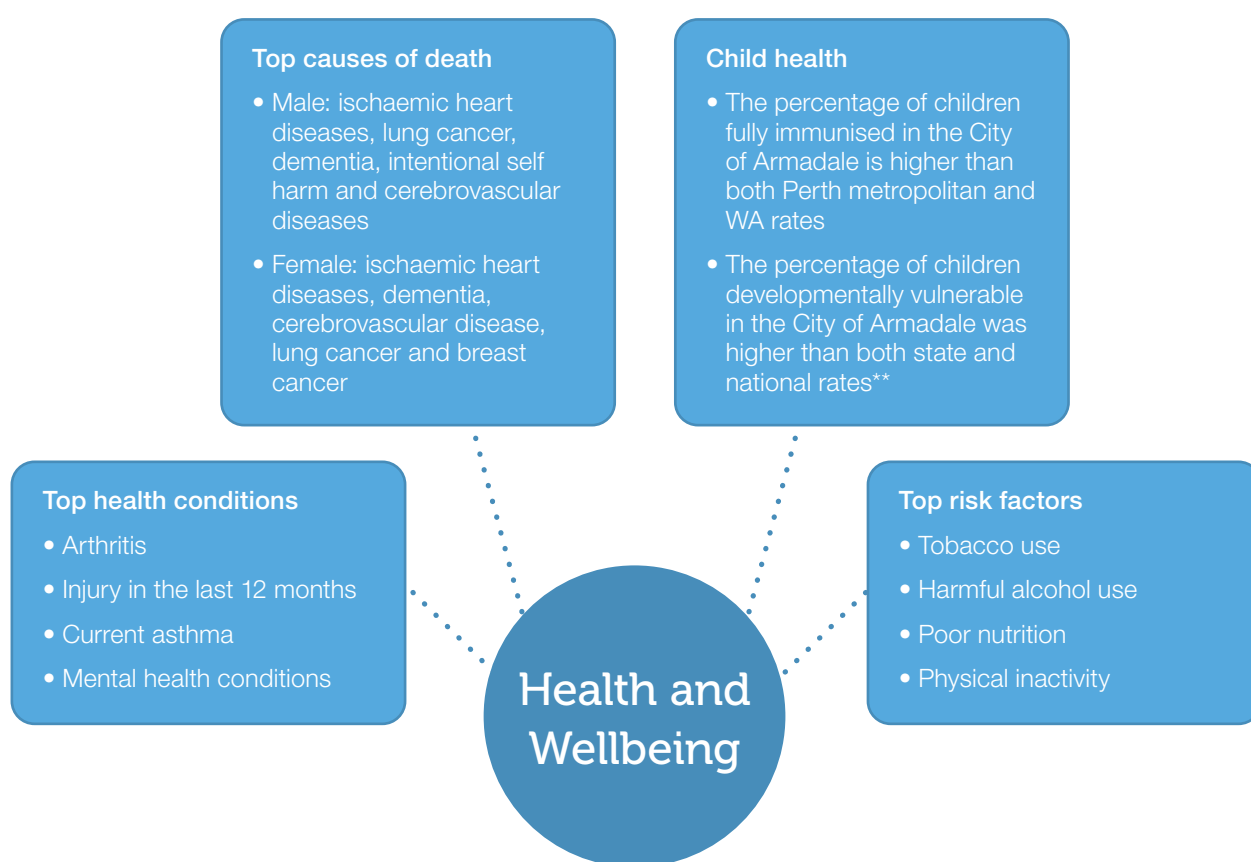


Figure 1: At a glance – Community health and wellbeing in the City of Armadale².

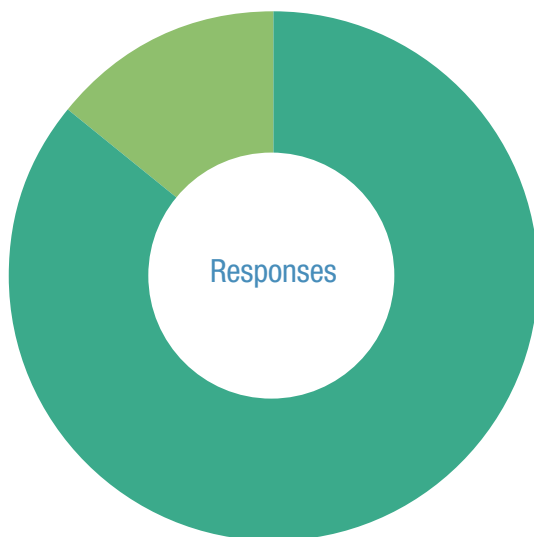
* The Socio-Economic Index for Areas (SEIFA) ranks areas in Australia according to the relative level of socio-economic disadvantage and/or advantage. The index is based off information received from the Census with a higher SEIFA index indicating a lower level of disadvantage and a lower SEIFA index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

** The Australian Early Development Census measures child development using five domains (Physical, Social, Emotional, Language and Communication). There are also two categories which measure how many domains children are vulnerable in which are titled Vulnerable 1 (vulnerable in one or more domain/s) and Vulnerable 2 (vulnerable in two or more domains). Children living in the City of Armadale were higher in these categories, Vulnerable 1 and Vulnerable 2, than both state and national averages.

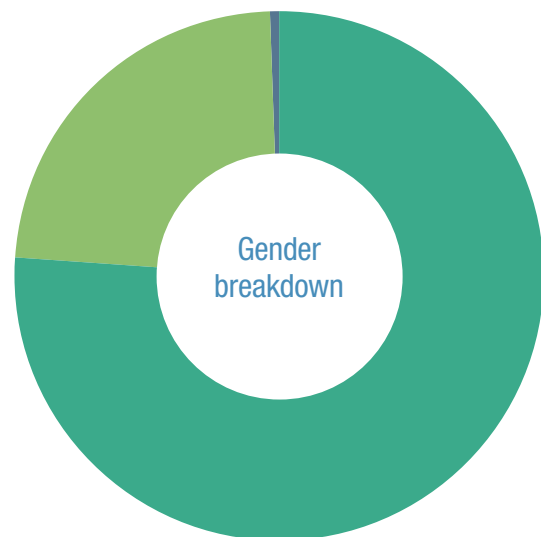
¹ ID Forecast (2021). *City of Armadale population forecast*. Retrieved from: <https://forecast.id.com.au/armadale>

² East Metropolitan Health Service (2019). *City of Armadale Community Health Profile 2019*. East Metropolitan Health Service, Department of Health, Perth WA.

4.0 Community Health and Wellbeing Survey 2020 – Overall response data



● Paper: 14.1% ● Online: 85.9%



● Male: 23.9% ● Female: 75.9% ● Other: 0.2%

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

Top Areas:

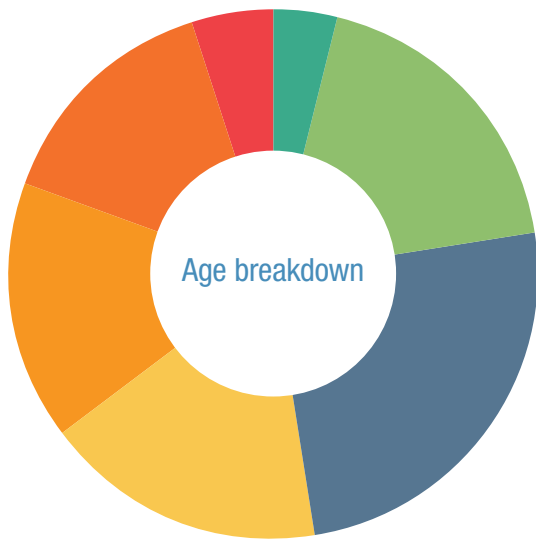


Thinking about the City of Armadale, how important are the following areas to the health of you and your community?

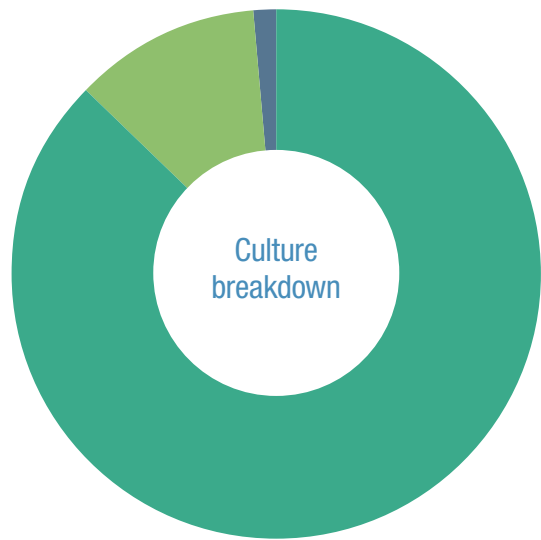
Top Areas:



Note: The above data has been weighted. A respondents first choice is weighted 3, a second choice is weighted 2; and the third choice is weighted 1.



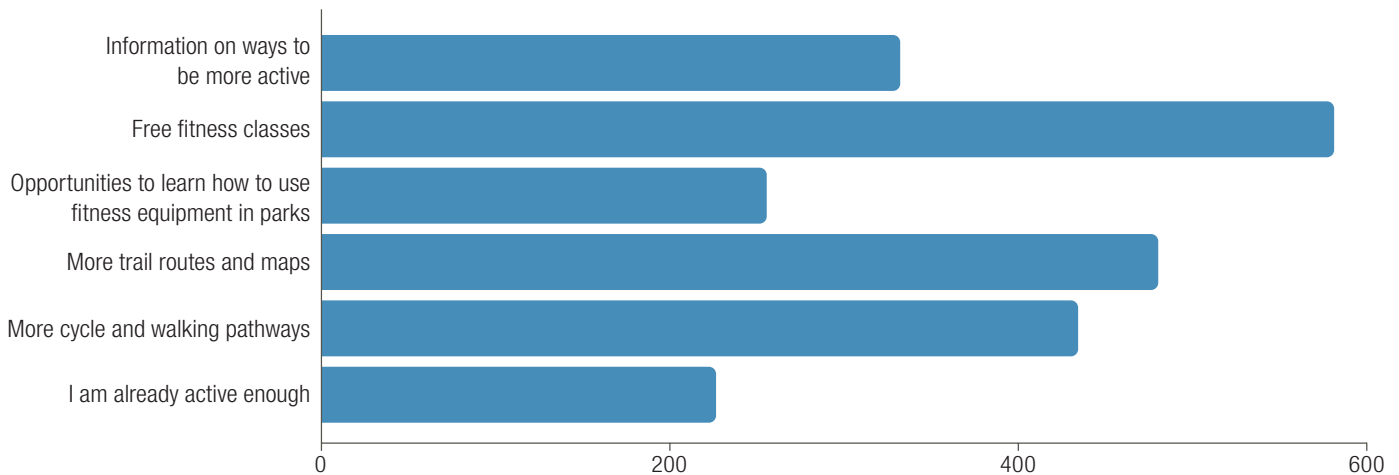
18-24: 4% 25-34: 18.6% 35-44: 24.8%
45-54: 17.4% 55-64: 15.8% 65-74: 14.6%
75+: 4.8%



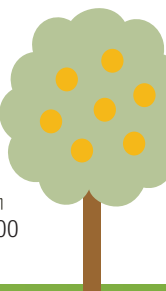
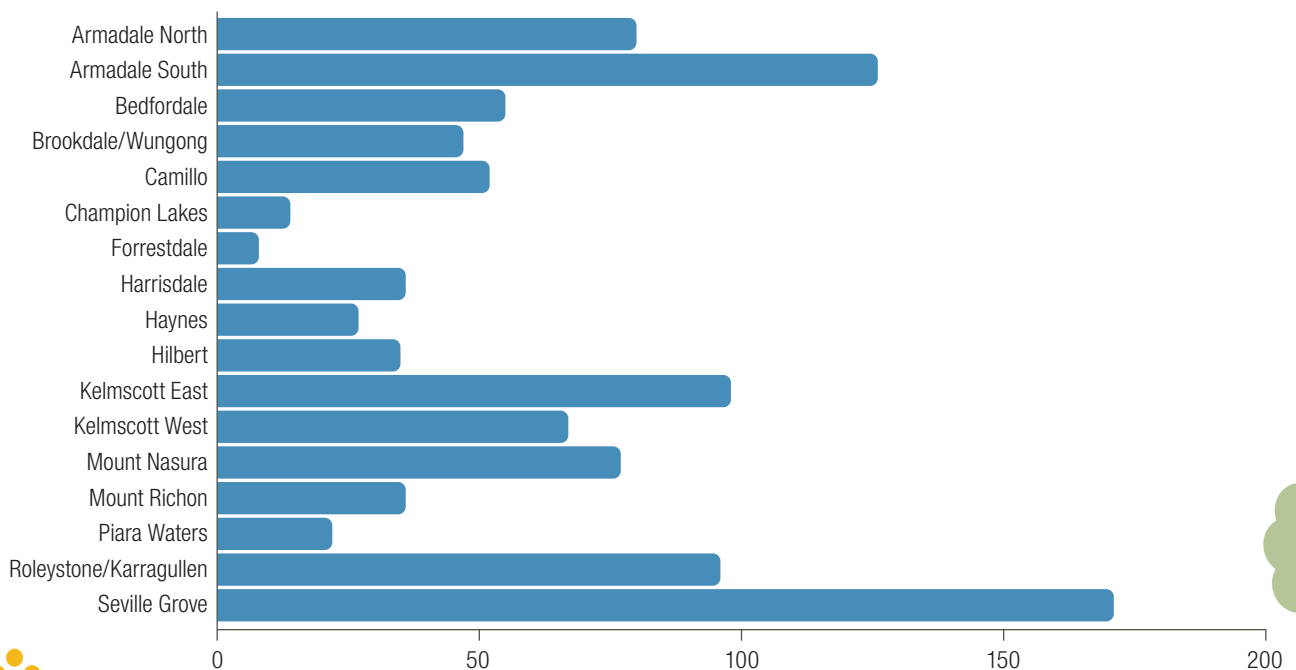
CaLD: 11.4% I only speak English at home: 87.4% ATSI: 1.2%

Note: ATSI = Aboriginal and Torres Strait Islander.
CaLD = Culturally and Linguistically Diverse

What could encourage you to be more active?



Suburb breakdown



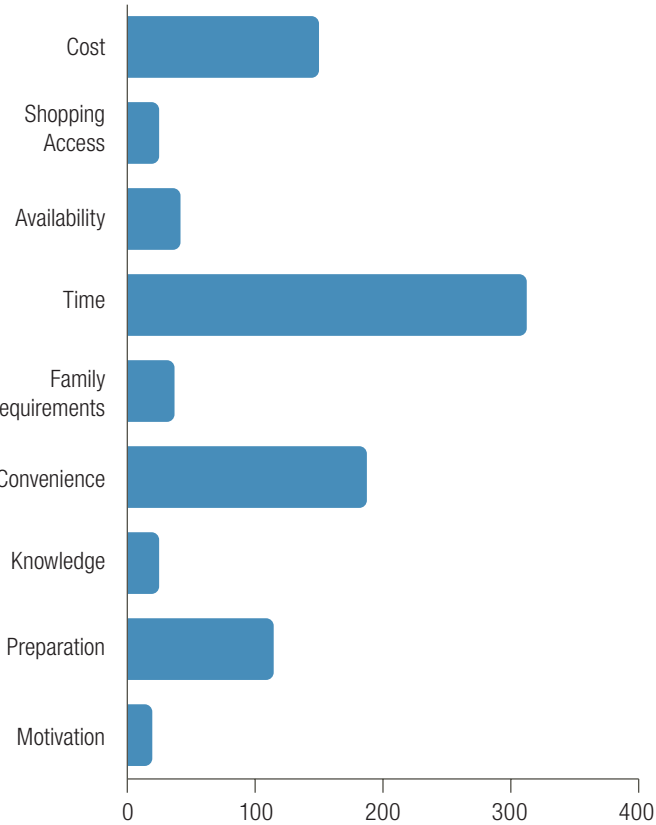
What could help you to make healthier food choices?

More affordable healthy food	52.0%
Knowledge of quick ways to prepare healthy meals	41.0%
More availability of healthy foods	29.6%
I already eat enough healthy foods	29.0%
Less unhealthy food advertising	26.6%
Healthier food options at sporting and community clubs	26.1%
Information on how to cook healthy meals	24.2%
Knowledge on how to understand food labels	23.8%
Information to help me decide which foods are healthy	16.4%

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	65.3%
More alcohol free City owned spaces and facilities	52.0%
Less alcohol advertising	49.0%
Provide information about alcohol drinking and your health	37.8%
Provide information about smoking and your health	34.8%

What stops you from eating healthier foods?



What stops you from being more active?

The most common answers included:

- Lack of time
 - Cost of gym membership/activities
 - Lack of motivation
 - Feel unsafe in public areas
 - Lack of footpaths and cycle paths
- Lack of facilities
 - Personal illness/injury
 - Family requirements
 - Unsure of what to do/how to use equipment
 - Limited hours of operation



4.1 Armadale (North)

Survey responses received: **80**

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

* Top three areas:

1. Feeling safe in the community
2. Recreation facilities
3. Parks, reserves, and public open spaces

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

* Top three concerns:

1. Illicit drug use
2. Unsafe community
3. Poor mental health

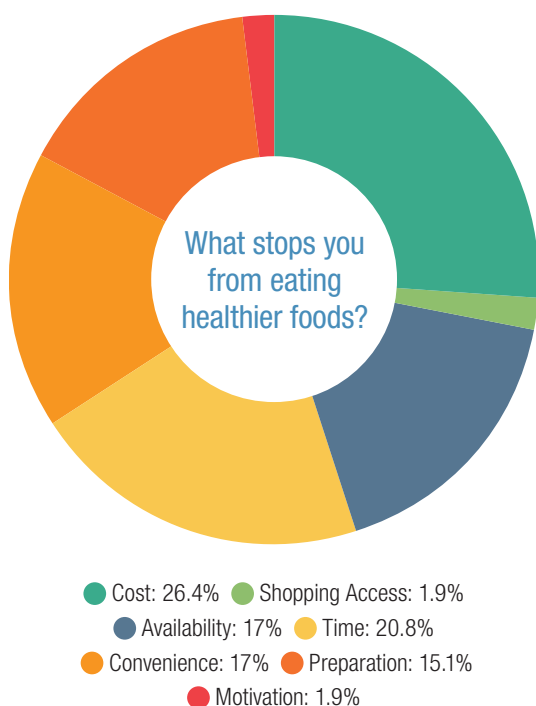
*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	65.0%
More alcohol free City owned spaces and facilities	50.0%
Less alcohol advertising	48.8%
Provide information about alcohol drinking and your health	37.5%
Provide information about smoking and your health	33.8%

What could help you to make healthier food choices?

More affordable healthy food	63.8%
Knowledge of quick ways to prepare healthy meals	42.5%
More availability of healthy foods	31.2%
I already eat enough healthy foods	27.5%
Healthier food options at sporting and community clubs	26.2%
Less unhealthy food advertising	25.0%
Information on how to cook healthy meals	21.2%
Knowledge on how to understand food labels	17.5%
Information to help me decide which foods are healthy	17.5%



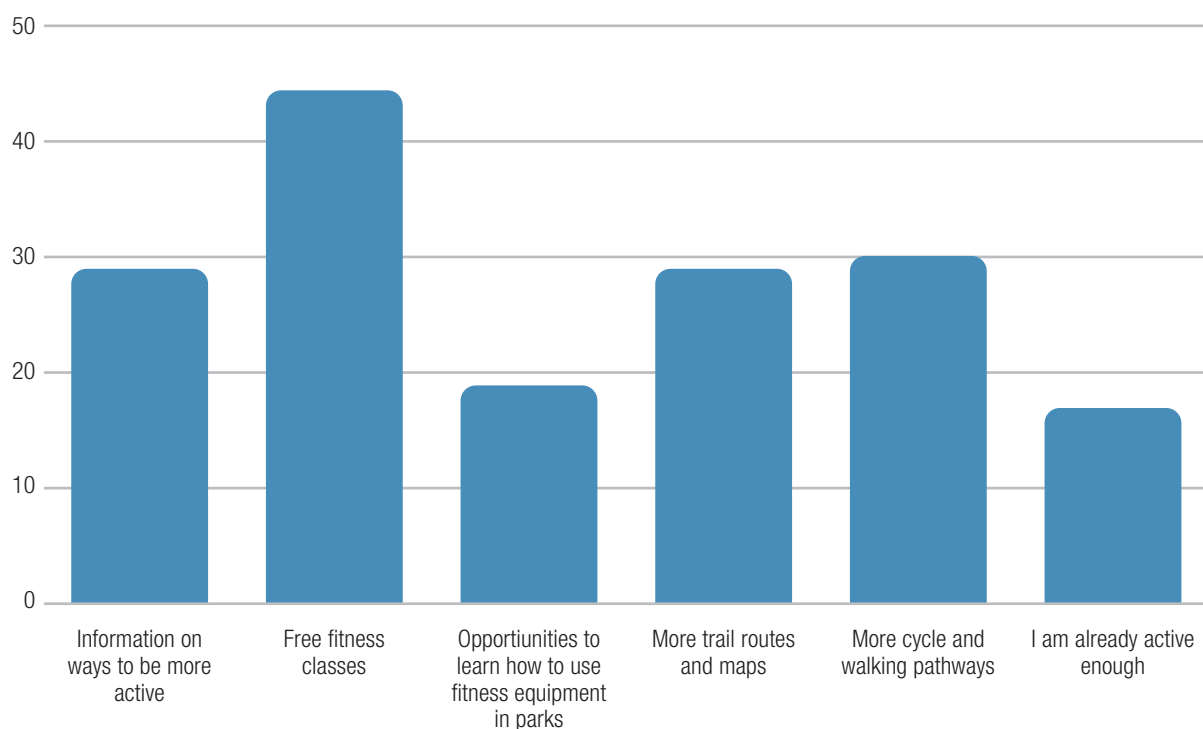
What stops you from being more active?

The most common answers included:

- Lack of time
- Do not feel safe in public areas
- Cost of exercise classes and facilities
- Lack of motivation
- Limited hours of operation of facilities
- Not knowing which parks have fitness equipment
- Creche costs
- Unsure of what to do/how to use equipment
- Lack of confidence
- Health and injuries

Note: Graphs and survey responses on this page may not add up to the response number indicated at the top of the page or to 100%. This is due to many of the questions included in the Community Health and Wellbeing Survey 2020 being optional and/or a multiple answer question.

What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Increased isolation
- Increased feelings of anxiety
- Loss of routine
- Positive mental health from increased gardening
- Increased hygiene concerns
- Affordable housing difficult to access
- Working full time during the pandemic caused fatigue and depression

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- Increased security and sense of safety
- More free community activities/events
- Affordable exercise classes
- More exercise equipment in parks
- Community education programs
- Mental health support
- Youth programs, activities and events

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"Learn how to avoid emotional eating."

"Community garden to learn how to grow healthy foods."

"Target schools - use young people to teacher other young people."

"Make all public events smoke and alcohol free."

"Provide alternative activities - promote healthy, active entertainment. Sponsor community activities which promote healthy living."

4.2 Armadale (South)

Survey responses received: **126**

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

* Top three areas:

1. Feeling safe in the community
2. Walking and cycling paths
3. Recreation facilities

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

* Top three concerns:

1. Illicit drug use
2. Unsafe community
3. Poor mental health

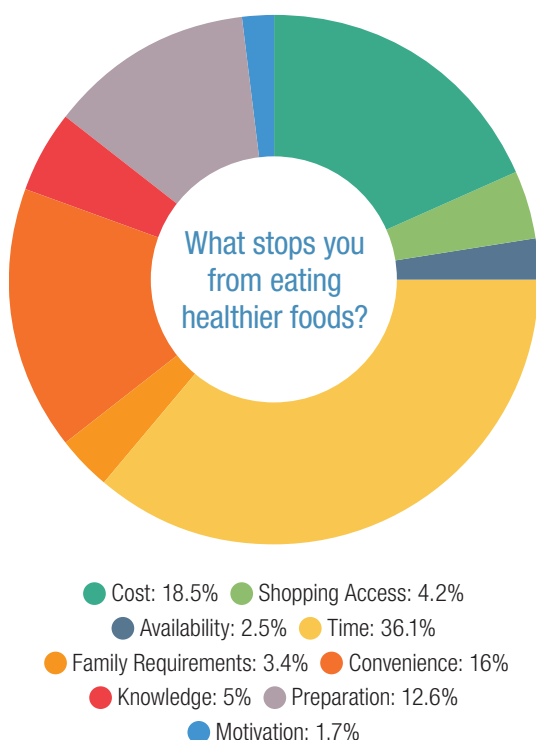
*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	60.3%
More alcohol free City owned spaces and facilities	50.0%
Less alcohol advertising	46.8%
Provide information about alcohol drinking and your health	35.7%
Provide information about smoking and your health	25.4%

What could help you to make healthier food choices?

More affordable healthy food	54.7%
Knowledge of quick ways to prepare healthy meals	37.3%
More availability of healthy foods	32.5%
Information on how to cook healthy meals	30.2%
Less unhealthy food advertising	26.2%
Knowledge on how to understand food labels	25.4%
Healthier food options at sporting and community clubs	24.6%
I already eat enough healthy foods	23.0%
Information to help me decide which foods are healthy	18.3%



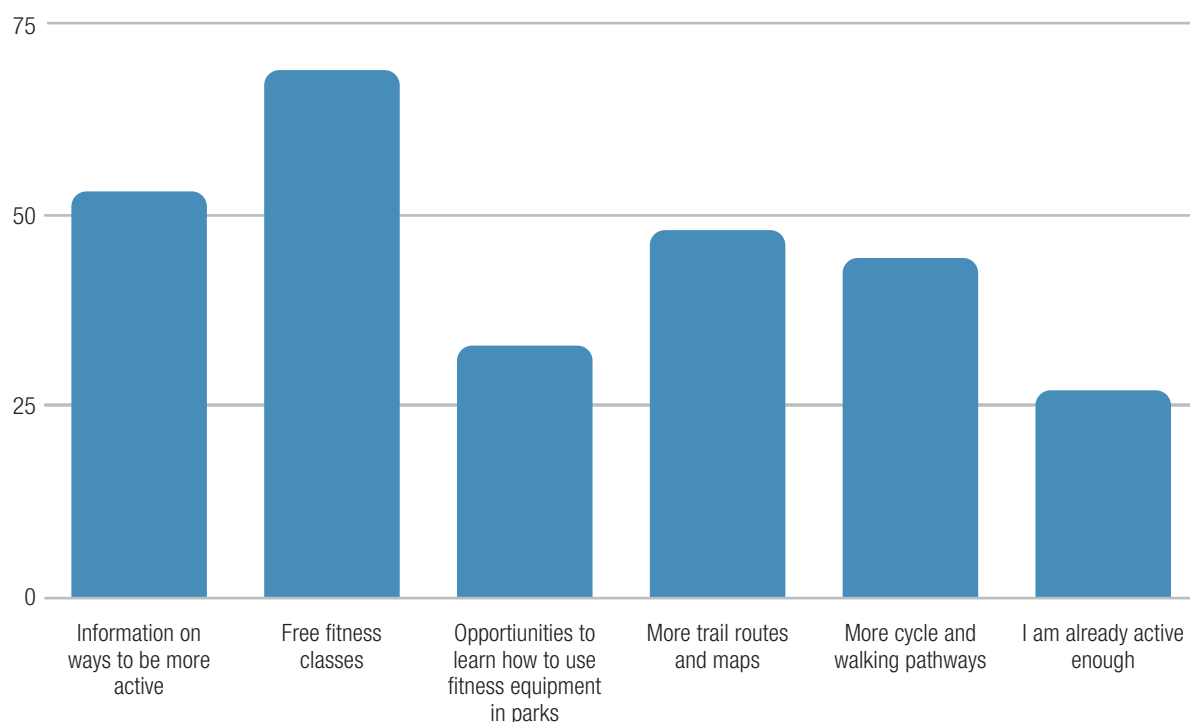
What stops you from being more active?

The most common answers included:

- Lack of time
- Lack of motivation
- Do not feel safe in public areas
- Lack of walking and cycle paths
- Personal injuries
- Cost of exercise classes and facilities
- Lack of accessible facilities
- Lack of information about facilities/services/classes
- Availability of classes and suitable times
- Family commitments

Note: Graphs and survey responses on this page may not add up to the response number indicated at the top of the page or to 100%. This is due to many of the questions included in the Community Health and Wellbeing Survey 2020 being optional and/or a multiple answer question.

What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Increased isolation
- More family time
- Increased anxiety and stress levels
- Increased financial stress
- Reduced physical activity
- Less crime and antisocial behaviour
- Increased weight gain

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- Increased security and sense of safety
- More free community activities/events
- More accessible fitness opportunities
- Free exercise classes
- More facilities at parks
- More cycling/walking paths
- Mental health support
- Youth programs, activities and events

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"More healthy restaurants and cafes."

"Better information on salt and salt reduced meals."

"Provide mental health support to help people struggling with addiction."

"Get rid of the smoke shops in Armadale."

"Fewer licenses issued to alcohol outlets."

4.3 Bedfordale

Survey responses received: **55**

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

* Top three areas:

1. Feeling safe in the community
2. Recreation facilities
3. Walking and cycling paths

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

* Top three concerns:

1. Illicit drug use
2. Unsafe community
3. Poor mental health

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	67.2%
Provide information about alcohol drinking and your health	41.8%
Less alcohol advertising	38.1%
More alcohol free City owned spaces and facilities	38.1%
Provide information about smoking and your health	36.1%

What could help you to make healthier food choices?

More affordable healthy food	32.7%
I already eat enough healthy foods	32.7%
Knowledge of quick ways to prepare healthy meals	30.9%
Healthier food options at sporting and community clubs	30.9%
Information on how to cook healthy meals	27.2%
More availability of healthy foods	21.8%
Less unhealthy food advertising	21.8%
Knowledge on how to understand food labels	18.1%
Information to help me decide which foods are healthy	7.2%



- Cost: 14.3%
- Availability: 5.7%
- Time: 31.4%
- Family Requirements: 2.9%
- Convenience: 11.4%
- Knowledge: 5.7%
- Preparation: 20%
- Motivation: 8.6%

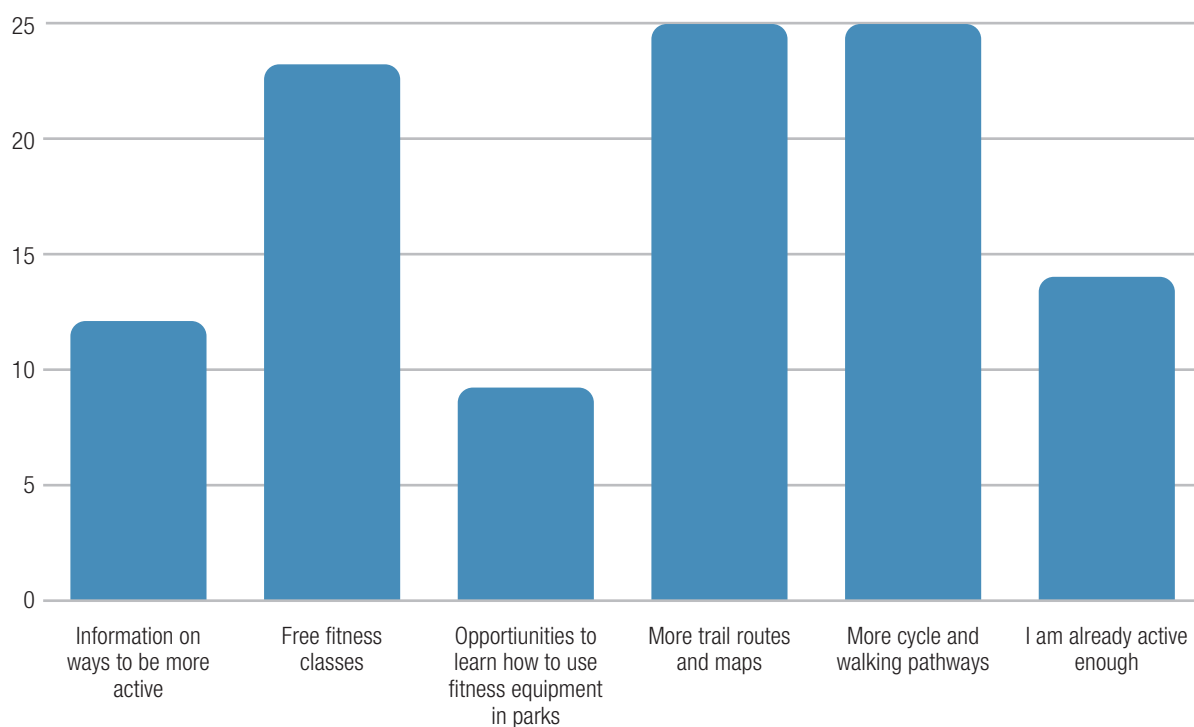
What stops you from being more active?

The most common answers included:

- Lack of time
- Lack of motivation
- Do not feel safe in public areas
- Cost of exercise classes and facilities
- Lack of secure bike parking
- Lack of dog-friendly parks
- Health and injuries

Note: Graphs and survey responses on this page may not add up to the response number indicated at the top of the page or to 100%. This is due to many of the questions included in the Community Health and Wellbeing Survey 2020 being optional and/or a multiple answer question.

What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Increased isolation
- Reduced physical activity
- Increased use of parks and trails
- Positive mental health from increased gardening
- Increased financial stress
- Unable to access facilities
- Negative impact on mental health

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- Group fitness classes/activities
- Increased security and sense of safety
- More community activities/events
- More cycling/walking paths
- Youth programs, activities and events
- Promotion of events/activities

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"Having information about how to grow my own food at home."

"Cooking lessons."

"Would love to see more healthy foods at gym, sporting events and less unhealthy advertising."

"Enforce non-smoking areas at shopping centres."

"Work to reduce the social and personal pressures that trigger addictive behaviours."

4.4 Brookdale/Wungong

Survey responses received: **47**

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

* Top three areas:

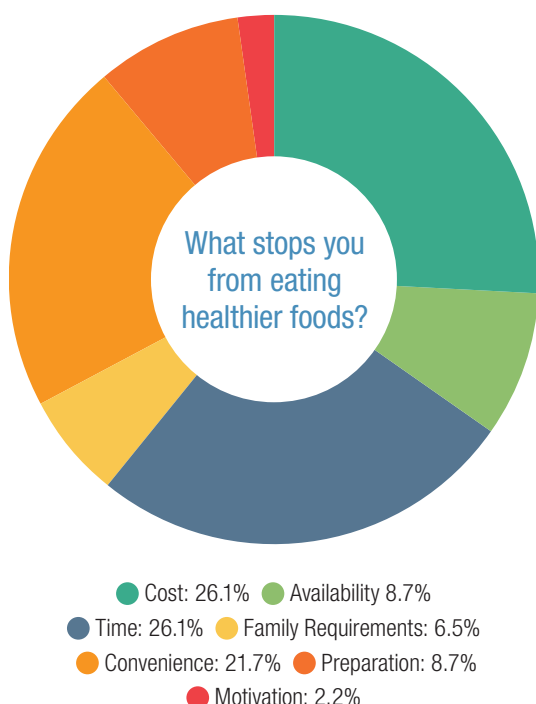
1. Feeling safe in the community
2. Recreation facilities & Parks, reserves and public open spaces**
3. Walking and cycling paths

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

**Both areas were rated equally by respondents.

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	78.7%
More alcohol free City owned spaces and facilities	68.0%
Less alcohol advertising	48.9%
Provide information about alcohol drinking and your health	31.9%
Provide information about smoking and your health	25.5%



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

* Top three concerns:

1. Unsafe community
2. Illicit drug use
3. Poor mental health

What could help you to make healthier food choices?

More affordable healthy food	65.9%
Knowledge of quick ways to prepare healthy meals	51.0%
I already eat enough healthy foods	38.2%
More availability of healthy foods	31.9%
Healthier food options at sporting and community clubs	29.7%
Knowledge on how to understand food labels	25.5%
Less unhealthy food advertising	21.2%
Information to help me decide which foods are healthy	21.2%
Information on how to cook healthy meals	19.1%

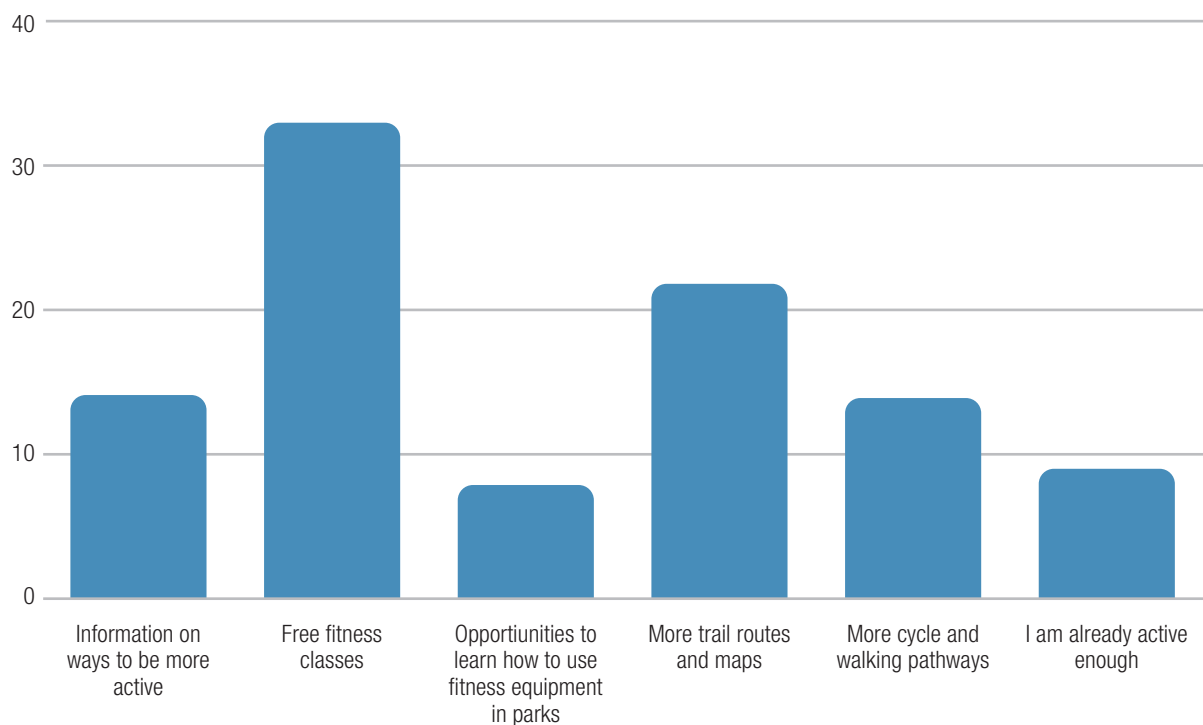
What stops you from being more active?

The most common answers included:

- Lack of time
- Cost of exercise classes and facilities
- Family requirements
- Lack of motivation
- Do not feel safe in public areas
- Unsure of what to do/how to use equipment
- Lack of information about facilities/services classes

Note: Graphs and survey responses on this page may not add up to the response number indicated at the top of the page or to 100%. This is due to many of the questions included in the Community Health and Wellbeing Survey 2020 being optional and/or a multiple answer question.

What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- More family time
- Increased knowledge and understanding of germs/viruses, their transmission and hygiene
- Increased exercise
- Increased social connection
- Increased feelings of anxiety
- Increased isolation
- Negative impact on mental health

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- Affordable exercise classes
- Increased security and sense of safety
- More community activities/events
- More facilities at parks
- More cycling/walking paths
- Youth programs, activities and events
- Mental health support

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"Guided hiking in the surrounds of Armadale."

"More fitness equipment in parks."

"More community activities that promote healthy eating and exercise."

"Bicycle and foot paths."

"Better and more clear labelling of food."

4.5 Camillo

Survey responses received: **52**

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

* Top three areas:

1. Feeling safe in the community
2. Recreation Facilities
3. Walking and cycling paths

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

* Top three concerns:

1. Unsafe community
2. Illicit drug use
3. Poor mental health

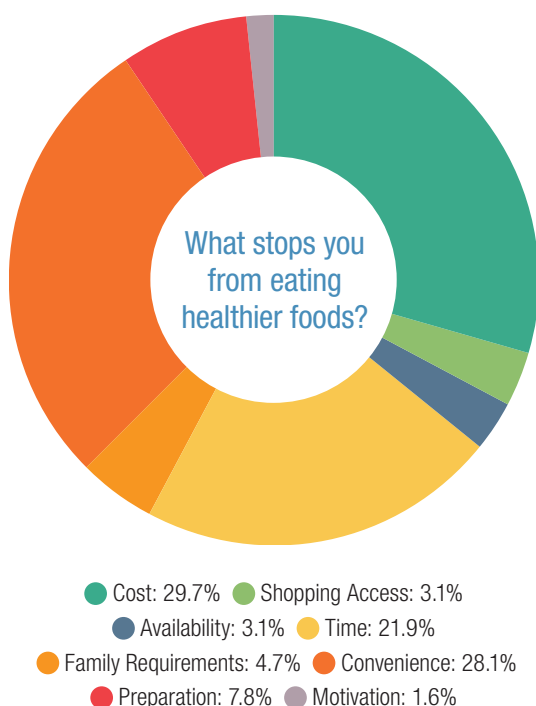
*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	67.3%
More alcohol free City owned spaces and facilities	53.8%
Less alcohol advertising	46.1%
Provide information about alcohol drinking and your health	40.3%
Provide information about smoking and your health	34.6%

What could help you to make healthier food choices?

More affordable healthy food	65.3%
Knowledge of quick ways to prepare healthy meals	40.3%
Healthier food options at sporting and community clubs	30.7%
More availability of healthy foods	26.9%
I already eat enough healthy foods	26.9%
Knowledge on how to understand food labels	21.1%
Information on how to cook healthy meals	17.3%
Less unhealthy food advertising	15.3%
Information to help me decide which foods are healthy	13.4%



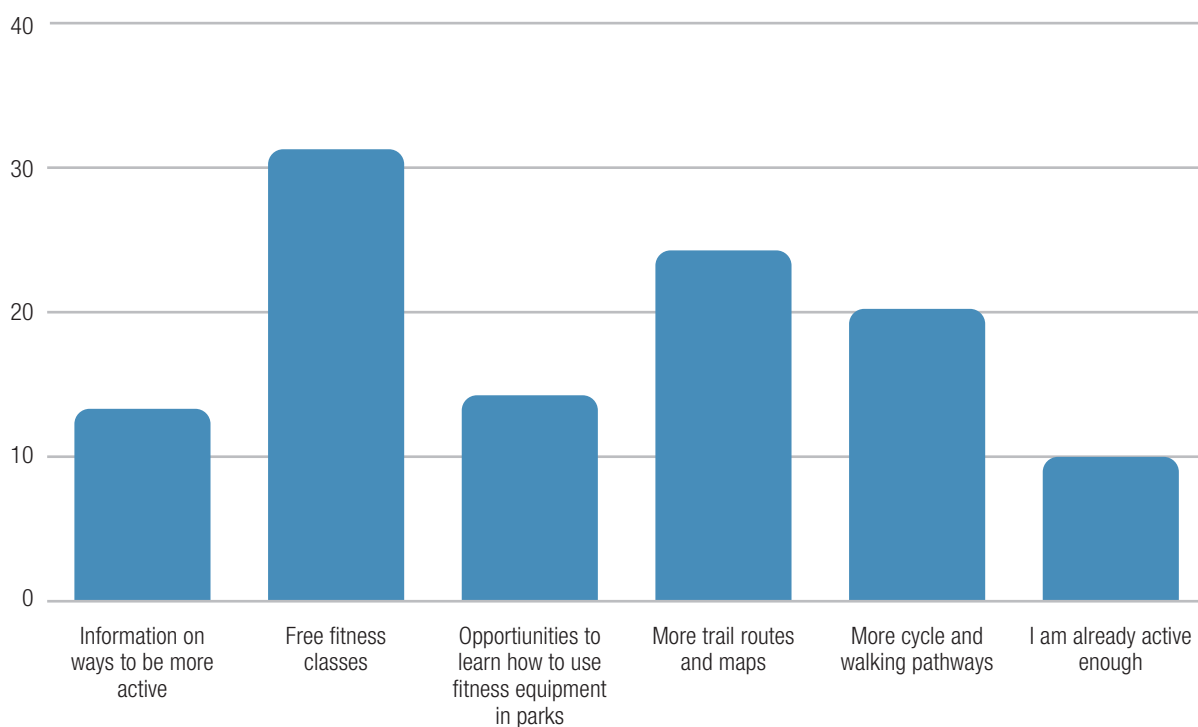
What stops you from being more active?

The most common answers included:

- Lack of time
- Do not feel safe in public areas
- Lack of parks nearby
- Lack of motivation
- Cost of exercise classes and facilities
- Lack of knowledge of facilities
- Lack of information about facilities/services/ classes

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What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Increased stress
- Increased financial stress
- Increased knowledge and understanding of germs/viruses, their transmission and hygiene
- Loss of motivation
- More family time
- Increased isolation
- Negative impact on mental health

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- Increased security and sense of safety
- Group activities
- More community activities/events
- Mental health support
- More cycling/walking paths
- More fitness facilities
- Youth and children's programs and activities

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"Safer streets."

"Group activities like walking groups."

"Well maintained paths, trails and parks."

"Reduce or limit the number of fast food outlets in the area. There is already enough."

"More advertising on what happens inside the body when smoking and excess alcohol is consumed."

4.6 Champion Lakes

Survey responses received: 14

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

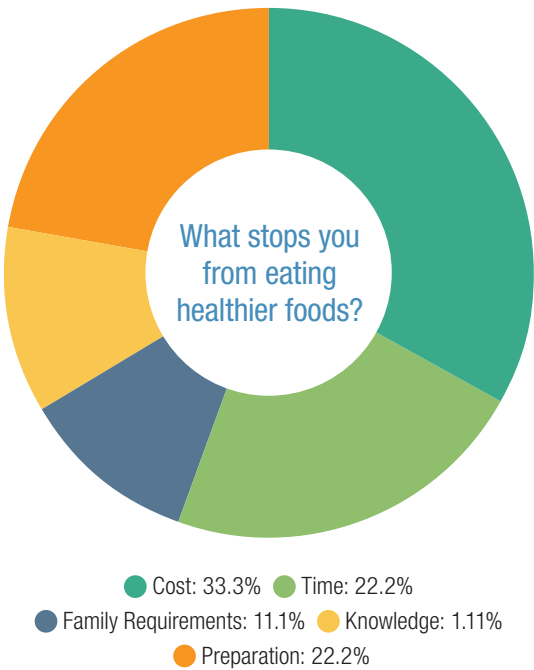
* Top three areas:

- 1. Feeling safe in the community
- 2. Walking and cycling paths
- 3. Recreation facilities & Parks, reserves and public open spaces**

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.
**Both areas were rated equally by respondents.

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More alcohol free City owned spaces and facilities	64.2%
Less alcohol advertising	64.2%
More smoke free City owned spaces and facilities	50.0%
Provide information about alcohol drinking and your health	35.7%
Provide information about smoking and your health	28.5%



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

* Top three concerns:

- 1. Unsafe community
- 2. Illicit drug use
- 3. Harmful alcohol use

What could help you to make healthier food choices?

More affordable healthy food	57.1%
Knowledge of quick ways to prepare healthy meals	50.0%
I already eat enough healthy foods	42.8%
Less unhealthy food advertising	35.7%
Healthier food options at sporting and community clubs	21.4%
More availability of healthy foods	21.4%
Knowledge on how to understand food labels	14.2%
Information on how to cook healthy meals	14.2%
Information to help me decide which foods are healthy	0%

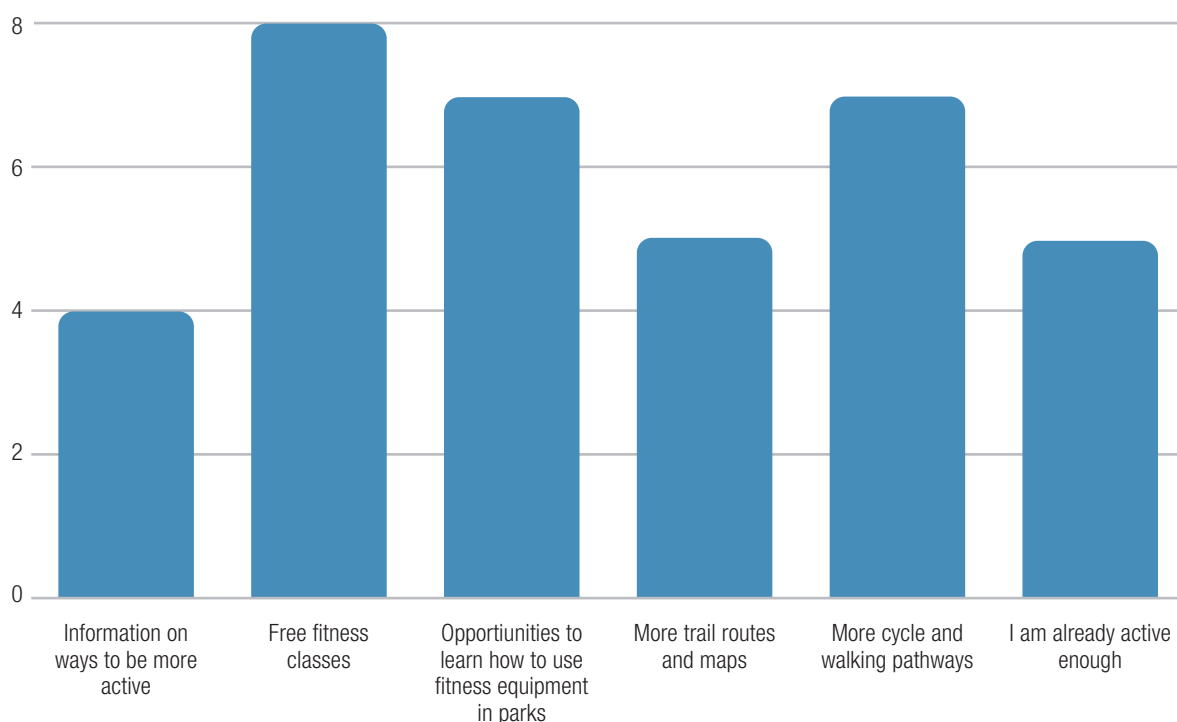
What stops you from being more active?

The most common answers included:

- Lack of facilities
- Lack of time
- Lack of motivation
- Cost of exercise classes and facilities

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What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Maintained physical activity levels
- Unable to access clubs
- Increased knowledge and understanding of germs/viruses, their transmission and hygiene
- Simplified life

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- Increased security and sense of safety
- Free exercise classes
- More community activities/events
- Healthy food options
- More cycling/walking paths
- More exercise equipment in parks

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"More designated running/walking trails."

"Fitness equipment in parks."

"More free activities or a lot cheaper activities for the whole family."

"More lighting so we can utilize the walking/running paths more in the winter months and so it can be safer."

"Provide mental health services."

"Hold public events which don't allow smoking or drinking and provide healthy alternatives - these can be designed for adults not only family friendly."

4.7 Forrestdale-Haynes

Survey responses received: 35

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

- * Top three areas:
1. Feeling safe in the community
 2. Walking and cycling paths
 3. Recreation facilities

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

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

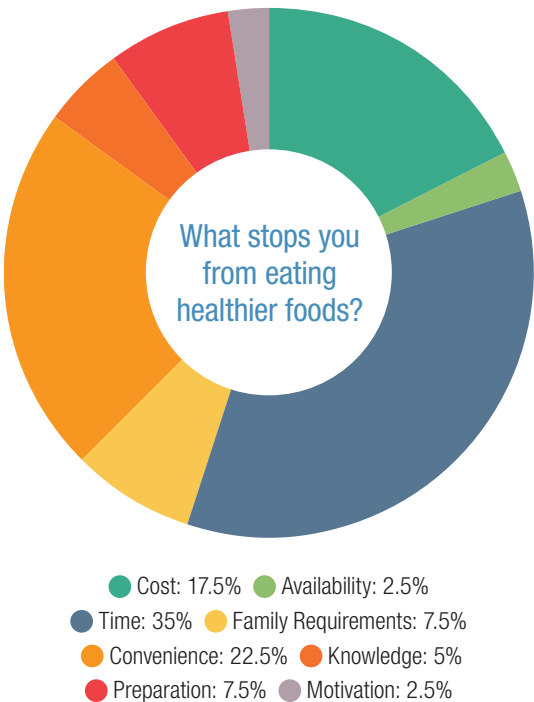
- * Top three concerns:
1. Illicit drug use
 2. Unsafe community
 3. Poor mental health

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	65.7%
More alcohol free City owned spaces and facilities	60.0%
Less alcohol advertising	54.2%
Provide information about smoking and your health	45.7%
Provide information about alcohol drinking and your health	42.8%

What could help you to make healthier food choices?

More affordable healthy food	71.4%
Knowledge of quick ways to prepare healthy meals	57.1%
More availability of healthy foods	40.0%
Less unhealthy food advertising	40.0%
Knowledge on how to understand food labels	37.1%
Information to help me decide which foods are healthy	28.5%
Information on how to cook healthy meals	25.7%
Healthier food options at sporting and community clubs	22.8%
I already eat enough healthy foods	8.5%



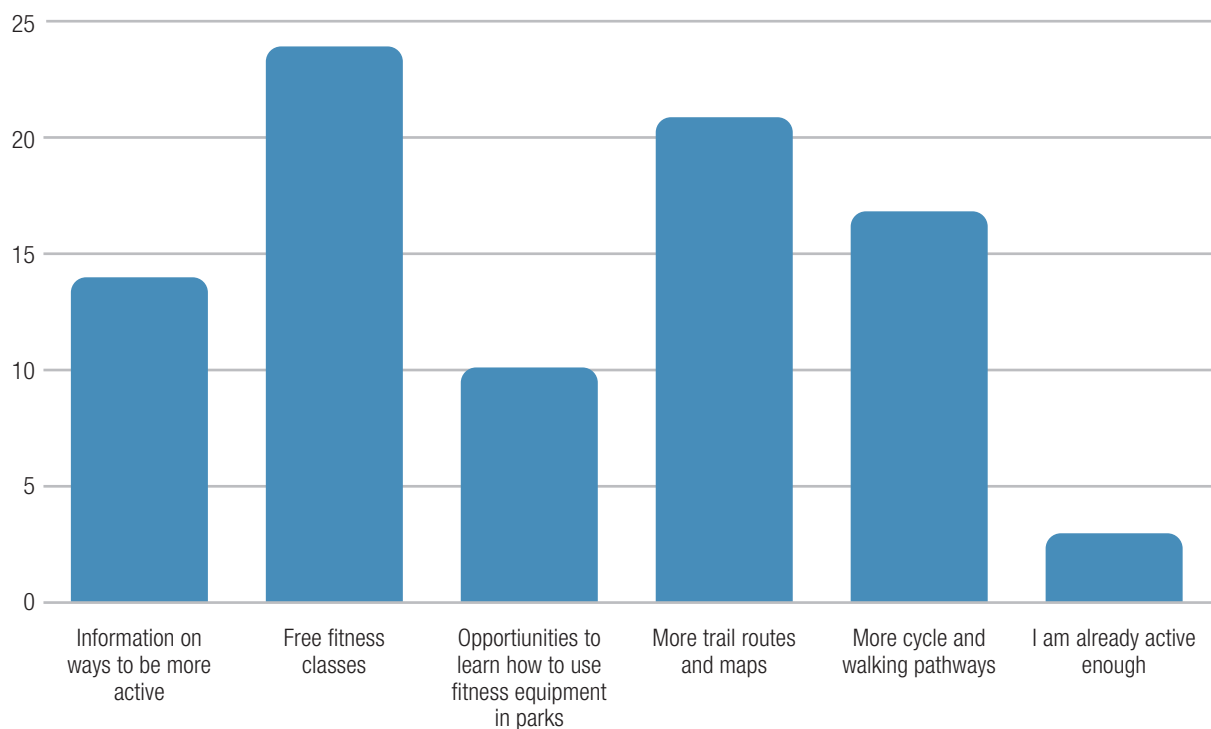
What stops you from being more active?

The most common answers included:

- Lack of facilities
- Lack of time
- Lack of motivation
- Lack of facilities with creche
- Do not feel safe

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What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Increased social connection
- Increased financial stress
- Increased feelings of anxiety
- Unable to travel
- Reduced physical activity
- Negative impact on mental health

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- Free exercise classes
- More community activities/events
- More parks
- Increased security and sense of safety
- More exercise equipment in parks
- Mental health support
- More cycling/walking paths

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"Better info on parking places and access to nature walk trails."

"More native verge trees."

"It would be cool to see free fitness classes or dog training."

"Encourage and help establishing community not for profit gardens."

"Readily accessible education programs and support groups."

"No alcohol advertising would be good."

4.8 Harrisdale

Survey responses received: 36

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

- * Top three areas:
1. Feeling safe in the community
 2. Recreation facilities
 3. Parks, reserves, and public open spaces

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

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

- * Top three concerns:
1. Unsafe community
 2. Illicit drug use
 3. Harmful alcohol use

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	77.7%
More alcohol free City owned spaces and facilities	63.8%
Less alcohol advertising	47.2%
Provide information about alcohol drinking and your health	27.7%
Provide information about smoking and your health	19.4%

What could help you to make healthier food choices?

More affordable healthy food	63.8%
Knowledge of quick ways to prepare healthy meals	47.2%
More availability of healthy foods	36.1%
Healthier food options at sporting and community clubs	30.5%
Less unhealthy food advertising	27.7%
Information on how to cook healthy meals	27.7%
Knowledge on how to understand food labels	25.0%
I already eat enough healthy foods	19.4%
Information to help me decide which foods are healthy	11.1%



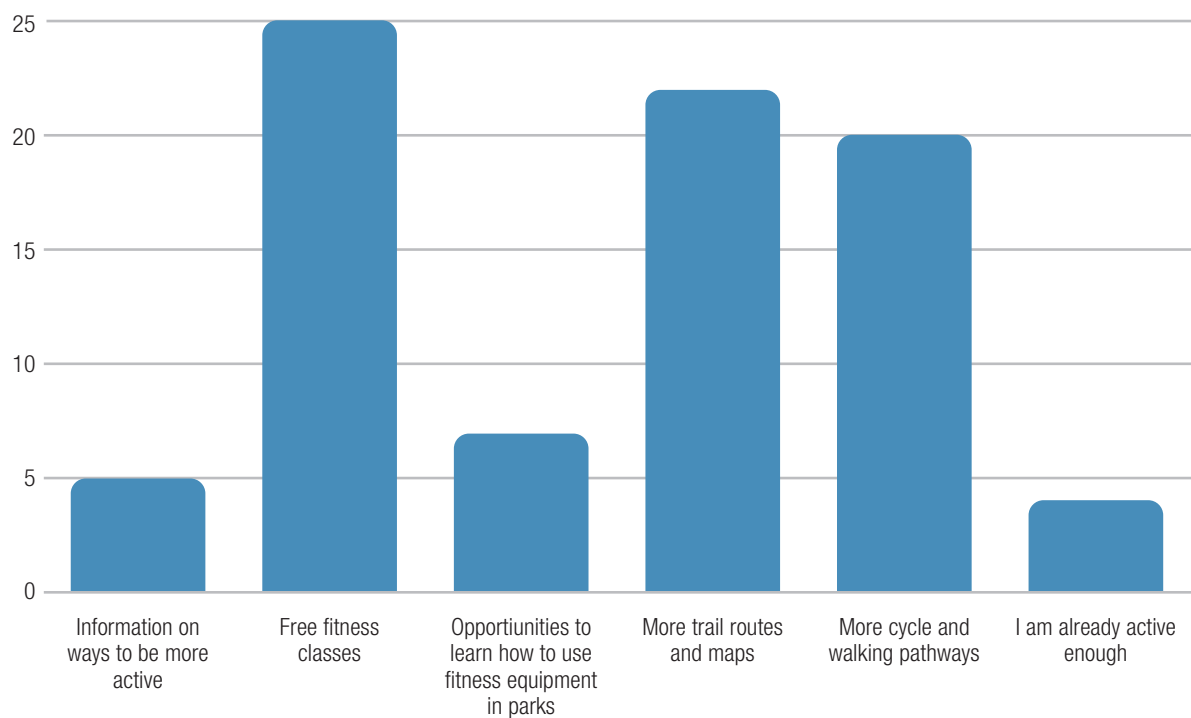
What stops you from being more active?

The most common answers included:

- Lack of facilities
- Lack of time
- Lack of motivation
- Unsure of what to do/how to use equipment
- Do not feel safe
- Lack of free activities
- Class times at inconvenient times

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What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- More family time
- Increased stress
- Increased feelings of anxiety
- Increased financial stress
- Increased physical activity
- Increased isolation

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- More community activities/events
- More facilities
- More parks
- Increased security and sense of safety
- Free exercise classes
- More exercise equipment in parks
- More cycling/walking paths

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"Improving and maintaining parks and green spaces, facilitating outdoor community events, reduce the number of fast food outlets."

"More arts programs."

"More cycle paths and more access to public transport, to reduce the reliance on our car."

"More dog friendly walking trails and open spaces."

"Less bottle shops - limit on alcohol sales."

4.9 Hilbert

Survey responses received: 35

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

* Top three areas:

- 1. Feeling safe in the community
- 2. Recreation facilities
- 3. Walking and cycling paths

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

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

* Top three concerns:

- 1. Unsafe community
- 2. Illicit drug use
- 3. Poor mental health

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	51.4%
Provide information about alcohol drinking and your health	51.4%
Less alcohol advertising	45.7%
More alcohol free City owned spaces and facilities	40.0%
Provide information about smoking and your health	40.0%

What could help you to make healthier food choices?

More affordable healthy food	65.7%
Knowledge of quick ways to prepare healthy meals	51.4%
Information on how to cook healthy meals	31.4%
Less unhealthy food advertising	28.6%
Healthier food options at sporting and community clubs	28.6%
I already eat enough healthy foods	25.7%
Knowledge on how to understand food labels	25.7%
More availability of healthy foods	22.8%
Information to help me decide which foods are healthy	14.3%



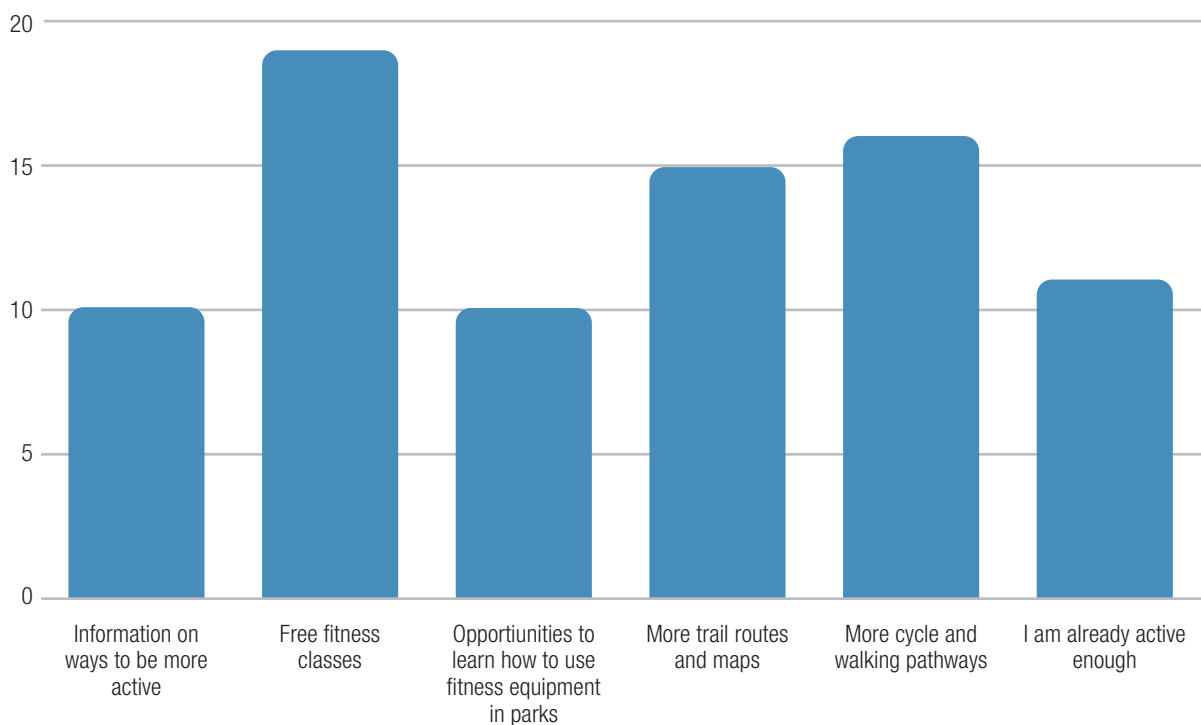
What stops you from being more active?

The most common answers included:

- Lack of time
- Lack of motivation
- Lack of facilities
- Lack of nearby facilities
- Do not feel safe
- Personal injury

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What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Increased feelings of anxiety
- Increased isolation
- Increased community connection
- Negative impact on mental health
- Increased use of parks
- Increased stress

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- Free exercise classes
- Activities/support for young people
- Healthy food options
- Increased security and sense of safety
- More parks and facilities
- Farmers markets
- More community activities/events

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"Community cooking events, community classes, more information on local area that is easier to access."

"I love the idea of free fitness classes and demonstrations of healthy food selection and preparation."

"Community walk groups and dog activities or training."

"Provide family support services and community group initiatives."

4.10 Kelmscott (East)

Survey responses received: **98**

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

* Top three areas:

1. Feeling safe in the community
2. Recreation facilities
3. Walking and cycling paths

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

* Top three concerns:

1. Illicit drug use
2. Unsafe community
3. Harmful alcohol use

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	69.3%
Less alcohol advertising	51.0%
Provide information about alcohol drinking and your health	50.0%
More alcohol free City owned spaces and facilities	42.8%
Provide information about smoking and your health	37.9%

What could help you to make healthier food choices?

More affordable healthy food	53.0%
More availability of healthy foods	40.8%
Less unhealthy food advertising	36.7%
Knowledge of quick ways to prepare healthy meals	36.7%
Healthier food options at sporting and community clubs	33.6%
I already eat enough healthy foods	27.5%
Knowledge on how to understand food labels	22.4%
Information to help me decide which foods are healthy	14.2%
Information on how to cook healthy meals	12.2%



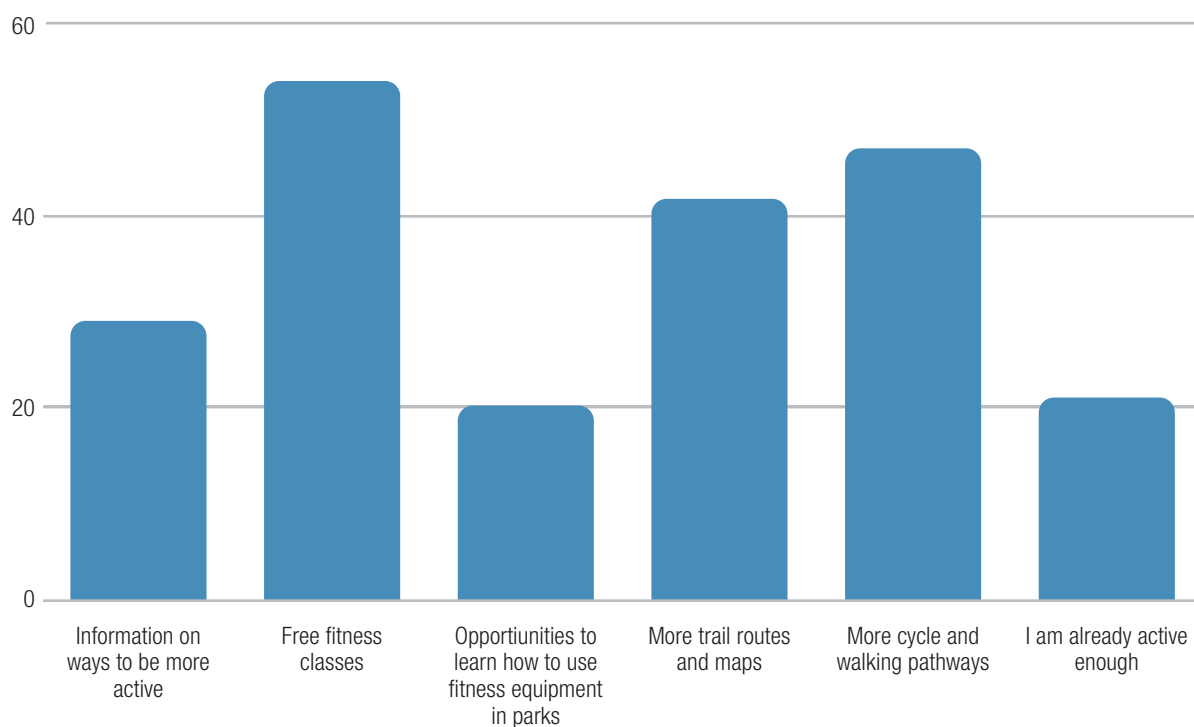
What stops you from being more active?

The most common answers included:

- Lack of time
- Lack of motivation
- Unsure of what to do/how to use equipment
- Cost of gym memberships
- Lack of local facilities
- Personal injury

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What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Increased isolation
- Negative impact on mental health
- Reduced motivation
- Increased knowledge and understanding of germs/viruses, their transmission and hygiene
- More family time
- Reduced physical activity

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- Increased security and sense of safety
- More parks/facilities in parks
- More cycling/walking paths
- Free exercise classes
- Healthy food options
- Farmers market
- Mental health support

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"More street trees and shade. Trees provide numerous benefits for community wellbeing and help to provide a more pleasant environment whilst exercising."

"Planting of community fruit trees."

"Enforcing of no smoking near playgrounds as this has been an issues numerous times when I have taken my children to the park."

"Fresh vegetable home delivery."

4.11 Kelmscott (West)

Survey responses received: 67

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

* Top three areas:

- 1. Feeling safe in the community
- 2. Recreation facilities
- 3. Parks, reserves, and public open spaces

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

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

* Top three concerns:

- 1. Illicit drug use
- 2. Unsafe community
- 3. Poor mental health

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	62.6%
More alcohol free City owned spaces and facilities	59.7%
Less alcohol advertising	50.7%
Provide information about alcohol drinking and your health	38.8%
Provide information about smoking and your health	35.8%

What could help you to make healthier food choices?

More affordable healthy food	52.2%
I already eat enough healthy foods	35.8%
Healthier food options at sporting and community clubs	31.3%
More availability of healthy foods	29.8%
Knowledge of quick ways to prepare healthy meals	29.8%
Less unhealthy food advertising	25.3%
Knowledge on how to understand food labels	22.3%
Information on how to cook healthy meals	20.8%
Information to help me decide which foods are healthy	11.9%



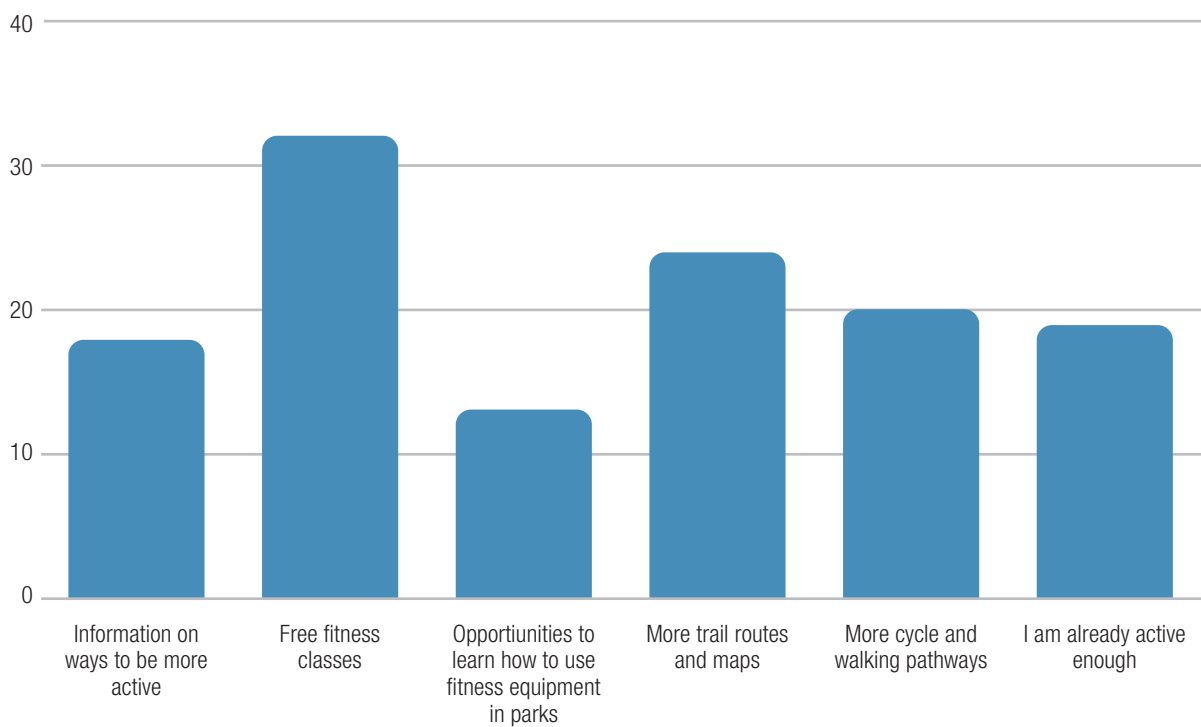
What stops you from being more active?

The most common answers included:

- Lack of time
- Lack of motivation
- Lack of free activities/equipment
- Do not feel safe
- Lack of local facilities
- Cost of gym membership

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What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Negative impact on mental health
- Financial stress
- Increased isolation
- Increased physical activity
- Increased knowledge and understanding of germs/viruses, their transmission and hygiene
- Increased feelings of vulnerability

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- Increased security and sense of safety
- More free community activities/events
- Youth programs, activities and events
- More cycling/walking paths
- More exercise equipment in parks
- More public open spaces
- Seniors support/activities

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"More tree lined streets to improve air quality."

"Better lighting as I am an early morning walker."

"Community activities that encourage people to get out and about."

"Free exercises classes."

"More non-smoking and drinking events."

"More advertising on side effects of alcohol."

4.12 Mount Nasura

Survey responses received: 77

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

* Top three areas:

- 1. Feeling safe in the community
- 2. Recreation facilities
- 3. Parks, reserves, and public open spaces

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

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

* Top three concerns:

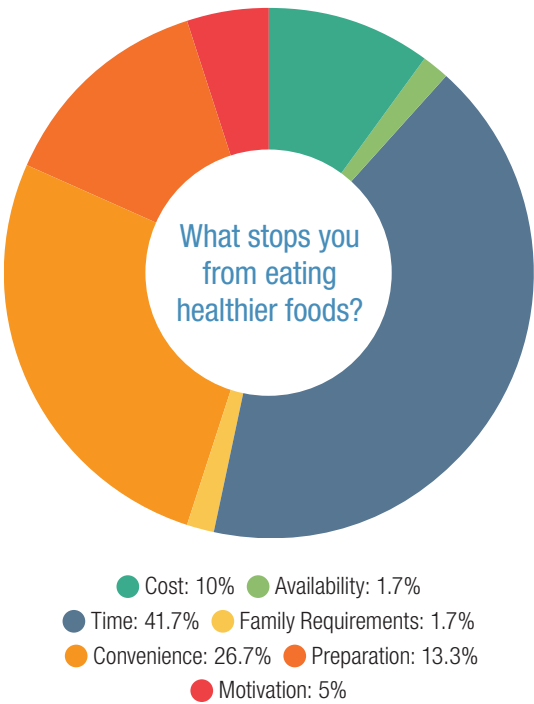
- 1. Unsafe community
- 2. Illicit drug use
- 3. Poor mental health

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	63.6%
More alcohol free City owned spaces and facilities	46.7%
Less alcohol advertising	46.7%
Provide information about smoking and your health	31.1%
Provide information about alcohol drinking and your health	29.8%

What could help you to make healthier food choices?

More affordable healthy food	46.7%
I already eat enough healthy foods	36.3%
More availability of healthy foods	32.4%
Healthier food options at sporting and community clubs	31.1%
Knowledge of quick ways to prepare healthy meals	29.8%
Less unhealthy food advertising	27.7%
Information on how to cook healthy meals	20.7%
Knowledge on how to understand food labels	11.6%
Information to help me decide which foods are healthy	11.6%



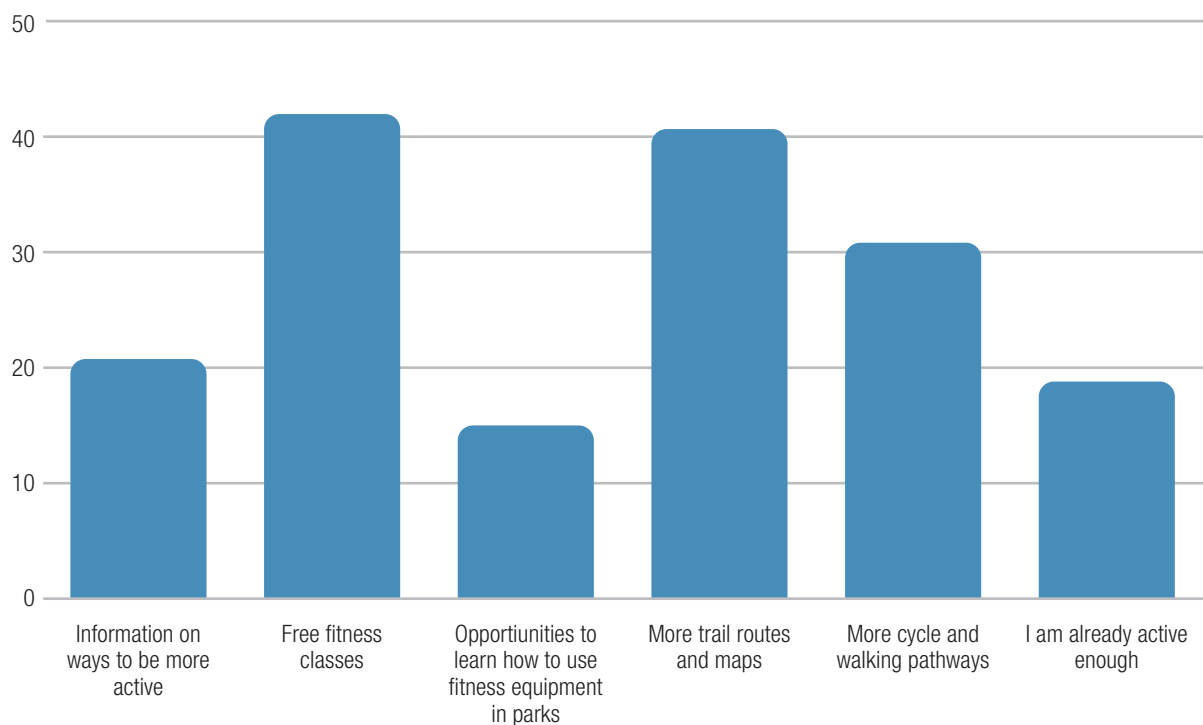
What stops you from being more active?

The most common answers included:

- Lack of time
- Lack of motivation
- Family requirements
- Lack of local facilities
- Cost of gym membership
- Lack of cycle paths

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What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- More time to spend at home
- More family time
- Financial stress
- Reduction of services available
- Increased feelings of anxiety
- Unable to access facilities

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- Increased security and sense of safety
- Free exercise classes
- More free community activities/events
- More cycling/walking paths
- More cafes/restaurants
- More playgrounds
- Mosquito control

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"Online classes, or access to online class for yoga."

"Health and wellbeing classes."

"Educational information on easy prep healthy meals."

"Community communication notifying about local volunteering opportunities/community events/ways to actively be involved in the community."

"Prevention and support. Target the underlying causes."

4.13 Mount Richon

Survey responses received: 36

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

* Top three areas:

- 1. Feeling safe in the community
- 2. Walking and cycling paths
- 3. Recreation facilities

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

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

* Top three concerns:

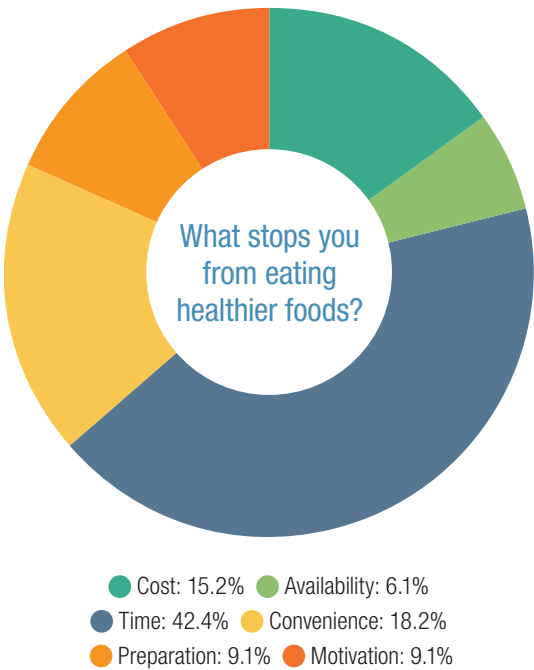
- 1. Illicit drug use
- 2. Unsafe community
- 3. Poor mental health

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	69.4%
Less alcohol advertising	55.5%
More alcohol free City owned spaces and facilities	41.6%
Provide information about smoking and your health	38.8%
Provide information about alcohol drinking and your health	38.8%

What could help you to make healthier food choices?

More affordable healthy food	55.5%
I already eat enough healthy foods	36.1%
Knowledge of quick ways to prepare healthy meals	33.3%
Knowledge on how to understand food labels	27.7%
Healthier food options at sporting and community clubs	22.2%
Less unhealthy food advertising	19.4%
More availability of healthy foods	16.6%
Information on how to cook healthy meals	16.6%
Information to help me decide which foods are healthy	2.7%



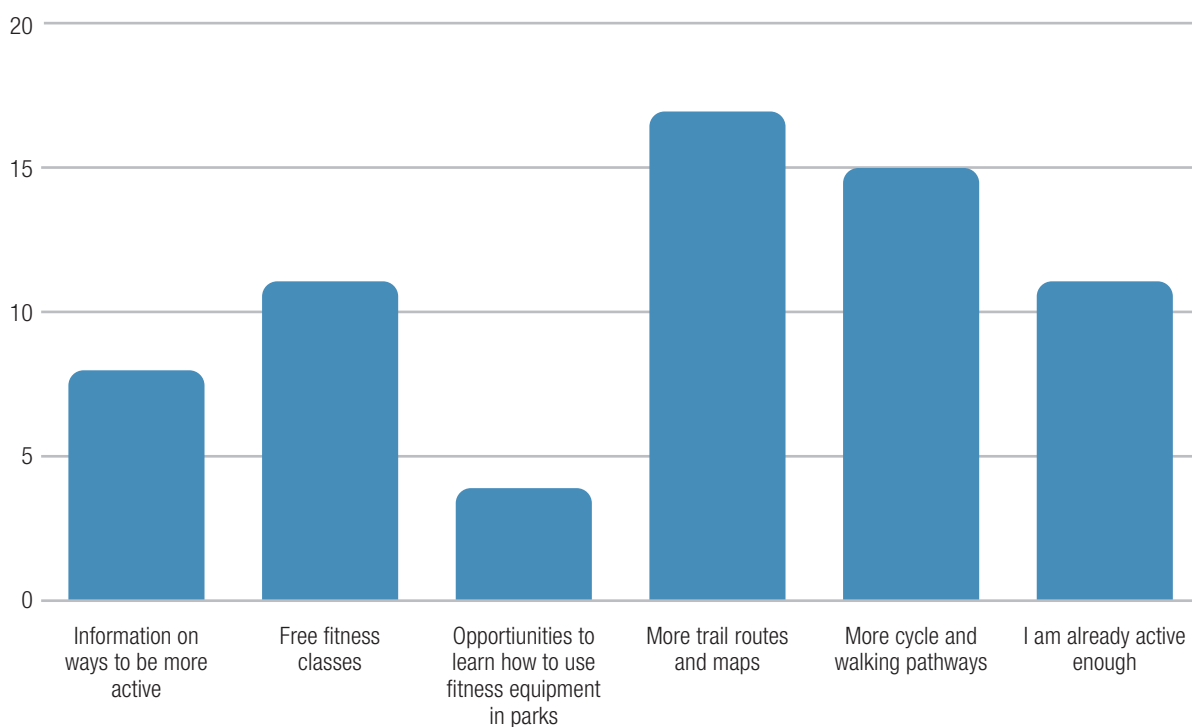
What stops you from being more active?

The most common answers included:

- Lack of time
- Lack of motivation
- Lack of walking paths
- Cost of gym membership
- Lack of cycle paths
- Family requirements

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What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Increased knowledge and understanding of germs/viruses, their transmission and hygiene
- More family time
- Increased isolation
- Decreased community connection
- Increased feelings of anxiety

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- More cycling/walking paths
- Youth and children's programs and activities
- More free community activities/events
- Increased security and sense of safety
- Free exercise classes

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"BMX trails."

"More cultural events."

"Meditation session in local parks. A good way of people feeling included."

"Workshops on health and wellbeing."

"Dad's fitness"! Park sessions are a great way for dads to be social and get fit."

"Stopping/reducing vendors and sales of cigarettes in the area. Make it inconvenient."

"Support organisations that help people quit smoking/drug abuse."

4.14 Piara Waters

Survey responses received: 22

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

- * Top three areas:
1. Feeling safe in the community
 2. Recreation facilities
 3. Parks, reserves and public open spaces

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

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

- * Top three concerns:
1. Unsafe community
 2. Illicit drug use
 3. Physical inactivity

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	81.8%
Less alcohol advertising	50.0%
More alcohol free City owned spaces and facilities	50.0%
Provide information about alcohol drinking and your health	40.9%
Provide information about smoking and your health	31.8%

What could help you to make healthier food choices?

More affordable healthy food	54.5%
Knowledge of quick ways to prepare healthy meals	40.9%
Healthier food options at sporting and community clubs	40.9%
Less unhealthy food advertising	40.9%
More availability of healthy foods	40.9%
I already eat enough healthy foods	27.2%
Knowledge on how to understand food labels	13.6%
Information to help me decide which foods are healthy	9.0%
Information on how to cook healthy meals	4.5%



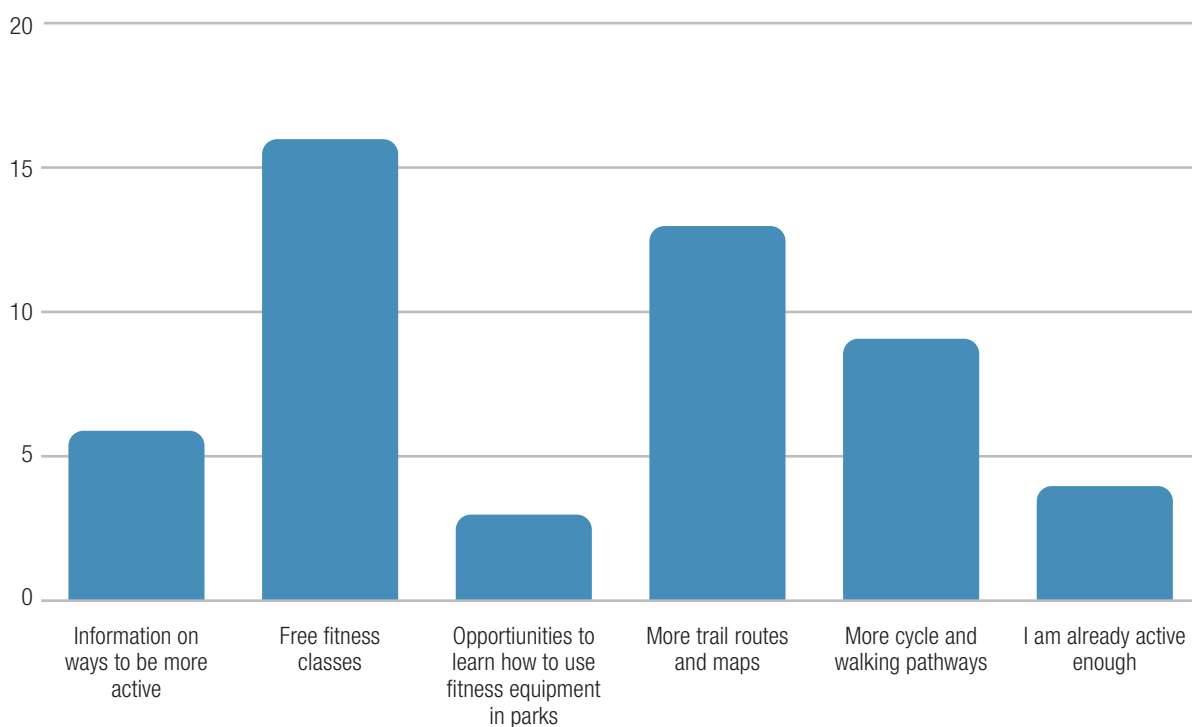
What stops you from being more active?

The most common answers included:

- Lack of time
- Lack of facilities
- Lack of parks nearby
- Lack of paths/trails
- Lack of walking paths
- Lack of motivation
- Unsure of what to do/how to use equipment

Note: Graphs and survey responses on this page may not add up to the response number indicated at the top of the page or to 100%. This is due to many of the questions included in the Community Health and Wellbeing Survey 2020 being optional and/or a multiple answer question.

What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Negative impact on mental health
- Employment stress
- Increased knowledge and understanding of germs/viruses, their transmission and hygiene
- Increased unpredictability
- Closure of facilities

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- More facilities and parks
- Increased security and sense of safety
- Youth and children's programs and activities
- Community gardens
- Free exercise classes

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"Healthy fast food takeaway options. It would be great to have a drive-through salad bar."

"Avoid sponsorship from companies that promote or produce alcohol and cigarettes."

"Really love the idea of free community fitness programs, whether this be a fitness class or walking groups or something else all together. It gets people moving which is great for physical health but also gets people in touch with their community which is essential for mental wellbeing."

"Traffic management system for vehicle and pedestrian."

"Local teens need some safe and socially acceptable place to hang out."

4.15 Roleystone-Karragullen

Survey responses received: 96

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

- * Top three areas:
1. Feeling safe in the community
 2. Recreation facilities
 3. Walking and cycling paths

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

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

- * Top three concerns:
1. Illicit drug use
 2. Poor mental health
 3. Unsafe community

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	56.2%
Less alcohol advertising	47.9%
More alcohol free City owned spaces and facilities	43.7%
Provide information about smoking and your health	36.4%
Provide information about alcohol drinking and your health	33.3%

What could help you to make healthier food choices?

I already eat enough healthy foods	35.4%
Knowledge of quick ways to prepare healthy meals	35.4%
More affordable healthy food	32.2%
More availability of healthy foods	27.0%
Healthier food options at sporting and community clubs	20.8%
Less unhealthy food advertising	20.8%
Information on how to cook healthy meals	15.6%
Knowledge on how to understand food labels	9.3%
Information to help me decide which foods are healthy	6.2%



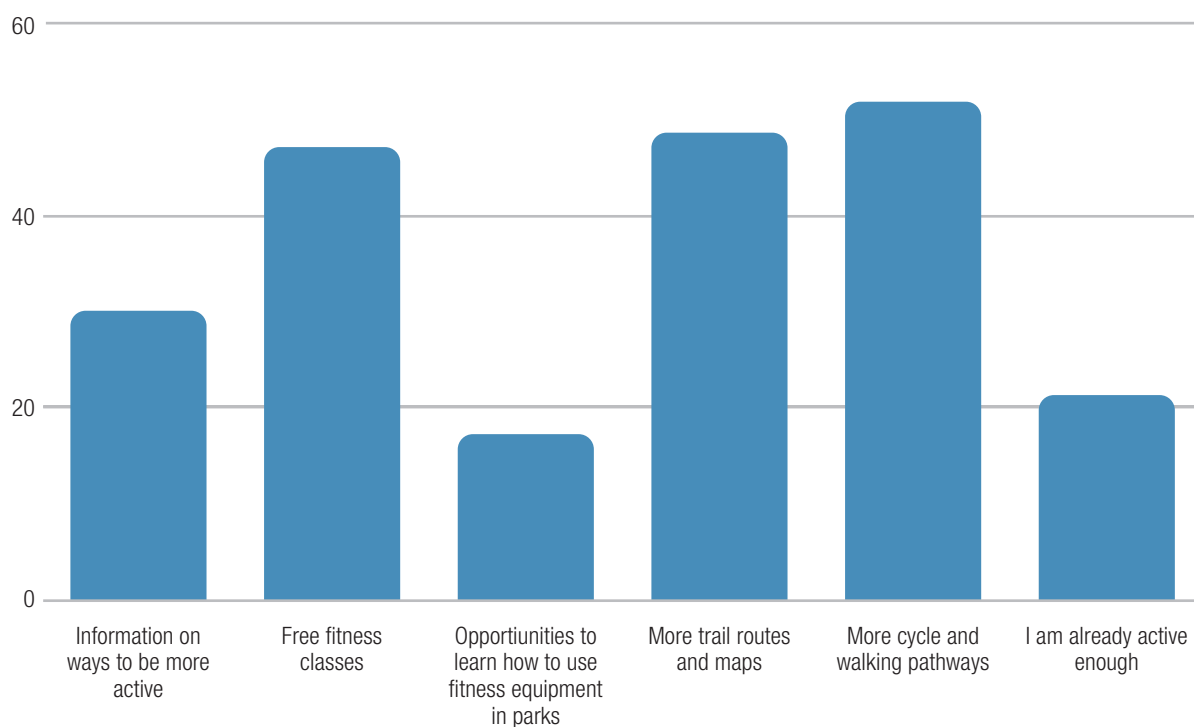
What stops you from being more active?

The most common answers included:

- Lack of time
- Lack of facilities
- Lack of paths/trails
- Lack of dog-friendly parks
- Lack of fitness equipment in parks
- Lack of motivation

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What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Negative impact on mental health
- Increased use of bush trails
- Increased knowledge and understanding of germs/viruses, their transmission and hygiene
- Increased loneliness
- Closure of facilities
- Diet and sleep negatively impacted
- Increased alcohol consumption

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- More cycling/walking paths
- Free exercise classes
- More free community activities/events
- More facilities and parks
- Community classes
- Increased security and sense of safety
- Seniors support/activities

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"More community engagement programs."

"Events that bring local community together....not actually large ones, neighbourhood style events."

"Meditation classes for mental health."

"Encouraging street parties and similar small events/activities so people get to know their neighbours."

4.16 Seville Grove

Survey responses received: 171

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

- * Top three areas:
1. Feeling safe in the community
 2. Recreation facilities
 3. Parks, reserves, and public open spaces

*This data has been weighted. A respondents first choice is weighted 3; a second choice is weighted 2; and the third choice is weighted 1.

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

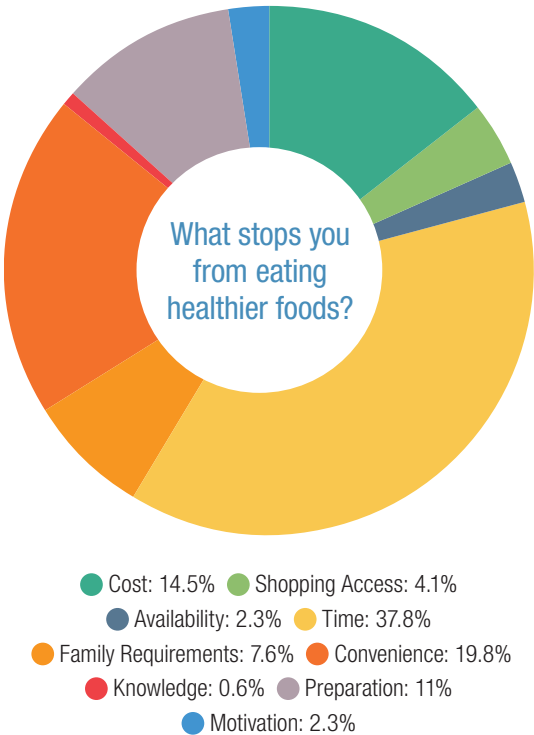
- * Top three concerns:
1. Illicit drug use
 2. Unsafe community
 3. Poor mental health

How do you think the City of Armadale can support the community to reduce harmful drinking and smoking?

More smoke free City owned spaces and facilities	74.2%
More alcohol free City owned spaces and facilities	59.0%
Less alcohol advertising	45.6%
Provide information about alcohol drinking and your health	39.7%
Provide information about smoking and your health	36.2%

What could help you to make healthier food choices?

More affordable healthy food	61.4%
Knowledge of quick ways to prepare healthy meals	54.9%
Information on how to cook healthy meals	44.4%
Knowledge on how to understand food labels	35.6%
More availability of healthy foods	35.0%
Healthier food options at sporting and community clubs	30.4%
Information to help me decide which foods are healthy	30.4%
Less unhealthy food advertising	29.8%
I already eat enough healthy foods	19.2%



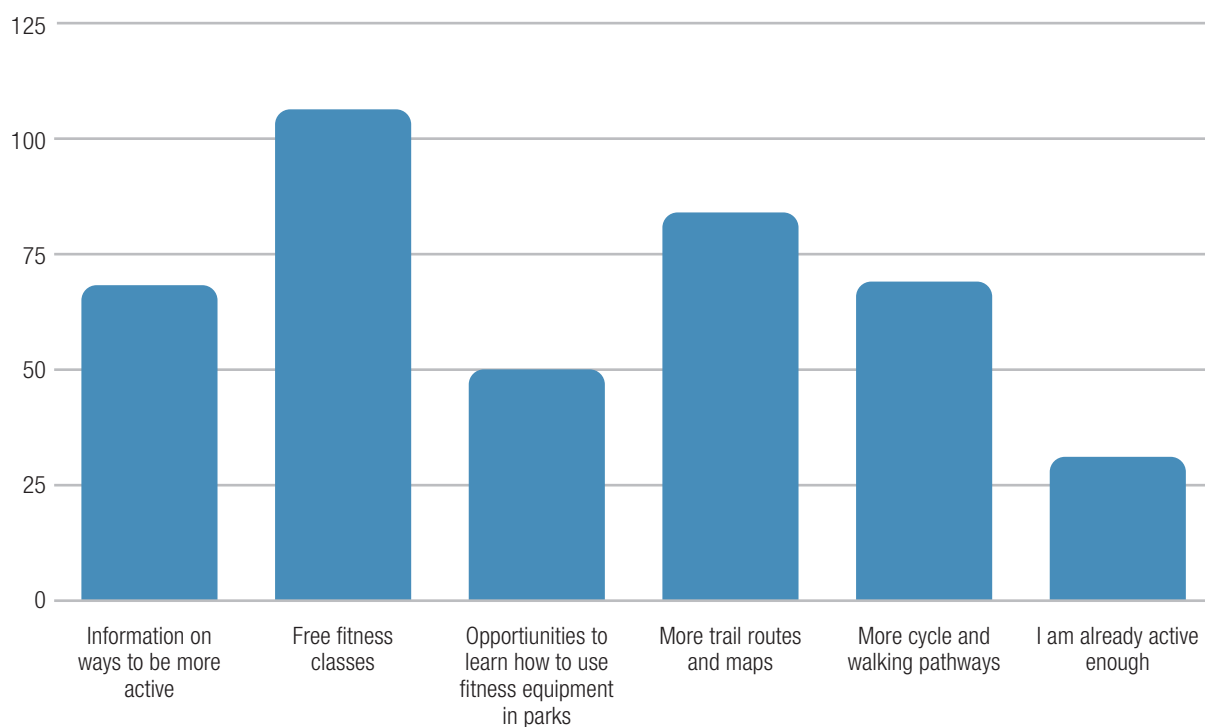
What stops you from being more active?

The most common answers included:

- Lack of time
- Lack of facilities
- Cost of gym membership
- Unsure of what to do/how to use equipment
- Family requirements
- Lack of motivation

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What could encourage you be more active?



How is COVID-19 effecting (positive or negative) your health and wellbeing?

The most common answers included:

- Negative impact on mental health
- Increased feelings of depression
- Reduced physical activity levels
- Increased loneliness
- Loss of motivation
- Increased knowledge and understanding of germs/viruses, their transmission and hygiene
- Increased alcohol consumption

What else would you like to see in your local suburb to support your health and wellbeing?

The most common answers included:

- More cycling/walking paths
- Free exercise classes
- More free community activities/events
- More parks/facilities at parks
- Youth programs, activities and events
- Increased security and sense of safety
- Healthy food options

Community comments*

*The comments below were provided in response to the question 'What else would you like to see in your local suburb to support your health and wellbeing?'

"More Aboriginal art promotion of culture."

"Local nature playground."

"Information on what ways unhealthy food effects you."

"Education on the dangers of alcohol during pregnancy."

"Have the liquor stores opening less hours, have them less accessible and only one per suburb."



5.0 Aboriginal yarning insights

Local Aboriginal Elders were consulted through a yarning session on the 21 October 2020 at the Champion Centre. A follow up meeting was organised with one of the Elders and a separate meeting with a local Aboriginal leader.

Themes raised during yarning with Aboriginal Elders

Social & emotional wellbeing

Elders suggested that the Public Health Plan have a focus on Aboriginal mental health/social and emotional wellbeing.

Maslow's Hierarchy of Needs

Elders recommend that the Plan prioritise health and wellbeing issues that form the basis of Maslow's Hierarchy of Needs (safe housing, food security, keeping families together, and reducing homelessness).

Representation

Elders would like to see improved representation of Aboriginal people at meetings and in leadership. Elders expressed interest in having a representative in the Council leadership team or being invited to attend relevant meetings.

Consultation

Improve consultation with Aboriginal community regarding Council projects and decisions. Interest expressed in a formalised process of consultation with local community and/or Elders.

Reference Group

Elders expressed interest in forming an Aboriginal Reference Group to get services together to avoid duplication of services in the City and increase cross collaboration between providers.

Issues raised with Aboriginal Elders

- Having a voice and more connection with City leadership and other service providers.
- Develop local specific resources focusing on Aboriginal mental health and wellbeing, collaborating with community and mental health practitioners.
- Increase communication, promotion and empowerment.
- Dual naming of places and spaces in the City of Armadale (Noongar and English).
- Aboriginal cultural awareness training for all City staff.
- Investigate the opportunity for Aboriginal specific jobs/traineeships.



6.0 Children's insights

38 children were consulted during Children's Week activities on the 28 and 30 October 2020 and at a local school event on the 19 November 2020. The participating children were given an alternative activity to the Community Health and Wellbeing Survey 2020 and asked what their two favourite topics were, using a bean bag and bucket activity.

The top three themes were:



Family

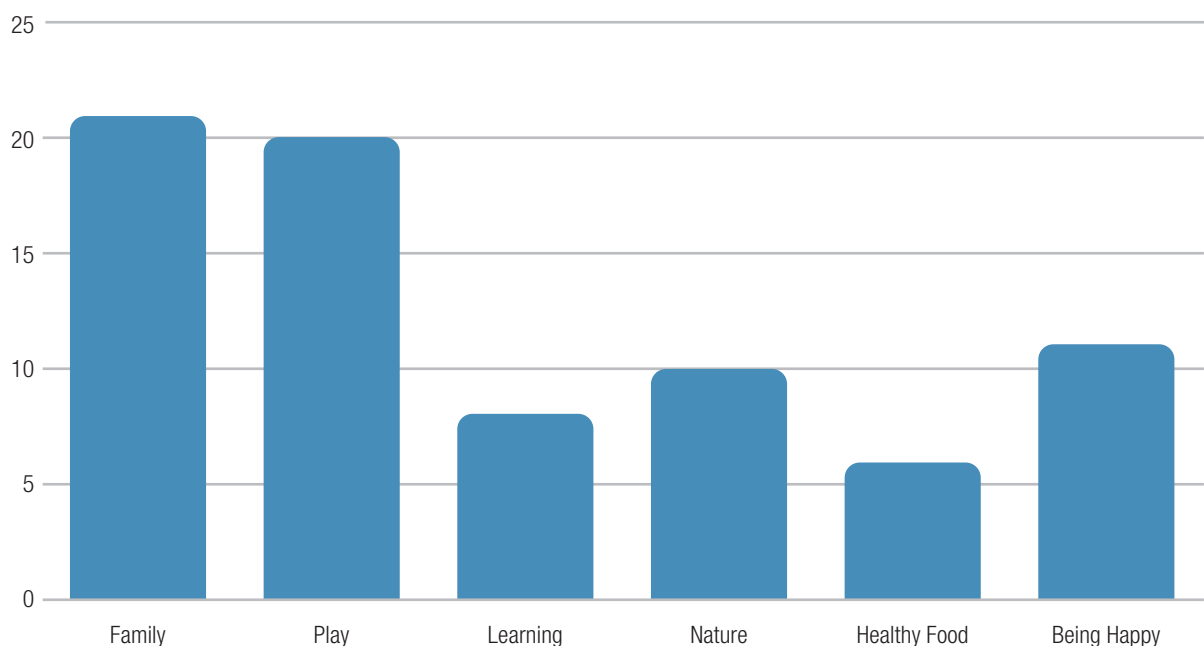


Play



Being Happy

All Responses





7.0 Community and service provider insights

19 community and service provider organisations were consulted through a workshop held on 30 November 2020 or in follow up meetings. The workshop and subsequent follow up meetings aimed to guide conversations around what these organisations could bring to the City of Armadale to assist in implementing actions in the Community Health and Wellbeing Plan, as well as potential partnerships and collaborations. Services, programs, and projects offered by organisations in attendance were also discussed to identify what is currently being offered for community health and wellbeing in the City.

Organisations consulted included Aboriginal Medical Care 360, Alcohol and Drug Foundation, APM Communities, Australian Council on Smoking and Health, Cancer Council WA, Communicare, East Metropolitan Health Service, Foodbank WA, headspace (Armadale), Healthway, Heart Foundation WA, Injury Matters WA, Mental Health Commission, Multicultural Communities Council of WA, Parkerville, Southern Districts Support for Older Persons, WA AIDS Council, WA Police – Armadale District, and WA Primary Health Alliance.

The following questions were asked to identify health and wellbeing priorities and concerns from community and service provider perspectives. The top answers are included below.

Thinking about the City of Armadale, how important are the following areas to the community's health?

Top rated areas:

1. Alcohol free environments
2. Access to health services & Smoke free environments*
3. Access to nutritious and affordable foods

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

Top rated concerns:

1. Poor mental health
2. Harmful alcohol use
3. Tobacco smoking & Chronic disease*

* Both areas/concerns were equally rated by the community and service providers in attendance.



Discussions with community and service providers, both within the workshop and in follow up meetings, highlighted several issues below. These were based on interactions with clients and community from the community and service provider's perspectives.

- Access to health services
- Improving mental health
- Access to nutritious and affordable food
- Reduce alcohol and tobacco consumption
- Reduce chronic disease

Some potential solutions to these issues, put forward by community and service providers, included:

- Information sharing and promotion to raise awareness of services already available
- Supporting residents to navigate health systems
- Improve transport services
- Provide a 'one stop shop' for health services
- Improve knowledge of services available
- Providing services for younger children (under 12 years)
- More outreach services
- Reducing barriers to mental health services such as cost, waitlists, stigma, funding
- Reduce junk food advertising on City infrastructure
- Improve healthy options at events and venues, subsidise healthy food vendors
- Provide education around healthy options at venues and events
- Progress the soup/salad club and learning kitchen at the Champion Centre
- Developing policies to oppose new liquor outlet applications
- Implementing the Local Drug Action Group Armadale, Canning and Gosnells Alcohol Action Plan objectives
- Promote existing chronic disease resources

8.0 References

¹ ID Forecast (2021). *City of Armadale population forecast*. Retrieved from: <https://forecast.id.com.au/armadale>

² East Metropolitan Health Service (2019). *City of Armadale Community Health Profile 2019*. East Metropolitan Health Service, Department of Health, Perth WA.



