

## 6.3 Policy Reports

### 6.3.1 Cardinia Shire's Liveability Plan 2017-29 (2021 review)

**Responsible GM:** Lili Rosic  
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#### Recommendation(s)

That Council:

- Note the findings of the Liveability Plan Review 2021 and endorse the changes to the Liveability Plan 2017-29.
- Endorse the CEO or her delegate to submit the Cardinia Shire's Liveability Plan 2017-29 to the Department of Health as required under the Public Health and Wellbeing Act 2008.

#### Attachments

1. Liveability Plan Review 2021 FINAL [6.3.1.1 - 43 pages]
2. Summary of Public Exhibition feedback [6.3.1.2 - 8 pages]
3. CONFIDENTIAL - Livability Plan submission [6.3.1.3 - 13 pages]

#### Executive Summary

The Liveability Plan has been reviewed in line with Council's responsibility under the *Public Health and Wellbeing Act 2008*.

The Liveability Plan Review 2021 has been prepared following public exhibition of the draft document in October 2021. It is now ready to be presented to Council for endorsement, prior to being submitted to the Department of Health.

#### Background

The Liveability Plan 2017-29 (the Plan) is Cardinia Shire's municipal public health and wellbeing plan. It was originally adopted at the General Council meeting on 18 September 2017. It is a requirement of the *Public Health and Wellbeing Act 2008* that the Plan is evaluated and reviewed every four years.

Analysis of the health status and health determinants in Cardinia Shire was undertaken. The Research and Data Profile has been updated and a range of fact sheets have been prepared and are now available on Council's website.

Key statistics and demographics, along with the objectives, strategies and indicators have been updated within the Liveability Plan Review 2021 (Attachment 1).

#### Reviewing the Liveability Plan's objectives, strategies, and indicators

Following public consultation of the draft Liveability Plan Review 2021, a range of changes have been included in the final document and are summarised in Table 1 below.

Table 1. Summary of changes

Change	Rationale
1. Inclusion of 'Tackling climate change and its impact of health' within the Framework	Including this as an overarching element within the framework shows the need for climate change to be considered across the entire plan.
2. Rename the outcome area 'Reduce Obesity' to 'Increase Healthy Eating and Active Living.'	Workshop participants suggested a change to the wording of this outcome to focus on the 'solution,' not the problem, and to better align with Victoria's Public Health and Wellbeing Plan focus areas of: - Increasing healthy eating - Increasing active living.
3. Rename the outcome area 'Reduce Financial Vulnerability' to 'Increase Financial Wellbeing and Resilience.'	Workshop participants suggested a change to the wording of this outcome to focus on the 'solution,' not the problem.
4. Renaming the Liveability Domain 'Health and Social Services' to 'Community Infrastructure and Services'	Workshop participants wanted to see a stronger focus on the natural environment within the Liveability Domains. Historically the 'Open Spaces and Places' domain included the natural environment, public open space, and public/community infrastructure, making it the largest domain. It's suggested to remove community infrastructure into the re-worded 'Social Infrastructure and Services' domain, which also provides stronger alignment to the Australian Urban Observatory's liveability indicators.
5. Renaming the Liveability Domain 'Open Spaces and Places' to 'Environment and Open Space.'	Workshop participants wanted to see a stronger focus on the natural environment within the Liveability Domains. Historically the 'Open Spaces and Places' domain included the natural environment, public open space, and public/community infrastructure, making it the largest domain. It's suggested to remove community infrastructure into the re-worded 'Social Infrastructure and Services' domain, which also provides stronger alignment to the Australian Urban Observatory's liveability indicators.
6. Reframing of objectives to align to the health outcome areas.	With the public release of the Australian Urban Observatory, Council now has access to spatially mapped liveability indicators which can track progress against each liveability domain. These indicators can track progress towards shifting liveability through a range of aligned Council Strategies.
7. Inclusion of the Sustainable Development Goals	To provide stronger alignment between the Liveability Plan and the Sustainable Environment Strategy.
8. Inclusion of a new page in the Liveability Plan titled 'Climate Change and Health.'	To provide stronger context for the focus on climate change within the Liveability Plan.
9. Inclusion of an appendices summarising all the indicators and measures.	To provide easy access to this information within a single document.

10. Inclusion of an appendices outlining the impact of the COVID-19 pandemic.	To provide context for some of the new objectives and strategies.
11. Change in wording of Objective 3.3 from 'extreme weather events' to 'climate hazard events'	This language is more consistent with emergency planning and acknowledges that not all emergencies are because of an extreme weather event.
12. Reduced the number of strategies from 93 to 84	Following feedback from partner organisations several strategies were able to be consolidated, thereby reducing the total number of strategies.
13 Changed measure: Percentage of dwellings within 400m or less distance of public open space to be 'within 500m'	Open Space Management Framework (2018), Play Space Strategy (2014) and the previous Recreational Open Space Strategy (2000) have adopted the 500m walking catchment for neighbourhood level public open spaces. This catchment is justifiable as Cardinia's average population density is less than one person per hectare. Therefore, the 500m walking catchment seems to be a reasonable figure compared to fully established precincts with a high density of population. There is no officially announced national standard, each local government has adopted the standard that best suits its context.

The revised strategic framework for the Liveability Plan is shown in Figure 1 below. It includes 7 health and social outcome areas, 7 liveability strategic indicators, 24 objectives and 84 strategies.

Figure 1. Liveability Plan Framework

<b>Vision</b>						
Cardinia Shire is a liveable, resilient community where the environment flourishes and residents are healthy, included and connected.						
<b>Outcomes</b> Improving health and social outcomes through collective action						
Improve mental health and wellbeing	Improve social cohesion	Improve safety	Improve healthy eating and active living	Reduce family violence	Improve financial wellbeing and resilience	Reduce harm from tobacco, alcohol, drugs, and gambling
<b>Liveability Domains</b> Improving neighbourhood liveability						
Active travel	Education	Employment	Food	Community infrastructure and services	Housing	Environment and open space

<b>Social equity</b> Supporting the equity and inclusion of all community members									
Aboriginal	CALD	LGBTIQ+	Gender	Disability	Place	Children	Young people	Families	Seniors
<b>Tackling climate change and its impact on health</b> Considered in everything we do									
<b>Action Agenda</b>					<b>Community grants</b>				
<b>Community engagement and participation</b>									
<b>Monitoring and evaluation</b>									

### Impact of COVID-19 Pandemic

The Liveability Plan Review 2021 identifies seven health and social priority areas for the municipality, all of which are, and will continue to be amplified as a result of the COVID-19 pandemic. While we have ‘flattened the curve’ of the virus, it will take many years to flatten the curve of the health and social impacts that have resulted from prolonged social distancing measures and lockdowns.

Despite the pandemic, there were less deaths in Australia in 2020, with COVID-19 highlighted as the 38th leading cause of death in Australia for 2020.<sup>1</sup> Heart disease, dementia, cerebrovascular diseases (largely stroke), lung cancer and chronic lower respiratory diseases remain the top 5 causes of death in Australia; highlighting the importance of staying focused on the risk factors and social determinants of these diseases through our Liveability Plan.

### Policy Implications

The Draft Review seeks to fulfil Council’s public health planning responsibilities under the *Public Health and Wellbeing Act 2008* (the Act).

Under Section 26 of the Act, the review must:

- 2a. include an examination of data about health status and health determinants in the municipal district;
- 2b. identify goals and strategies based on available evidence for creating a local community in which people can achieve maximum health and wellbeing;
- 2ba. specify measures to prevent family violence and respond to the needs of victims of family violence in the local community;
- 2c. provide for the involvement of people in the local community in the development, implementation and evaluation of the public health and wellbeing plan;
- 2d. specify how the Council will work in partnership with the Department and other agencies undertaking public health initiatives, projects and programs to accomplish the goals and strategies identified in the public health and wellbeing plan
- 3. have regard to the Victorian Public Health and Wellbeing Plan prepared under section 49.
- 6. give a copy of the current municipal public health and wellbeing plan to the Secretary.

<sup>1</sup> .ID Informed Decision. Source: <https://blog.id.com.au/2021/population/population-trends/less-deaths-in-2020-despite-the-pandemic/>

- 6a. report to the Secretary on the measures referred to in subsection (2)(ba) at the intervals specified by the Secretary by notice in writing.
- 7. provide a copy of the current municipal public health and wellbeing plan for inspection by members of the public at the places at which the current Council Plan must be available under section 125(11) of the Local Government Act 1989.

The Draft Review is consistent with Council's role under the *Climate Change Act 2017*, *Local Government Act 2020*, and *Gender Equality Act 2020*.

The Draft Review considers the local implementation of priorities identified through the *Victorian Public Health and Wellbeing Plan 2019-2023*.

The Draft Review is consistent with *Plan Melbourne 2050* and the United Nations Sustainable Development Goals.

The Draft Review addresses Council's responsibility under Recommendation 94 from the Royal Commission into Family Violence.

The Draft Review aligns to both the Council Plan 2021-25 and the Cardinia Municipal Strategic Statement (MSS). The Plan has been written in such a way that it can be included in the MSS at the next review.

## **Relevance to Council Plan**

### **1.1 We empower our communities to be healthy, connected and resilient**

- 1.1.1 Plan for, and support the delivery of, accessible health and social services that address critical gaps in provision.
- 1.1.2 Enrich local identity and opportunities for the community to connect through art, history and cultural expression.
- 1.1.3 Lead by example in creating an inclusive and welcoming community for all by facilitating community education, capacity building, connection and celebration of our diversity.
- 1.1.4 Facilitate a partnership approach to create safer communities.
- 1.1.5 Work closely with the community to deliver programs that build community resilience, relating to a pandemic or other disasters.

### **2.1 We support the creation of liveable spaces and places**

- 2.1.1 Advocate, plan for and deliver accessible community infrastructure and services that address community need.
- 2.1.2 Plan and maintain safe, inclusive and connected open spaces, places and active travel routes.
- 2.1.3 Plan for housing diversity that meets community need, is affordable and delivers environmental sustainability, safety and healthy living outcomes.
- 2.1.4 Advocate for increased and more-connected public transport options.
- 2.1.5 Upgrade Council's road network to improve safety and connectivity while considering traffic demand and freight transport needs.

### **3.1 We value our natural assets and support our biodiversity to thrive**

- 3.1.1 Partner with community, business and industry to take action on, and adapt to, climate change.
- 3.1.2 Actively move towards zero waste through increasing waste recovery and reuse.
- 3.1.3 Work with community to improve and manage our natural assets, biodiversity and cultural heritage.
- 3.1.4 Plan and advocate for better water cycle planning and management to reduce environmental impacts.

3.1.5 Facilitate community stewardship to build preparedness for natural threats.

#### **4.1 We support our productive land and employment land to grow local industries**

4.1.1 Facilitate better planning for our agricultural land to support industry, innovation, local food economy and local job growth.

4.1.2 Plan for sustainable employment precincts to entice new industries to the region and support new business.

4.1.3 Improve local learning and employment pathway opportunities through strategic partnerships.

4.1.4 Drive local innovation in technology to better support and attract businesses and industries.

4.1.5 Strengthen and promote our shire's unique identity and visitor attractions.

#### **5.1 We practise responsible leadership**

5.1.1 Build trust through meaningful community engagement and transparent decision-making.

5.1.4 Maximise value for our community through efficient service delivery, innovation, strategic partnerships and advocacy.

### **Climate Emergency Consideration**

Climate change has been considered within the Review in line with Council's requirements under the Climate Change Act 2017. The Victorian Public Health and Wellbeing Plan 2019-23 also identifies 'Tackling Climate Change and its Impacts on Health' as a key focus area.

The natural environment, and managing the adverse impacts of climate change, is regarded as an underlying determinant of healthy and liveable neighbourhoods. All liveability domains are impacted by the adverse effect of climate change, which often exacerbates underlying community vulnerability.

Climate projections have identified changes to temperature and rainfall in the next 10 to 20 years. The maximum daily temperature is expected to rise between +0.92°C and +1.19°C annually, rainfall is expected to decline in the winter months and extreme rainfall events are expected to become more intense. These changes to weather patterns and climate will accelerate if efforts to reduce greenhouse gas emissions are not made.

Climate change is both the greatest threat to public health of the 21st century and the greatest global health opportunity. Both mitigation and adaptation-focused activities can create conditions for health co-benefits to be realised.

### **Consultation/Communication**

#### **Stakeholder workshops**

Two stakeholder workshops were held in August to revise the objectives and strategies of the Liveability Plan for the next four years. The workshops were attended by more than 130 participants, including Councillors, Council staff, partner organisations and community leaders.

The workshops were themed around the seven outcome areas of the Liveability Plan:

- Mental health and wellbeing
- Social cohesion
- Safety
- Healthy eating and active living
- Family violence
- Financial wellbeing and resilience

- Tobacco, alcohol, drugs, and gambling

Results from the workshops directly informed the objectives and strategies within the draft Liveability Plan Review.

#### **Public exhibition of draft document**

Public exhibition of the draft Liveability Plan Review 2021 occurred between 5th – 28th October 2021.

Public exhibition was promoted via print and social media, website, direct email to all workshop participants, key partners and in local newsletters.

- 31 submissions were received through Creating Cardinia.
- 1 written submission was received through mail@cardinia.vic.gov.au (See Attachment 2)
- 6 submissions were received directly by the Healthy Communities Team

Results from the Creating Cardinia survey, including qualitative feedback, and officer comments are provided in Attachment 3. Submissions that cannot be addressed in the Liveability Plan are referred to the appropriate Council officer for response, wherever possible.

During public exhibition, further presentations and discussions were held with:

- Liveability Partnership Steering Group
- Southeast Prevention Leadership Group
- Safer Communities Partnership Committee
- Together We Can Roundtable

The Draft Liveability Plan Review is also being considered within planning for:

- Open Space Strategy
- Climate Adaptation Strategy
- Active Cardinia Strategy

#### **Financial and Resource Implications**

Review of the Liveability Plan has been undertaken within Council's existing budget. A Partnership Steering Group of 16 organisations, and extensive community consultation, has supported the development of this plan. The action plan initiatives in the Liveability Plan will be delivered by the project partners, which includes and is not limited to Council and key community agencies referenced in the Plan. Funding grants will be sought where available.

#### **Conclusion**

The final Liveability Plan Review 2021 has been prepared following public exhibition of the draft document during October 2021. Subject to endorsement by Council, the updated Liveability Plan 2017-29 (the Plan), Cardinia Shire's municipal public health and wellbeing plan, will be submitted to the Department of Health.

Cardinia Shire Council



# Cardinia Shire's Liveability Plan 2017-29

Municipal Public Health and Wellbeing Plan

2017-29

Reviewed November 2021



Prepared by:

**Cardinia Shire Council**  
Future Communities Unit

First Published October 2017  
Reviewed November 2021

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## Contents

<b>Our shire</b>	<b>2</b>
<b>Mayor and CEO foreword</b>	<b>4</b>
<b>Our commitment as partners</b>	<b>5</b>
<b>Liveability</b>	<b>6</b>
<b>Climate change and health</b>	<b>7</b>
<b>Our framework</b>	<b>8</b>
<b>Our long-term outcomes</b>	<b>9</b>
Outcome 1: Improve mental health and wellbeing	9
Outcome 2: Improve social cohesion	11
Outcome 3: Improve safety	13
Outcome 4: Improve healthy eating and active living	15
Outcome 5: Reduce family violence	17
Outcome 6: Improve financial wellbeing and resilience	19
Outcome 7: Reduce harm from tobacco, alcohol, drugs, and gambling	21
<b>Liveable neighbourhoods for improved health outcomes</b>	<b>23</b>
Active travel	24
Education	26
Employment	27
Food	28
Community infrastructure and services	30
Housing	32
Environment and open space	34
<b>Implementation</b>	<b>36</b>
<b>Monitoring and evaluation</b>	<b>37</b>
<b>Acknowledgements</b>	<b>38</b>
<b>Appendices</b>	<b>39</b>
1. Impact of the COVID-19 Pandemic	39
2. Summary of measures	40

## List of figures

<b>Figure 1. Location of Cardinia Shire</b>	<b>1</b>
<b>Figure 2. Features of a 20-minute neighbourhood</b>	<b>4</b>
<b>Figure 3. Climate change and health co-benefits</b>	<b>5</b>
<b>Figure 4. Cardinia Shire's Liveability Plan 2017–29 Framework</b>	<b>6</b>
<b>Figure 5. United Nations Sustainable Development Goals</b>	<b>21</b>
<b>Figure 6. Documents supporting public health planning in Cardinia Shire</b>	<b>34</b>
<b>Figure 7. Relationship of the Liveability Plan 2017–29 to the Community Vision and Council Plan</b>	<b>35</b>

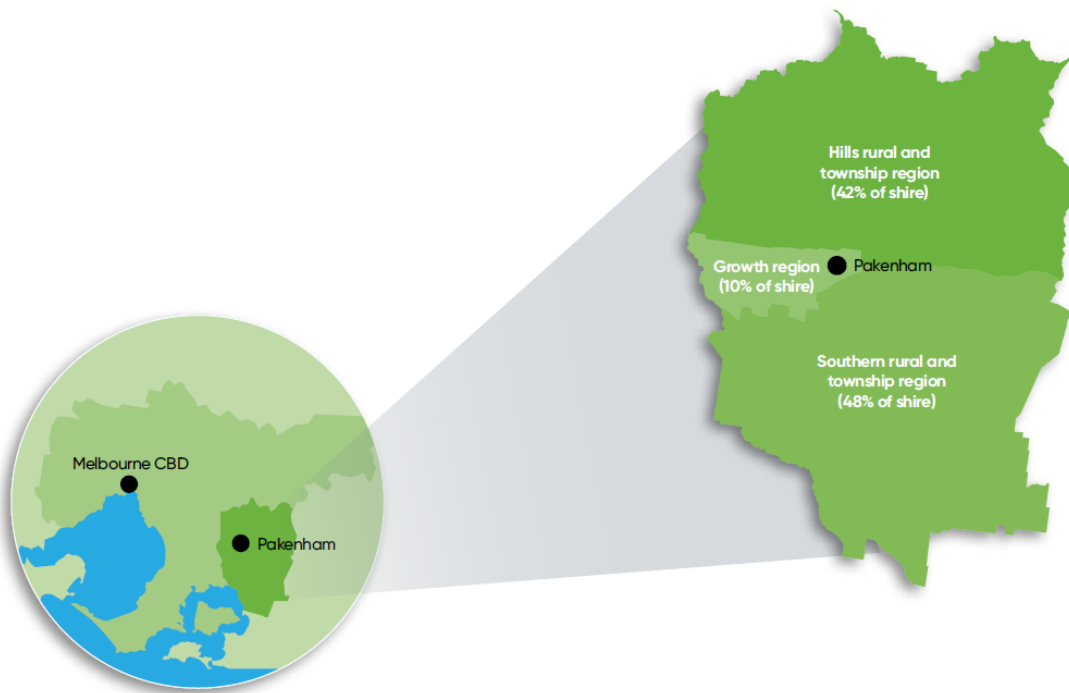
## Our shire

Cardinia Shire is located in the south east of Melbourne and is one of 10 'Interface Councils' which form the perimeter of metropolitan Melbourne, providing a transition between urban and rural areas. The municipality has an area of approximately 1,280 square kilometres, comprising a variety of landforms and landscapes.

The current population of Cardinia Shire is forecast at 126,184<sup>1</sup> people and over the life of this plan we expect this to increase to a total of 170,615 by 2029. Ultimately, by 2041 we expect to reach a population of around 200,000 people<sup>1</sup>.

The majority of Cardinia Shire's population is in the growth areas of Beaconsfield, Officer and Pakenham, which will also accommodate the majority of future residential and commercial growth. Half the population reside in Pakenham alone (58,011 people) and we expect this to increase by 36 per cent to a total population of 78,987 by 2031. However, Officer will see the highest rate of growth with the population expected to increase from 14,708 in 2021 to 34,221 in 2031. The remainder of the population is in Cardinia Shire's townships and rural residential areas.

**Figure 1. Location of Cardinia Shire**



<sup>1</sup> Population and household forecasts, 2016 to 2041, prepared by .id (informed decisions), October 2019.

## Mayor and CEO foreword

We respectfully acknowledge the Bunurong and Wurundjeri people of the Kulin Nation who are the traditional custodians of the land on which we live and work, and pay our respect to their Elders, both past and present.

It is with great pleasure that we present a reviewed *Cardinia Shire's Liveability Plan 2017–29*. The plan recognises Council's role in coordinating local public health planning, by bringing together a range of organisations and local groups to collectively protect, improve and promote the health and wellbeing of all Cardinia Shire residents. A Partnership Steering Group of 16 organisations, and extensive community consultation, has supported the development of this plan.

Our shared vision is that:

*Cardinia Shire is a liveable, resilient community where the environment flourishes and residents are healthy, included and connected.*

This ambitious vision recognises that people's health and wellbeing is not only influenced by individual behaviours, but by the conditions in which we are born, grow, live, learn, work and age, or in other words, how liveable our community is. This vision aligns to the Cardinia Shire Community Vision 2040 and Council Plan 2021-25.

This whole-of-community plan reflects the work that Council, our partners, and community groups undertake, through their many strategies, services, and programs, to strengthen community wellbeing. It is inclusive of all residents and recognises that health is not always equally distributed, seeking to promote health equity between different communities of people.

Based on solid community consultation and research, the plan provides clear guidance for collectively addressing our community's health and wellbeing needs and aspirations over the next eight years.

With limited funding and resources, we need to do things differently. We need to align our priorities and coordinate our efforts to ensure that we make the best use of local resources. The *Action Agenda* recognises that Council alone cannot improve the liveability, health, and wellbeing of all residents; it will require a collective approach between all levels of government, industry, communities, and individuals.

The challenge we pose to you is, how will you contribute to the collective effort of improving the liveability, health and wellbeing of Cardinia Shire?

<insert signature>

<insert signature>

**Cr Jeff Springfield**  
**Cardinia Shire Mayor 2021–22**

**Carol Jeffs**  
**CEO Cardinia Shire Council**

## Our commitment as partners

The Liveability Partnership Group was established in 2016 to provide strategic oversight of the Liveability Plan.

As partner organisations who are funded to protect, improve, and promote community health and wellbeing, we commit to the vision and objectives of *Cardinia Shire's Liveability Plan 2017–29*. We will collectively take responsibility for the identified priorities, by working with the community to implement, monitor and evaluate the strategies and actions identified in the *Action Agenda* each year. We have adopted six principles which will guide our partnership:

### 1. Prevention is better than cure

The plan aims to 'keep well people well'. The primary prevention of disease, illness, injury, disability, or premature death is preferable to remedial measures. For that purpose, capacity building and other health promotion activities are central to reducing differences in health status among population groups.

### 2. Evidence-based decision making

Decisions surrounding the plan, and associated strategies, will be based on relevant and reliable evidence to ensure the most appropriate use of resources for the promotion and protection of public health and wellbeing.

### 3. Safe to learn

If a public health issue cannot be addressed using the current evidence and knowledge base, a lack of relevant scientific evidence should not be used as a reason to not take action. Innovation and safe-to-learn approaches will be encouraged to develop new solutions.

### 4. Collaboration

The plan is a whole-of-community blueprint to collectively address the health and wellbeing challenges in Cardinia Shire. Collaboration between all levels of government and industry, business, communities, and individuals is essential to improving the liveability, health and wellbeing of our community.

### 5. Accountability

Decisions relevant to public health planning in Cardinia Shire are transparent, systematic, and appropriate. The public will have access to reliable information to facilitate a good understanding of public health issues and have opportunities to participate in policy and program development.

### 6. Engagement and participation

The community will be actively encouraged to participate and engage in the planning, implementation, and evaluation of the plan.

*Note: These principles align with the guiding principles outlined in the Public Health and Wellbeing Act 2008 and the Department of Health place-based primary prevention principles.*

### **Partners include:**

- Aligned Leisure
- Casey Cardinia Libraries
- Department of Health
- Department of Families, Fairness and Housing
- enliven
- Koo Wee Rup Regional Health Service
- Monash Community Health
- Outlook
- SECADA
- South East Water
- Southern Migrant & Refugee Centre
- Victoria Police
- WAYSS
- Women's Health in the South East
- Windermere

## Liveability

The Liveability Plan takes a different approach to previous Cardinia Shire municipal health and wellbeing plans. This plan focuses on the social determinants of health, or the conditions in which people are born, learn, live, work and age. This is also known as a community’s ‘liveability’.

Liveable communities are regarded as “safe, attractive, socially cohesive and inclusive, and environmentally sustainable with affordable housing linked via public transport, walking and cycling to employment, education, public open space, local shops, health and community services, and leisure and cultural opportunities.” (Place, Health and Liveability, Melbourne University)

Through extensive research undertaken by the Melbourne University School of Place, Health and Liveability, we know that by influencing key liveability domains, we can ultimately affect a health or social outcome.

By having a focus on liveability, we recognise the role of urban planning in creating environments which enhance the health and wellbeing of our community and the natural environment. The Victorian Government sets the policy for land use planning in Victoria, with *Plan Melbourne 2050* setting the long-term vision for Melbourne’s liveability. However, it is Council’s responsibility to govern and implement land use policy locally. Council also has a role in advocating on behalf of the community where changes need to be made. This plan seeks to strengthen the relationship between our local land use planning and public health planning, to ensure we achieve the best possible outcomes for our community.

The notion of a ‘20-minute neighbourhood’ is core to *Plan Melbourne*. According to *Plan Melbourne*, wherever you live in the Melbourne metropolitan area, you should be able to live in a healthy, liveable neighbourhood. This includes interface councils.

**Figure 2. Features of a 20-minute neighbourhood**



## Climate change and health

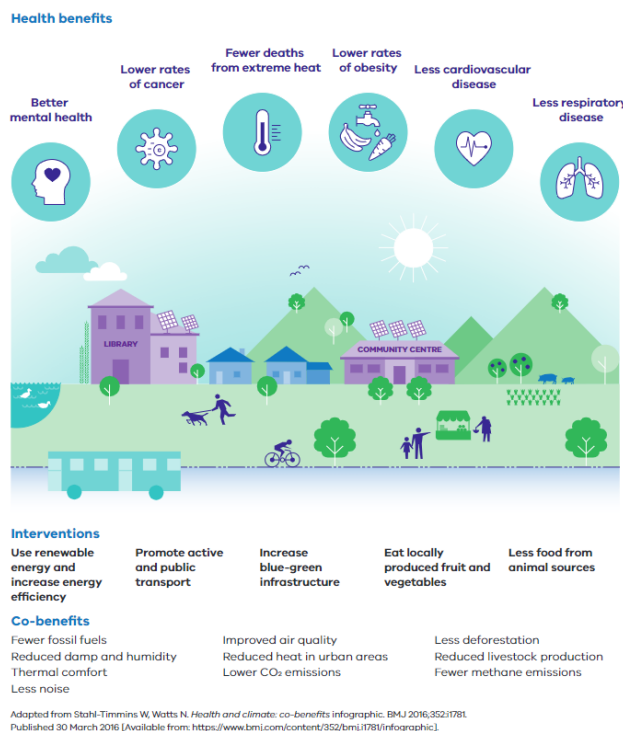
The natural environment, and managing the adverse impacts of climate change, is regarded as an underlying determinant of healthy and liveable neighbourhoods. All liveability domains are impacted by the adverse effect of climate change, which often exacerbates underlying community vulnerability.

Climate projections have identified changes to temperature and rainfall in the next 10 to 20 years. The maximum daily temperature is expected to rise between +0.92°C and +1.19°C annually, rainfall is expected to decline in the winter months and extreme rainfall events are expected to become more intense. These changes to weather patterns and climate will accelerate if more effort to reduce greenhouse gas emissions are not made.

Climate change is both the greatest threat to public health of the 21<sup>st</sup> century and the greatest global health opportunity<sup>2,3</sup>. Both mitigation and adaptation-focused activities can create conditions for health co-benefits to be realised, see Figure 3.

Climate change has been considered within the Liveability Plan, in line with Council’s requirements under the Climate Change Act 2017, Local Government Act 2020 and Planning and Environment Act 1987. The Victorian Public Health and Wellbeing Plan 2019–23 also identifies ‘Tackling Climate Change and its Impacts on Health’ as a key focus area.

**Figure 3. Climate change and health co-benefits**



<sup>2</sup> World Health Organization. Climate change and human health: WHO; 2015 [Available from: <https://www.who.int/globalchange/global-campaign/cop21/en/>].

<sup>3</sup> Watts N, Adger WN, Agnoletti P, Blackstock J, Byass P, Cai W, et al. Health and climate change: policy responses to protect public health. The Lancet. 2015;386(10006):1861-914.

## Our framework

Cardinia Shire's *Liveability Plan 2021–17* has been developed to provide a clear framework for public health planning within the shire. The framework outlines the common agenda that Council, partners, and the community, will collectively work towards over the next 12 years. Figure 4 shows this framework below.

**Figure 4. Cardinia Shire's Liveability Plan 2017–29 Framework**

<b>Vision</b>									
Cardinia Shire is a liveable, resilient community where the environment flourishes and residents are healthy, included and connected.									
<b>Outcomes</b> Improving health and social outcomes through collective action									
Improve mental health and wellbeing	Improve social cohesion	Improve safety	Improve healthy eating and active living	Reduce family violence	Improve financial wellbeing and resilience	Reduce harm from tobacco, alcohol, drugs, and gambling			
<b>Liveability Domains</b> Improving neighbourhood liveability									
Active travel	Education	Employment	Food	Community infrastructure and services	Housing	Environment and open space			
<b>Social equity</b> Supporting the equity and inclusion of all community members									
Aboriginal	CALD	LGBTIQ+	Gender	Disability	Place	Children	Young people	Families	Seniors
<b>Tackling climate change and its impact on health</b> Considered in everything we do									
<b>Action Agenda</b>					<b>Community grants</b>				
<b>Community engagement and participation</b>									
<b>Monitoring and evaluation</b>									



## Our long-term outcomes

Improving the health and wellbeing of communities requires a long-term vision, as changes in attitudes, behaviours and cultures are mostly seen over generations. That is why we have committed to long-term goals, which focus on the top health and wellbeing priorities for our community.

### By 2029, we expect to:

#### Outcome 1: Improve mental health and wellbeing

Good mental health and wellbeing is more than just the absence of mental illness. A positive state of mental health and wellbeing is about feeling good, being able to cope with life's stressors, an ability to work productively, realising individual potential and an ability to contribute to family and community life.

Increasing the resilience of communities to adverse climate impacts and increasing the ability to cope and adjust to future climate hazards, as well as the associated shocks and stressors of these events, is essential to managing the impacts of climate change on health.

##### *In Cardinia Shire:*

- 20.3% of adults experience high/very high levels psychological distress, compared to 23.5% of Victorians<sup>4</sup>.
- 40% of women and 19% of men reported ever being diagnosed with anxiety or depression, compared to 34% and 21% of Victorians respectively<sup>5</sup>.
- There were 3981 total hospitalisations per 100,000 people relating to mental health issues<sup>5</sup>. In 2020, these hospitalisations were highest among 18-24-year olds, followed by the 65+ age group<sup>6</sup>.
- Hospitalisations for self-harm show that females (82.8 per 100,000) are much more likely to be admitted than males (24.8 per 100,000). However, the suicide death rate is higher among men. Nationally, male suicide deaths account for approximately 3 in 4 suicide deaths.
- There were 100 emergency department presentations related to mental health per 10,000 people<sup>7</sup>.

Objectives	Strategies
1.1 Increase access to equitable mental health services.	1.1.1 Advocate for and attract mental health services that fill identified gaps, including outreach and satellite services in rural townships. 1.1.2 Distribute accessible resources that assist people to navigate the mental health service system. 1.1.3 Establish and support a mental health collective to inform local initiatives and service provision.
1.2 Increase resilience of communities to adapt and thrive.	1.2.1 Challenge stigma associated with mental ill-health help-seeking, especially among priority population groups*. 1.2.2 Build awareness and capacity in community settings to identify and assist people experiencing poor mental health.

<sup>4</sup> Victorian Population Health Survey 2020

<sup>5</sup> Victorian Population Health Survey 2017

<sup>6</sup> Victorian Hospital Data 2016-20

<sup>7</sup> Victorian Emergency Department Presentations 2019

\*Different populations experience differential burdens of various mental ill-health.

	1.2.3 Deliver programs that aim to empower people, particularly those who are marginalised or vulnerable, to build skills, confidence, and resilience.
1.3 Increase connection to and involvement in nature.	<p>1.3.1 Create and support programs for the community to experience and take part in preserving nature. <i>(co-benefit with objective 3.2, 4.4)</i></p> <p>1.3.2 Generate and support conversations about climate change with the community, especially with children and youth, including proactive action that can be taken to address climate change and its impacts on health.</p> <p>1.3.3 Deliver initiatives that activate community use of green spaces, including bushland reserves. <i>(co-benefit with objectives 2.1, 3.2 &amp; 4.4)</i></p>

### Liveability Indicators

Determinants of positive mental health and wellbeing include factors such as safe and secure housing, education, employment and income, access to green spaces, social support, and a nutritious diet. Active travel also contributes to positive mental health and wellbeing through physical activity and independent transport<sup>8</sup>.

The following liveability indicators relate to this Outcome Area:

Active Travel	Education	Employment	Food	Community Infrastructure and Services	Housing	Environment and open space
✓	✓	✓	✓	✓	✓	✓

<sup>8</sup> Badland H, Roberts R, Butterworth I, Giles-Corti B. (2015). How liveable is Melbourne? Conceptualising and testing urban liveability indicators: Progress to date. The University of Melbourne: Melbourne.

## Outcome 2: Improve social cohesion

Social cohesion is about the glue that holds communities together. It is about people being connected and included and feeling part of their community. It refers to the sense of trust within neighbourhoods and people's willingness to help their neighbour. Cohesive communities are more resilient in the face of climate change and able to respond more rapidly during emergencies.

*In Cardinia Shire, on average*

- 71% of adults living in rural areas felt there are a range of community groups, compared to 55% living in the growth areas<sup>9</sup>.
- 78% of adults living in rural areas felt a sense of belonging within their community, compared to 69% living in the growth areas<sup>9</sup>.
- 78% of adults living in rural areas felt they could turn to their neighbours for help in times of need, compared to 70% living in the growth areas<sup>9</sup>.
- 70% of adults living in rural areas talked to their neighbours regularly, compared to 66% living in the growth areas<sup>9</sup>.
- 70% of adults living in rural areas felt it was easy to get to know neighbours and meet other residents, compared to 64% living in the growth areas<sup>9</sup>.
- 55% of adults believe that multiculturalism makes life in their area better, compared to 64% of Victorians.<sup>4</sup>
- 35% adult believed that most people could be trusted, compared to 36% of Victorians.<sup>4</sup>
- 97% of adults have close friends or family whom they talk to regularly, compared to 95% of Victorians.<sup>4</sup>
- 53% of adults feel valued by society, compared to 52% of Victorians.<sup>4</sup>
- 22% adults have lived in their neighbourhood for >5 but ≤ 10 years, compared to 16% Victorians<sup>4</sup>

Objectives	Strategies
2.1 Increase social connection within and between neighbourhoods.	2.1.1 Promote neighbourhood level connections through community led local programming and easy access to localised information. 2.1.2 Promote and support participation in a variety of inclusive community events and celebrations. 2.1.3 Provide a variety of communication options that connect people to information and services. 2.1.4 Strengthen intergenerational connections through activities that foster skill and knowledge sharing. 2.1.5 Plan and provide community facilities and services according to evidence-based needs and future growth.
2.2 Increase sense of belonging and acceptance.	2.2.1 Support communities, organisations, and businesses to take a stand against racism and discrimination. 2.2.2 Ensure community facilities and public open spaces are accessible and welcoming, provide universal access and reflect diversity. 2.2.3 Enhance neighbourhood place-making, especially within new developments. 2.2.4 Provide opportunities to value diversity through arts and cultural experiences.

<sup>9</sup>

2.3 Increase community volunteering and participation.	2.3.1 Build capacity of community organisations to attract and retain volunteers. 2.3.2 Raise awareness of opportunities to volunteer and participate in community life. 2.3.3 Promote community participation, leadership, and ownership.
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### Liveability Indicators

Determinants of social cohesion include factors such as social equality, social inclusion, and social capital<sup>10</sup>. These factors are enhanced through all liveability domains, including access to housing, education, employment, access to green spaces and social support. Reduced reliance on cars for transport supports social equity through independent transport<sup>11</sup>.

Active Travel	Education	Employment	Food	Community Infrastructure and Services	Housing	Environment and open space
✓	✓	✓	✓	✓	✓	✓

<sup>10</sup> Ying-Chih Chuang, Kun-Yang Chuang, Tzu-Hsuan Yang (2013). Social cohesion matters in health. Int J Equity Health.

<sup>11</sup> Badland H, Roberts R, Butterworth I, Giles-Corti B. (2015). How liveable is Melbourne? Conceptualising and testing urban liveability indicators: Progress to date. The University of Melbourne: Melbourne.

### Outcome 3: Improve safety

Safety is about being and feeling safe. It is about protecting people from danger and preventing harm where there are known hazards or risks to personal safety. Protecting people from danger and preventing harm where there are known hazards or risks to personal safety requires reducing community exposure and sensitivity to hazards, including the adverse impacts of climate change.

*In Cardinia Shire, on average*

- 18% of adults living in rural areas identified crime or safety issues negatively impacted them or their household, compared to 20% living in the growth areas<sup>9</sup>.
- 29% of adults living in rural and growth areas identified dangerous driving negatively impacted them or their household<sup>9</sup>.
- 82% of adults living in rural areas believe their area is a safe place to live at night, compared to 74% living in the growth areas<sup>9</sup>.
- 88% of adults living in rural areas believe their area is a safe place to live during the day, compared to 80% living in the growth areas<sup>9</sup>.
- The rate of Alleged Offender Incidents has increased in Cardinia Shire by 14% over the past year, with the majority of offenders identified as male (78%).<sup>12</sup>

Objectives	Strategies
3.1 Increase road, pedestrian, and cyclist safety.	3.1.1 Review and implement the Cardinia Shire Road Safety Strategy 2016-25.
3.2 Increase perceptions of safety.	3.2.1 Identify and understand neighbourhood level perceptions of safety and any differences among population groups. 3.2.2 Raise community awareness and understanding of actual or potential risks to safety. 3.2.3 Activate under-utilised public spaces to reduce sense of isolation. <i>(co benefits with objectives 4.3, 4.4)</i> 3.2.4 Engage young people in activities that prevent anti-social behaviour and generate positive perceptions.
3.3 Increase preparedness for climate hazard events	3.3.1 Raise community awareness of what to expect in the event of climate hazard events and of the responsibilities of individuals, communities, and government. 3.3.2 Build capacity of households and communities to prepare for and respond to climate hazard events. <i>(co-benefit with objectives 1.2, 1.3)</i> 3.3.3 Implement the Municipal Heat Health Plan 2020-25.
3.4 Reduce crime and anti-social offending.	3.4.1 Strengthen community capacity to prevent, prepare and respond to local crime and anti-social behaviour issues through information provision, awareness campaigns and program delivery. 3.4.2 Develop a Community Safety Policy Framework which incorporates Crime Prevention Through Environmental Design (CPTED). 3.4.3 Apply CPTED principles within planning, to minimise crime and fear of crime.

<sup>12</sup> Count of Offenders 2011-21, Crime Statistics Agency, 2021

	3.4.4 Bring key stakeholders together to advocate for reduced crime and anti-social behaviour issues, while designing initiatives and resources for sustainable pathways for change.
3.5 Reduce injury in public places.	3.5.1 Maintain high quality public open spaces to minimise hazards and risk of injury.

### Liveability Indicators

Determinants of safety include factors such as being able to get around safely without risk of injury, feeling safe in your neighbourhood and in public places and it's about being able to get help when you need it.

Active Travel	Education	Employment	Food	Community Infrastructure and Services	Housing	Environment and open space
✓	✓			✓	✓	✓

### Outcome 4: Improve healthy eating and active living

Poor nutrition and physical inactivity are some of the leading risk factors for lifestyle related illness. People who are inactive and have diets high in sugar, fat, and salt and low in nutrients and fibre have a much higher risk of developing a range of chronic health conditions.

The consumption of local fresh produce and participation in active transport helps to reduce carbon emissions, and people who are physically healthy are more resilient to the impacts of climate change.

#### *In Cardinia Shire, on average*

- 6% of adults eat the recommended serves of vegetables each day, the same as the average Victorian<sup>5</sup>.
- 50% of adults eat the recommended serves of fruit each day, compared to 48% of Victorians<sup>5</sup>.
- 12% of adults eat takeaway meals or snacks up to three times a week, compared to 10% of Victorians<sup>5</sup>.
- 15% of adults drink sugar-sweetened beverages each day, compared to 11% of Victorians<sup>5</sup>.
- 75% of residents travel to work by car compared to 66% of Victorians<sup>13</sup>.
- 5% of residents travel to work by public transport, compared to 9% of Victorians<sup>1</sup>.
- 0.2% of residents travel to work by bike, compared to 1% of Victorians<sup>13</sup>.
- 39% of adults meet the physical activity guidelines each day, compared to 41% of Victorians<sup>5</sup>.
- 19% of adults sit for 8 hours or more each weekday, compared to 24% of Victorians<sup>5</sup>.
- 29.7% of adults are obese, compared to 20.9% of Victorians<sup>4</sup>.
- 32% of adults are overweight (25 ≥ BMI <30), compared to 30.1% of Victorians<sup>4</sup>.

Objectives	Strategies
4.1 Increase sustainability and resilience of the local food system.	4.1.1 Enable local farmers and food producers to undertake sustainable practices, and to develop locally adapted pathways that cultivate a climate resilient local food system. 4.1.2 Support development and expansion of urban agriculture in the suburbs, urban growth areas and rural townships through the applied practice of food-sensitive planning and urban design. 4.1.3 Encourage local food supply chains which support growers to participate and operate in their chosen marketplace (e.g. food co-ops, farmers markets and retail spaces). 4.1.4 Foster social enterprises and community initiatives which provide a reliable and affordable source of fresh produce to people experiencing household food insecurity. 4.1.5 Advocate for accessible, accredited training that provides a skilled and job-ready horticultural workforce. 4.1.6 Develop and strengthen cross-sector partnerships to collectively plan and advocate for a healthy, delicious, sustainable, and fair local food system.
4.2 Increase consumption of fresh produce and drinking water.	4.2.1 Promote and provide healthy food and drink options across key settings, with benchmarks that limit exposure to discretionary food and drinks. 4.2.2 Provide and promote access to tap water and cooling stations in public facilities, open spaces and at all events.

<sup>13</sup> Census Data 2016, Australian Bureau of Statistics

	<p>4.2.3 Build knowledge and capacity of children, young people, and communities to grow, prepare and enjoy their own food.</p> <p>4.2.4 Support food relief providers to access and provide fresh produce that enhances the nutrition of vulnerable residents.</p>
4.3 Increase walking and cycling for transport.	<p>4.3.1 Plan and construct accessible pedestrian and cycling routes which link education, employment and residential areas with public transport, activity centres and public open space.</p> <p>4.3.2 Enhance the amenity, safety, and natural environment along active travel routes, including the provision of shade for days of extreme heat.</p> <p>4.3.3 Encourage and support residents to use active travel for short trips.</p>
4.4 Increase participation in active leisure, recreation, and sport.	<p>4.4.1 Improve neighbourhood and precinct planning to better support active living.</p> <p>4.4.2 Strategically plan and maintain open spaces and places to be safe, accessible, appealing, and connected.</p> <p>4.4.3 Provide equitable access to leisure, sport, and recreation facilities and opportunities, particularly for marginalised populations.</p>

#### Liveability Indicators

Determinants of healthy eating and active living include factors such as housing that is connected to parks, playgrounds, community facilities, education, and jobs. Safe and accessible walking and cycling infrastructure also promotes physical activity<sup>14</sup>.

Active Travel	Education	Employment	Food	Community Infrastructure and Services	Housing	Environment and open space
✓	✓	✓	✓	✓	✓	✓

<sup>14</sup> Badland H, Roberts R, Butterworth I, Giles-Corti B. (2015). How liveable is Melbourne? Conceptualising and testing urban liveability indicators: Progress to date. The University of Melbourne: Melbourne.



## Outcome 5: Reduce family violence

Family violence is any violent, threatening, coercive or controlling behaviour that occurs in current or past family, domestic or intimate relationships. This includes not only physical injury but direct or indirect threats, sexual assault, reproductive coercion, emotional and psychological torment, economic control, damage to property, social isolation and any behaviour which causes a person to live in fear<sup>15</sup>. Incidents of family violence increase during times of emergency, including through the recovery phase.

Family violence is a prevalent and preventable public health issue that is driven by<sup>16</sup>:

- The condoning of violence against women, including the shifting blame onto the victim.
- Men's control of decision-making and limits to women's independence in public life and relationships.
- Rigid gender roles and stereotyped constructions of masculinity and femininity.
- Male peer relationships or 'male bonding' that emphasises aggression and disrespect towards women.

*In Cardinia Shire:*

- 77% of people experiencing family violence are female, including children<sup>17</sup>.
- 76% of perpetrators of family violence across all ages are male<sup>12</sup>.
- 21% of family violence incidents involve children or young people aged 24 and under<sup>12</sup>.
- A rate of 1,303 incidents (per 100,000 population) of family violence were reported during 2019-20. This equates to approximately 4 incidents of family violence being reported each day<sup>18</sup>.
- Incidents responded to during 2020 by a local service provider showed that 59% of clients were receiving support for the first time.
- The impact of the pandemic on family violence has been shown to be significant, with an increase in the demand for family violence services, and an increase in the number of reports. When looking at the same time period in 2019 and 2020, there has been a 12.6% increase in the family violence incident rate, and a 17.9% increase in the number of reports.
- 5.9% women with a disability experience violence by any perpetrator compared to 4.3% of women without a disability<sup>19</sup>

Objectives	Strategies
5.1 Increase awareness and attitudes towards gender equality.	5.1.1 Promote evidence-based campaigns that increase knowledge and awareness of gender inequality and how it contributes to family violence. 5.1.2 Engage and empower community leaders, organisations, and businesses to support conversations and action that challenges harmful attitudes and behaviours that result in family violence. 5.1.3 Build capacity of individuals to take bystander action that challenges sexism and the condoning of family violence. 5.1.4 Develop opportunities to increase women's participation in decision making and leadership roles. 5.1.5 Identify and address the structural and societal barriers to women's independence and full economic, social, and civic participation.

<sup>15</sup> Victorian Department of Health and Human Services

<sup>16</sup> Our Watch, The Issue. Source: [www.ourwatch.org.au/the-issue](http://www.ourwatch.org.au/the-issue)

<sup>17</sup> Crime Statistics Agency 2020, Family Violence Dashboard, Family Incidents, Other Parties and Affected Family Members

<sup>18</sup> Victorian Crime Statistics Agency 2020

<sup>19</sup> Personal Safety Survey 2016

	5.1.6 Support efforts to improve women's sexual and reproductive health, rights, and autonomy to enhance gender equity and prevent violence against women.
5.2 Increase capacity of individuals, organisations, and communities to promote respectful relationships.	<p>5.2.1 Collaborate with regional partners to support the Victorian Government's implementation of respectful relationships education through MCH, early years and schools.</p> <p>5.2.2 Support workplaces, sports clubs, arts, and community organisations to develop structures, policies, programs, and practices that promote gender equity and respectful relationships.</p> <p>5.2.3 Deliver initiatives promoting positive masculine representation and an understanding of gender equity, to engage men and boys in the prevention of violence against women.</p> <p>5.2.4 Develop partnerships and alliances with specialist services, including women's health services, to advance intersectional prevention practice.</p> <p>5.2.5 Strengthen Cardinia Shire Council's commitment and capacity to undertake a whole-of-organisation approach to advancing gender equality and preventing family violence.</p>
5.3 Increase social support and services for people experiencing family violence.	<p>5.3.1 Identify and promote family violence support services that are accessible across Cardinia's diverse community.</p> <p>5.3.2 Advocate for and attract family violence services that fill identified gaps, including outreach and satellite services in rural townships.</p> <p>5.3.3 Develop partnerships for the prevention of family violence during emergencies and through the recovery phase.</p>

### Liveability Indicators

Factors such as safe and secure housing, access to education, employment and social support, safe public spaces, and active travel, support the prevention of family violence<sup>20</sup>.

Active Travel	Education	Employment	Food	Community Infrastructure and Services	Housing	Environment and open space
✓	✓	✓		✓	✓	✓

<sup>20</sup> Badland H, Roberts R, Butterworth I, Giles-Corti B. (2015). How liveable is Melbourne? Conceptualising and testing urban liveability indicators: Progress to date. The University of Melbourne: Melbourne.

## Outcome 6: Improve financial wellbeing and resilience

Financial security means basic living costs are met for housing, food, transport, health, and education. A household experiencing financial stress is not able to meet basic costs which can affect being able to participate fully in the community having significant impacts on health and wellbeing.

Older women are the fastest growing homeless population, experiencing superannuation, pay and wealth inequality generally. The cost of childcare also impacts women's decision to return to work. Improving financial wellbeing and resilience requires reducing financial sensitivity and increasing the ability to cope with financial stresses and shocks. From a climate change adaptation perspective financial wellbeing and resilience begins by improving the financial security at a household level.

### *In Cardinia Shire*

- 20% households have a low income (less than \$650 a week).<sup>13</sup>
- 12% households are single parents with children.<sup>13</sup>
- 13% of adults experience mortgage stress, compared to 11% of Victorians.<sup>13</sup>
- 27% of adults experience rental stress compared to 25% of Victorians.<sup>13</sup>
- 15% of adults living in rural areas identified financial difficulties impacting them or their household, compared to 21% in the growth areas<sup>9</sup>.
- 40% of households with children reported very low to marginal food security, compared to 14% households without children<sup>21</sup>

Objectives	Strategies
6.1 Decrease the costs of living in growth areas related to liveability.	6.1.1 Implement the Cardinia Shire Council Social and Affordable Housing Strategy. 6.1.2 Advocate for improved public transport services ( <i>co-benefits with objective 4.3</i> ) 6.1.3 Facilitate investment, innovation and diversification in the local economy that creates new jobs. 6.1.4 Establish and facilitate pathways that enable employment opportunities. 6.1.5 Develop an Environmentally Sustainable Design (ESD) policy.
6.2 Increase financial literacy and access to financial support services.	6.2.1 Establish a financial wellbeing action team to identify priorities for financial literacy and support services. 6.2.2 Generate and support community conversations about improving personal financial literacy, especially for women and young people. 6.2.3 Build capacity of individuals to be financially resilient. 6.2.4 Develop an advocacy position regarding social assistance (including childcare) in growth areas. 6.2.5 Attract and promote local employment and financial support services.
6.3 Increase environmentally sustainable living practices.	6.3.1 Support households to access information and technology to reduce utility costs. 6.3.2 Encourage and support neighbourhoods to establish local sharing economies (e.g. through tool libraries and food and seed swaps).

<sup>21</sup> Household Food Security Survey 2021, Cardinia Shire Council

**Liveability Indicators**

Financial wellbeing and security are supported by factors such as access to education, training, and jobs close to home and through the provision of affordable housing, food, and services. Financial wellbeing can also be enhanced by reducing reliance on cars through provision of public transport and connected walking and cycling paths.

Active Travel	Education	Employment	Food	Community Infrastructure and Services	Housing	Environment and open space
✓	✓	✓	✓	✓	✓	✓

## Outcome 7: Reduce harm from tobacco, alcohol, drugs, and gambling

Addiction to tobacco, alcohol, drugs, and gambling can have a harmful impact on individuals, their families, and the broader community. Harm can include burdens on a person's health, relationships, job security, social isolation, and community safety.

*In Cardinia Shire, on average*

- 11.9% of adults are daily smokers, compared to 12% of Victorians.<sup>4</sup>
- 17% of adults who smoke are daily smokers, compared to 10% of Victorians.<sup>5</sup>
- 62% of adults have an increased long-term risk of alcohol-related harm, compared to 59% of Victorians<sup>5</sup>.
- 43% of adults have an increased short-term risk of alcohol-related harm, as do 43% of Victorians<sup>5</sup>.
- Contact with hospitals, ambulance or treatment providers occurs on average four times a day for drug misuse across the municipality<sup>22</sup>.
- \$67,706 is lost each day on electronic gaming machines<sup>23</sup>

Objectives	Strategies
7.1 Decrease exposure to smoking.	7.1.1 Promote smoke-free areas through the provision of signage in regulated public spaces and at community events. 7.1.2 Educate tobacco retailers of their legal requirements, including with regards to e-cigarettes. 7.1.3 Regulate smoking activities including the advertising and sale of tobacco, e-cigarette, and vaping products. 7.1.4 Promote behaviour change through education and communicating the harms of smoking, and the benefits of quitting.
7.2 Decrease short and long-term impacts of alcohol and drug use.	7.2.1 Support local drug action teams to develop prevention strategies and activities. 7.2.2 Develop a community alcohol profile to understand place-based issues and drivers. 7.2.3 Integrate alcohol harm prevention into local programs and activities.
7.3 Decrease harm from gambling among individuals and communities.	7.3.1 Advocate to the Victorian Government for gambling reform. 7.3.2 Participate in evidence-based campaigns that increase awareness and understanding of harm from poker machines. 7.3.3 Strengthen local planning and social policies to protect vulnerable communities from poker machine harm.

### Liveability Indicators

Reducing harm from tobacco, alcohol, drugs, and gambling is supported by factors such as access to education, training, and jobs close to home and through the provision of affordable housing, food, and services.

Active Travel	Education	Employment	Food	Community Infrastructure and Services	Housing	Environment and open space
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<sup>22</sup> Turning Point 2014

<sup>23</sup> Victorian Commission for Gambling and Liquor Regulation 20

	✓	✓	✓	✓	✓	✓
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## Liveable neighbourhoods for improved health outcomes

To support our long-term health outcomes, we have developed set of strategic liveability indicators. These indicators are based on extensive research by the Healthy Liveable Cities Group at RMIT into the liveability elements that need to occur in order to achieve the long-term health and social outcomes.

These indicators support our work towards the vision of Plan Melbourne 2050, as well as the United Nations Sustainable Development Goals (see Figure 5 below).

**Figure 5. United Nations Sustainable Development Goals**



The 2030 Agenda for Sustainable Development, adopted by all United Nations Member States in 2015, provides a shared blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries. They recognise that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth – all while tackling climate change and working to preserve our oceans and forests.

Following section outlines Cardinia Shire’s Liveability Domains and their associated strategic indicators.

## Active travel

In Cardinia Shire, walking and cycling for transport is safe, enjoyable, accessible, and linked, to promote social connection, reduce financial hardship and enhance the health of people and the environment.

- 88% of residents own at least one car<sup>13</sup>.
- 75% of residents travel to work by car compared to 66% of Victorians<sup>13</sup>.
- 5% of residents travel to work by public transport, compared to 9% of Victorians<sup>13</sup>.
- 0.2% of residents travel to work by bike, compared to 1% of Victorians<sup>13</sup>.
- 10% adults walked for transport 4 or more days a week, compared to 18% of Victorians<sup>13</sup>.

## Strategic indicator

Increase access to and connectivity of public transport, cycling routes and footpaths.

### Related *Plan Melbourne 2050* Policies

Policy 1.3.2 – Plan for new development and investment opportunities on the existing and planned transport network.

Policy 3.1.6 – Support cycling for commuting

Policy 3.2.2 – Improve outer-suburban public transport

Policy 3.3.1 – Create pedestrian friendly neighbourhoods

Policy 3.3.2 – Create a network of cycling links for local trips

Policy 3.3.3 – Improve local transport choices

Policy 3.3.4 – Locate schools and other regional facilities near existing public transport and provide safe walking and cycling routes and drop-off zones.

Policy 4.1.2 – Integrate place-making practices into road-space management

Policy 5.1.2 – Support a network of vibrant neighbourhood activity centres

Policy 5.2.1 – Improve neighbourhoods to enable walking and cycling as part of daily life.

Policy 6.2.1 – Mitigate exposure to natural hazards and adapt to the impacts of climate change

Policy 6.4.1 – Support a cooler Melbourne by greening urban areas, transport corridors and open spaces to create and urban forest.

Policy 6.6.1 – Reduce air pollution emissions and minimise exposure to air pollution and excessive noise.

### Supporting Council documents

- |   |  |
|---|--|
| • Asset Management Policy                             | • Cardinia Road Employment Precinct Structure Plan |
| • Asset Management Strategy                           | • Officer Precinct Structure Plan                  |
| • Community infrastructure Strategy (to be developed) | • Officer South Employment Precinct Structure Plan |
| • Road Management Plan                                | • Pakenham East Precinct Structure Plan            |
| • Road Safety Strategy                                | • Pakenham Precinct Structure Plan                 |
| • Access Design Policy and Guidelines                 | • Sustainable Environment Policy                   |
| • Skate and BMX Strategy                              | • Climate Adaptation Strategy (under development)  |
| • Cardinia Planning Scheme                            | • Child, Youth and Family Strategy                 |
| • Healthy by Design Guidelines                        | • Active Cardinia Strategy (under development)     |
| • Pedestrian and Bicycle Strategy                     | • Advocacy Plan                                    |
| • Beaconsfield Precinct Structure Plan                |  |
| • Cardinia Road Precinct Structure Plan               |  |

### Sustainable Development Goals

SDG 01: No Poverty

SDG 03: Good Health and Wellbeing

SDG 05: Gender Equality

SDG 10: Reduced Inequalities

SDG 11: Sustainable Cities and Communities

SDG 13: Climate Action

SDG 17: Partnerships for the Goals



## Education

All residents have access to a variety of education and training opportunities close to home. Modern and contemporary learning environments support quality education, continuous learning, enhanced employment opportunities, social connection, and better health outcomes.

- 45% residents have completed Year 12 or equivalent, compared to 50% Victorians.<sup>13</sup>
- 25% residents have completed vocational qualifications, compared to 15% Victorians.<sup>13</sup>
- 24% residents have completed a university qualification, compared to 37% Victorians.<sup>13</sup>

### ***Strategic indicator***

Increase participation in local education.

#### **Related *Plan Melbourne 2050* Policies**

Policy 1.2.3 – Support the provision of telecommunications infrastructure

Policy 5.3.1 – Facilitate a whole-of-government approach to the delivery of social infrastructure

Policy 5.3.2 – Create health and education precincts to support neighbourhoods

Policy 6.2.1 – Mitigate exposure to natural hazards and adapt to the impacts of climate change

#### **Supporting Council documents**

- Neighbourhood House Policy
- Social Justice and Equity Policy
- Reconciliation Action Plan
- Ageing Well Strategy
- Access and Inclusion Plan
- Child, Youth and Family Strategy
- Cultural Diversity Plan
- Community Infrastructure Strategy (to be developed)
- Healthy by Design Guidelines
- Pedestrian and Bicycle Strategy
- Road Safety Strategy
- Access Design Policy and Guidelines
- Compliance and Enforcement Policy
- Assets Management Policy
- Cardinia Planning Scheme
- Beaconsfield Precinct Structure Plan
- Cardinia Road Precinct Structure Plan
- Cardinia Road Employment Precinct Structure Plan
- Officer Precinct Structure Plan
- Officer South Employment Precinct Structure Plan
- Pakenham East Precinct Structure Plan
- Pakenham Precinct Structure Plan
- Sustainable Environment Policy
- Aspirational Energy Transition Plan
- Climate Adaptation Strategy (under development)
- Advocacy Plan

#### **Sustainable Development Goals**

SDG 01: No Poverty

SDG 03: Good Health and Wellbeing

SDG 04: Quality Education

SDG 05: Gender Equality

SDG 10: Reduced Inequalities

SDG 11: Sustainable Cities and Communities

SDG 13: Climate Action

SDG 17: Partnerships for the Goals

## Employment

Cardinia Shire residents are skilled to access local jobs in a resilient, innovative, and thriving local economy. Workplaces are inclusive and promote the health, wellbeing, and safety of workers.

- The top 5 industries by employment in Cardinia Shire are the 1) construction 2) retail trade 3) education and training 4) health care and social assistance, and 5) agriculture, forestry, fishing.
- There were 9,199 local businesses in 2020.<sup>24</sup>
- The jobs-to-residents ratio for Cardinia Shire in 2019–20 was 0.52, meaning there were less jobs than resident workers.<sup>24</sup>
- In June 2021, 5.8% people aged 15–64 years were accessing JobSeeker payments.<sup>24</sup>
- In 2016, 74% people aged 15–24 were fully engaged in education or the workforce.<sup>24</sup>
- In 2016, 9.2% people aged 15–24 were disengaged from education or the workforce.<sup>24</sup>
- 62% of residents travel outside Cardinia Shire to work<sup>25</sup>.

### *Strategic indicator*

Increase participation in local employment.

#### **Related *Plan Melbourne 2050* Policies**

Policy 1.1.5 – Support major transport gateways as important locations for employment and economic activity

Policy 1.1.6 – Plan for industrial land in the right locations to support employment and investment opportunities

Policy 1.1.7 – Plan for adequate commercial land across Melbourne

Policy 1.2.2 – Facilitate investment in Melbourne’s outer areas to increase local access to employment

Policy 1.2.3 – Support the provision of telecommunications infrastructure

Policy 4.2.3 – Plan and facilitate private-sector tourism investment opportunities

Policy 4.4.3 – Stimulate economic growth through heritage conservation.

Policy 6.1.1 – Support a network of vibrant activity centres

#### **Supporting Council documents**

- Economic Development Strategy
- Western Port Green Wedge Management Plan
- Cardinia Road Employment Precinct Structure Plan
- Officer South Employment Precinct Structure Plan
- Community Food Strategy
- Climate Adaptation Strategy (under development)
- Road Management Plan
- Cardinia Planning Scheme
- Reconciliation Action Plan
- Access and Inclusion Plan
- Cultural Diversity Policy
- Age Friendly Strategy
- Advocacy Plan

#### **Sustainable Development Goals**

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<sup>24</sup> [National Institute of Economic and Industry Research \(NIEIR\) 2021](#)

<sup>25</sup> [Australian Bureau of Statistics, Census of Population and Housing 2016.](#)

SDG 03: Good Health and Wellbeing  
 SDG 05: Gender Equality  
 SDG 07: Affordable and Clean Energy  
 SDG 08: Decent Work and Economic Growth  
 SDG 09: Industry, Innovation, and  
 Infrastructure

SDG 10: Reduced Inequalities  
 SDG 11: Sustainable Cities and Communities  
 SDG 12: Sustainable Consumption and  
 Production  
 SDG 13: Climate Action  
 SDG 17: Partnerships for the Goals

## Food

Cardinia Shire's healthy, delicious, sustainable, and fair local food system promotes the health of people, strengthens the local economy, and enhances the natural environment.

- 94% of residents do not eat the recommended amount of fruit and vegetables.
- 70% of resident eat take away meals/snacks at least once a week and over a third of residents consume sugar-sweetened drinks at least once a week.
- 14% of households without children in Cardinia Shire experience food insecurity.
- 24% of households with children under 18 years in Cardinia Shire have low or very low food security. A further 16% have marginal food security.
- 9% of residents are employed directly in agriculture, forestry, and fishing.
- The 3 largest agricultural products by value in Cardinia Shire are livestock (36%), vegetables (23%) and milk (15%). Fruit, nuts, and eggs make up 7.7% of the economic value.
- There are 6 established community gardens.
- 30% of household waste in Cardinia Shire is food waste.

### ***Strategic indicator***

Increase access to affordable, nutritious food.

### **Related *Plan Melbourne 2050* Policies**

Policy 1.4.1 – Protect agricultural land and support agricultural production

Policy 2.1.1 – Maintain a permanent urban growth boundary around Melbourne to create a more consolidated, sustainable city.

Policy 4.4.4 – Protect Melbourne's heritage through telling its stories.

Policy 4.5.1 – Strengthen protection and management of green wedge land

Policy 5.4.2 – Support community gardens and productive streetscapes

Policy 6.2.1 – Mitigate exposure to natural hazards and adapt to the impacts of climate change

Policy 6.7.1 – Improve the economic recovery of waste and reduce reliance on landfill

### **Supporting Council documents**

- Community Food Strategy
- Community Garden Policy (under review)
- Community Infrastructure Policy (to be developed)
- Cardinia Planning Scheme
- Beaconsfield Precinct Structure Plan
- Cardinia Road Precinct Structure Plan
- Cardinia Road Employment Precinct Structure Plan
- Officer Precinct Structure Plan
- Officer South Employment Precinct Structure Plan
- Pakenham East Precinct Structure Plan
- Pakenham Precinct Structure Plan
- Western Port Green Wedge Management Plan
- Open Space Strategy (under development)
- Nature Strip Policy
- Sustainable Environment Strategy
- Aspirational Energy Transition Plan
- Climate Adaptation Strategy (under development)
- Waste and Resource Recovery Strategy
- Integrated Water Management Plan
- Weed Management Strategy
- Reconciliation Action Plan

### **Sustainable Development Goals**

SDG 02: Zero Hunger  
 SDG 03: Good Health and Wellbeing  
 SDG 05: Gender Equality  
 SDG 06: Clean Water and Sanitation  
 SDG 07: Affordable and Clean Energy  
 SDG 10: Reduced Inequalities  
 SDG 11: Sustainable Cities and Communities

SDG 12: Sustainable Consumption and Production  
 SDG 13: Climate Action  
 SDG 14: Life Below Water  
 SDG 15: Life On Land  
 SDG 17: Partnerships for the Goals

### **Community infrastructure and services**

Local services and community groups work together to ensure residents can access appropriate and affordable services and facilities which promote and protect health and wellbeing throughout life.

- In 2020, healthcare and social services accounts for 3.3% of registered businesses, compared to 6% in Victoria.

### ***Strategic indicator***

Increase access to community infrastructure and services close to home.

#### **Related *Plan Melbourne 2050* Policies**

Policy 2.2.5 – Require development in growth areas to be sequenced and staged better to link infrastructure delivery to land release.

Policy 4.3.1 – Promote urban design excellence in every aspect of the built environment

Policy 6.1.1 – Support a network of vibrant activity centres

Policy 5.3.3 – Support not-for-profit community services to build social capital and stronger communities

Policy 5.3.4 – Provide and protect land for cemeteries and crematoria

Policy 6.2.1 – Mitigate exposure to natural hazards and adapt to the impacts of climate change

Policy 6.2.2 – Require climate change risks to be considered in infrastructure planning

#### **Supporting Council documents**

- Services for Success
- Community Infrastructure Strategy (to be developed)
- Access Design Policy and Guidelines
- Buildings and Facilities Maintenance Policy
- Enhanced Standard – Sustainable Buildings
- Sports Facilities Standards Policy
- Skate and BMX Strategy
- Play Space Strategy
- Community Garden Policy (under review)
- CCTV Policy
- Graffiti Policy
- Cardinia Planning Scheme
- Beaconsfield Precinct Structure Plan
- Cardinia Road Precinct Structure Plan
- Cardinia Road Employment Precinct Structure Plan
- Officer Precinct Structure Plan
- Officer South Employment Precinct Structure Plan
- Pakenham East Precinct Structure Plan
- Pakenham Precinct Structure Plan
- Social and Affordable Housing Strategy
- Sustainable Environment Policy
- Aspirational Energy Transition Plan
- Climate Adaptation Strategy (under development)
- Neighbourhood House Policy
- Reconciliation Action Plan
- Arts and Culture Policy
- Public Art Policy
- Social Justice and Equity Policy
- Cultural Diversity Plan
- Child, Youth and Family Strategy
- Access and Inclusion Plan
- Ageing Well Strategy
- Safer Communities Strategy
- Responsible Gaming Policy
- Municipal Emergency Management Plan
- Municipal Relief and Recovery Plan
- Municipal Heat Health Plan
- Relief Centre Activation Plan
- Neighbourhood Safer Places Plan
- Emergency Response Activation Plan
- Pandemic Influenza Plan

**Sustainable Development Goals**

SDG 03: Good Health and Wellbeing

SDG 05: Gender Equality

SDG 06: Clean Water and Sanitation

SDG 07: Affordable and Clean Energy

SDG 10: Reduced Inequalities

SDG 11: Sustainable Cities and Communities

SDG 12: Sustainable Consumption and  
Production

SDG 13: Climate Action

SDG 17: Partnerships for the Goals

**Housing**

Cardinia Shire encourages diverse, high quality and sustainable housing, affordable for all, in close proximity to employment, education, goods and services and open space, which is connected by active travel infrastructure and meets the needs of a growing and diverse community.

- Median house price is \$585,000 compared to \$785,000 in Greater Melbourne.
- Median house rental is \$380 per week compared to \$440 per week in Greater Melbourne.
- 47% of households have a mortgage.
- Social housing makes up 1% of all housing in Cardinia Shire.
- 14% (4,678) households are experiencing housing stress, with approximately half experiencing rental stress and half experiencing mortgage stress.
- Mortgage stress is highest in Pakenham, Koo Wee Rup, and Lang.
- Rental stress is highest in Koo Wee Rup, Pakenham North, and the hills.
- 12% of all housing sales in 2020 were affordable to people on low incomes.
- Families on very low incomes are in the greatest need of affordable housing.
- Couples with children (39%) make up the largest household type, followed by couples without children (24%) and lone person households (18%). One-parent families make up 12% of all households.

***Strategic indicator***

Increase access to appropriate and affordable housing.

**Related *Plan Melbourne 2050* Policies**

Policy 2.1.1 - Maintain a permanent urban growth boundary around Melbourne to create a more consolidated, sustainable city

Policy 2.1.2 - Facilitate an increased percentage of new housing in established areas to create a city of 20-minute neighbourhoods close to existing services, jobs, and public transport.

Policy 2.1.3 - Plan for and define expected housing needs across Melbourne's regions

Policy 2.2.5 - Require development in growth areas to be sequenced and staged better to link infrastructure delivery to land release.

Policy 2.3.1 - Utilise government land to deliver additional social housing

Policy 2.3.2 - Streamline decision-making processes for social housing proposals

Policy 2.3.3 - Strengthen the role of planning in facilitating and delivering the supply of social and affordable housing

Policy 2.3.4 - Create ways to capture and share value uplift from re-zonings

Policy 2.5.1 - Facilitate housing that offers choice and meets changing household needs

Policy 2.5.2 - Provide a range of housing types in growth areas

Policy 4.3.1 - Promote urban design excellence in every aspect of the built environment

Policy 5.1.1 - Create mixed-use neighbourhoods at varying densities

**Supporting Council documents**

- Cardinia Planning Scheme
- Healthy by Design Guidelines
- Beaconsfield Precinct Structure Plan
- Housing Strategy
- Social and Affordable Housing Strategy
- Sustainable Environment Strategy

- Cardinia Road Precinct Structure Plan
- Cardinia Road Employment Precinct Structure Plan
- Officer Precinct Structure Plan
- Officer South Employment Precinct Structure Plan
- Pakenham East Precinct Structure Plan
- Pakenham Precinct Structure Plan
- Aspirational Energy Transition Plan
- Domestic Wastewater Mgt Plan
- Access Design Policy and Guidelines
- Reconciliation Action Plan
- Access and Inclusion Plan
- Age Friendly Strategy
- Safer Communities Strategy

**Sustainable Development Goals**

SDG 03: Good Health and Wellbeing

SDG 05: Gender Equality

SDG 06: Clean Water and Sanitation

SDG 07: Affordable and Clean Energy

SDG 10: Reduced Inequalities

SDG 11: Sustainable Cities and Communities

SDG 13: Climate Action

SDG 17: Partnerships for the Goals

## Environment and open space

Open space in Cardinia Shire is strategically planned, developed, and maintained to create a sense of place, encourage participation, protect the natural environment, and promote health and wellbeing.

- 41% of adults visit green spaces at least once per week, compared to 51% of Victorians
- 74% of adults living in rural areas felt there were good open spaces in their neighbourhood, compared to 71% in the growth areas
- 87% of adults living in rural areas felt their neighbourhood was clean and well maintained, compared to 73% living in growth areas.

### *Strategic indicator*

Increase environmental sustainability.  
Increase access to public open space.

### **Related *Plan Melbourne 2050* Policies**

- Policy 4.1.1 – Support Melbourne’s distinctiveness
- Policy 4.4.4 – Protect Melbourne’s heritage through telling stories
- Policy 4.5.1 – Strengthen protection and management of green wedge land
- Policy 4.5.2 – Protect and enhance valued attributes of distinctive areas and landscapes
- Policy 5.4.1 – Develop a network of accessible, high-quality, local open space
- Policy 5.4.2 – Support community gardens and productive streetscapes
- Policy 6.1.2 – Facilitate the uptake of renewable energy technologies
- Policy 6.2.1 – Mitigate exposure to natural hazards and adapt to the impacts of climate change
- Policy 6.3.1 – Reduce pressure on water supplies by making the best use of all water sources
- Policy 6.3.2 – Improve alignment between urban water management and planning by adopting an integrated water management approach
- Policy 6.3.3 – Protect water, drainage, and sewerage assets
- Policy 6.4.1 – Support a cooler Melbourne by greening urban areas, transport corridors and open spaces to create and urban forest
- Policy 6.4.2 – Strengthen the integrated metropolitan open space network
- Policy 6.5.1 – Create a network of green spaces that support biodiversity conservation and opportunities to connect with nature.
- Policy 6.5.2 – Protect and enhance the health of urban waterways
- Policy 6.5.3 – Protect the coastlines and waters of Port Philip Bay and Western Port
- Policy 6.7.1 – Improve the economic recovery of waste and reduce reliance on landfill
- Policy 6.7.3 – Protect waste management and resource recovery facilities from urban encroachment and assess opportunities for new waste facilities

### **Supporting Council documents**

- Open Space Strategy (under development)
- Skate and BMX Strategy
- Equestrian Strategy
- Fishing Policy
- Play Space Strategy
- Shade Policy
- Reserves Policy
- Arts and Culture Policy
- Public Art Policy
- Graffiti Policy
- Landscape Strategy
- CCTV Policy
- Officer South Employment Precinct Structure Plan
- Pakenham East Precinct Structure Plan
- Pakenham Precinct Structure Plan
- Western Port Green Wedge Management Plan
- Nature Strip Policy
- Reserves Policy
- Deep Creek Reserve Masterplan
- Emerald Lake Park Precinct Strategic Plan
- Sustainable Environment Policy
- Biodiversity Conservation Strategy
- Waste and Resource Recovery Strategy

- Recreation Reserve Management and Usage Policy
- Recreation Reserve Facility Standards Policy
- Healthy by Design Guidelines
- Access Design Policy and Guidelines
- Cardinia Planning Scheme
- Cardinia Road Precinct Structure Plan
- Cardinia Road Employment Precinct Structure Plan
- Officer Precinct Structure Plan
- Integrated Water Management Plan
- Weed Management Strategy
- Climate Adaptation Strategy (to be developed)
- Reconciliation Action Plan
- Festivals and Events Grant Policy
- Municipal Fire Management Plan
- Municipal Storm and Flood Plan
- Open Air Burning Policy

#### **Sustainable Development Goals**

SDG 03: Good Health and Wellbeing

SDG 05: Gender Equality

SDG 06: Clean Water and Sanitation

SDG 07: Affordable and Clean Energy

SDG 10: Reduced Inequalities

SDG 11: Sustainable Cities and Communities

SDG 12: Sustainable Consumption and Production

SDG 13: Climate Action

SDG 14: Life Below Water

SDG 15: Life On Land

SDG 17: Partnerships for the Goals



## Implementation

Implementing *Cardinia Shire's Liveability Plan 2017-29* will take a whole-of-Council and whole-of-community approach.

Figure 6 highlights the key documents which guide our local public health planning. The *Data Profile* provides all the population and demographic data related to Cardinia Shire. The *Strategic Directions Paper* provides the background, context, consultation and data analysis and rationale, which has informed the goals and objectives identified within the plan.

The *Action Agenda* will establish a set of actions which detail how Council, partner organisations and the community will work together to achieve these objectives and strategies.

**Figure 6. Documents supporting public health planning in Cardinia Shire**



The actions will be developed in consultation with a range of stakeholders and the community and will be identified based on their alignment with our guiding principles.

Council recognises the important role of volunteering in our local community to improve liveability, health and wellbeing. Council encourages and enables community groups to align to the objectives of the plan through the Cardinia Shire *Community Wellbeing Support Grants* program.

Local ownership and capacity are key to ensuring the ongoing sustainability and resilience of our community. Organisations, businesses, community groups and individuals who would like to support this plan are encouraged to visit Council's website for more information on how to get involved.

## Monitoring and evaluation

Improving health and wellbeing outcomes requires a long-term commitment, as changes in attitudes, behaviours and health outcomes are mostly observed over generations. The outcomes that we are collectively working towards are complex, multi-dimensional and non-linear and as such require an innovative and considered approach to measuring.

Cardinia Shire Council and individual partners cannot take a direct responsibility or credit for affecting change. Council’s efforts through the plan are only part of the process of addressing liveability and health, which are being tackled by multiple actions on multiple fronts.

It is, however, important that our efforts are monitored and evaluated over time to ensure our collective resources are being used most effectively. The plan will be monitored against several key indicators, which will be shared by Council, partner organisations and the community. A *Learning, Monitoring and Evaluation Plan* sits alongside this plan and documents the indicators and measures within a Shared Measurement Framework. The *Data Profile* will capture the current statistics and will be reviewed and updated on a regular basis as new data becomes available.

The *Action Agenda* will be monitored annually and a progress report available for Council and the community in October each year. The *Liveability Plan 2017-29* will be reviewed every 4 years in consultation with partners and the community. At this time, the objectives and strategies within the plan may be revised. At conclusion of the 12 years we should expect to see trends emerge around each of our outcome areas. Figure 7 summarises the monitoring and evaluation framework.

**Figure 7. Relationship of the Liveability Plan 2017-29 to the Community Vision and Council Plan**



## Acknowledgements

The following individuals and groups are acknowledged for their advice, participation, and input into the development of *Cardinia Shire's Liveability Plan 2017-29*.

- The many local people who provided input through Imagine Cardinia and the People's Panel.
- The local community workers and leaders who participated in stakeholder workshops.
- Members of the Liveability Partnership Steering Group: Kooweerup Regional Health Service, Monash Community Health, Casey Cardinia Libraries, Department of Health, Aligned Leisure, Enliven, Women's Health in the South East, Victoria Police Pakenham, WAYSS, Southern Migrant and Refugee Centre, Outlook, South East Local Learning and Employment Network, South East Water, SECADA
- Dr Iain Butterworth, Healthy Cities and Liveability Specialist, Honorary Associate Professor, RMIT University
- Dr Melanie Davern, Associate Professor RMIT University, Director Australian Urban Observatory and Co-Lead Health, Place and Society Research Program.
- The many Council staff who provided their time, expertise, and feedback throughout the entire process.

## Appendices

### 1. Impact of the COVID-19 Pandemic

The first reported case of COVID-19 in Victoria was on 25 January 2020. A month later, on 27 February 2020, the Australian Government declared the COVID-19 outbreak a national pandemic. On the 10 March 2020, the Victorian Government released its COVID-19 Pandemic Plan for the Victorian Health Sector, and the following day, the State Control Centre had been activated to oversee and coordinate Victoria's COVID-19 response. The World Health Organisation declared COVID-19 a global pandemic on 12 March 2020.

Since the onset of the pandemic in 2020, several health, social, economic, and environmental impacts have been observed. These impacts have resulted both from the spread of infection, and the social distancing measures put in place to protect people. The impacts of the pandemic have been widespread but are not felt equally across the community.

For **children**, the COVID-19 environment and social distancing disrupted their school year, play, ability to connect with family and friends, and organised sports. Parents needed to play a greater role supporting their child's education and care. Some families experienced job insecurity, and many have expressed concerns about their child's physical and mental health and wellbeing. The longer-term impacts of the challenging COVID-19 environment on children are unknown.<sup>26</sup>

**Young people** have been disproportionately impacted by the pandemic through disrupted education, joblessness, reduced social connections and increased anxiety about their futures (VicHealth 2020). Changes in schooling, work patterns and COVID-19 disruptions may impact youth transition to University from secondary school and may also impact school disengagement. According to the Cardinia Shire Youth Survey 2021, social connection and 'having places to hang out' was a primary concern for young people.

For some **older people**, the pandemic has provided opportunities to improve digital literacy and take advantage of connecting with families and services online. For others, the digital divide has exacerbated social isolation. The pandemic has put a spotlight on the vulnerability of residential and aged care settings to health risks, with social distancing policies exacerbating isolation and loneliness among older populations.

The Liveability Plan Data Profile, available on Council's website, provides further information about the specific health and liveability impacts of the COVID-19 pandemic.

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<sup>26</sup> Source: <https://www.childhood.org.au/covid-impact-welfare-children-parents/> (Australian Childhood Foundation)

## 2. Summary of measures

	Measures	Source	Baseline	Year
Mental health and wellbeing	% of adults who experience high or very high psychological distress.	VPHS	15%	2014
	% of adults who are unable to work, study or manage day-to-day activities.	VPHS	8%	2012
	% of adults who have reduced work, study, or day-to-day activities due to impacts of psychological distress.	VPHS	19%	2012
	% of adults identifying workplace stress negatively impact them or their households.	CSC Social Research	17% (Rural) 21% (Growth)	2016
Social cohesion	% of adults who felt their community had a positive atmosphere.	CSC Social Research	76% (Rural), 69% (Growth)	2016
	% of adults who felt there are a range of community groups.	CSC Social Research	71% (Rural), 55% (Growth)	2016
	% of adults who felt a sense of belonging within their community.	CSC Social Research	78% (Rural), 69% (Growth)	2016
	% of adults who felt they could turn to their neighbours for help in times of need.	CSC Social Research	78% (Rural), 70% (Growth)	2016
	% of adults who talked to their neighbours regularly.	CSC Social Research	70% (Rural), 66% (Growth)	2016
	% of adults who felt it was easy to get to know neighbours and meet other residents.	CSC Social Research	70% (Rural), 64% (Growth)	2016
	% of adults who believe cultural diversity enriches community life.	CSC Social Research	76% (Rural), 84% (Growth)	2016

Safety	% of adults who identify crime or safety issues negatively impacted them or their household.	CSC Social Research	18% (Rural), 20% (Growth)	2016
	% of adults who identify dangerous driving negatively impacted them or their household.	CSC Social Research	29%	2016
	% of adults who believe their area is a safe place to live at night.	CSC Social Research	82% (Rural), 74% (Growth)	2016
	% of adults who believe their area is a safe place to live during the day.	CSC Social Research	88% (Rural), 80% (Growth)	2016
Healthy eating and active living	% of adults who eat the recommended serves of vegetables each day.	VPHS	6%	2014
	% of adults who eat the recommended serves of fruit each day.	VPHS	50%	2014
	% of adults who eat takeaway meals or snacks up to three times a week.	VPHS	12%	2014
	% of adults drink sugar-sweetened beverages each day.	VPHS	15%	2014
	% of residents who travel to work by car.	ABS	75%	2016
	% of residents who travel to work by public transport.	ABS	5%	2016
	% of residents who travel to work by bike.	ABS	0.2%	2016
	% adults who walked for transport 4 or more days a week.	ABS	10%	2016
	% of adults who meet the physical activity guidelines each day.	VPHS	39%	2014
	% of adults who sit for 8 hours or more each weekday.	VPHS	19%	2014
	% of adults are obese or pre-obese	VPHS	54%	2014
Family violence	Average number of incidents of family violence per day	Crime Statistics Agency	4	2017
	% of women experiencing family violence.	DHHS	77%	2017
	% of people experiencing family violence aged 24 and under.	DHHS	30%	2017

	% of recorded family violence incidents where children are present.	Crime Statistics Agency	43%	2017
Financial wellbeing and resilience	% of adults who have a low income (less than \$400 a week)	DHHS	38%	2015
	% of households experiencing mortgage stress.		13%	
	% of households experiencing rental stress.		27%	
	% of adults who identified financial difficulties impacting them or their household.	CSC Social Research	15% (Rural), 21% (Growth)	
	% of households experiencing food insecurity.	CSC Household Food Security Survey	14%	2021
Tobacco, alcohol, drugs, and gambling	% of adults who are current smokers.	VPHS	18%	2014
	% of adults who smoke are daily smokers.	VPHS	17%	2014
	% of adults who have an increased long-term risk of alcohol-related harm.	VPHS	62%	2014
	% of adults have an increased short-term risk of alcohol-related harm.	VPHS	43%	2014
	Average daily contact with hospitals, ambulance, or treatment providers for drug misuse.	Turning Point	4/day	2014
	\$ lost each day on electronic gaming machines.	VCGLR	\$67,706	2017
Active travel	Average distance to closest activity centre.	AUO	2525.4m	2018
	Average dwelling density per hectare.	AUO	9.5ha	2018
	Average street connectivity per square kilometre	AUO	74.3/km <sup>2</sup>	2018
	Average number of daily living destinations present (0-3) within 1600m.	AUO	2/3	2018
	Walkability for transport index	AUO	-1.3	2018
	Average distance to closest public transport stop.	AUO	936.5m	2018
	% of dwellings within 400m of a bus stop.	AUO	38.1%	2018

	% of dwellings within 400m of public transport with a regular 30-minute weekday service (7am-7pm).	AUO	3.6%	2018
	Average distance to closest train station	AUO	4696m	2018
Education	% dwellings located $\leq$ 880m from a government primary school.			
	Number dwellings per government primary school.			
	Primary school access: measured as a pedshed; calculated as the ratio of area within 1.6km street network buffer to the area within a 1.6km Euclidian (as the crow flies) buffer around a neighbourhood activity centre. The higher the ratio, the higher the pedestrian access ( $\geq$ 0.60 is desirable)			
	Primary school traffic volume exposure: measured as a ration: total length of roads carrying $>$ 3,000 vehicles/day to the total length of roads carrying $\leq$ 3,000 vehicles/day within a 1.6km street network buffer around a primary school. The higher the ration, the higher the traffic volume exposure ( $\leq$ 0.50 is desirable)			
	Number of dwellings per government secondary school (6,500 dwellings).			
	Percentage of residents completing year 12 or equivalent.	ABS	45%	2016
	Percentage of residents who have completed vocational qualifications.	ABS	25%	2016
	Percentage of residents who have completed tertiary qualifications.	ABS	24%	2016
Employment	% of people living and working in the same local government area.	ABS	61%	2016
	Number of local businesses registered.	ABS	9,199	2020
	Jobs-to-residents ratio.	National Institute of Economic and Industry Research (NIEIR)	0.52	2020



	% of people aged 15–64 years accessing JobSeeker payments per quarter.	Dept. of Social Services	5.7%	July 2020
Food	% of dwellings without any food outlet within 3.2km.	AUO	0.9%	2018
	% of dwellings within 1km of a supermarket.	AUO	37.7%	2018
	Average distance to closest healthy food outlet (supermarket or greengrocer).	AUO	1384.1m	2018
	Average distance to closest fast food outlet.	AUO	2036m	2018
	Average distance to closest cafe, restaurant, or hotel.	AUO	1800.1m	2018
	Number of community gardens	CSC Social Research	6	2020
	% of household waste that is food waste.			
Social infrastructure and services	Social Infrastructure Index.	AUO	4.5/16	2018
	% registered businesses that are healthcare and social services.	ABS	3.3%	2020
Housing	% of dwellings that are government owned or community housing	ABS	1%	2016
	Median house price (\$).	PropTrack	\$585,000	2020
	Median house rental (\$/week).	PropTrack	\$380	2020
	% households with a mortgage	ABS	47%	2016
	% of all housing sales affordable to people on low incomes.	PropTrack	12%	2020
	% of households spending more than 30% of household income on housing costs.	ABS	14%	2016
Environment and open space	Number of key threatened species			
	Quantity and quality of natural resources			
	Number of indigenous plants revegetated			
	Percentage improvement in biodiversity indicators			
	Number of weed and pest animal populations			
	Percentage of potable water consumption			

	Number of lots with reticulated sewerage			
	Percentage reduction of CO <sub>2</sub> emissions			
	% of adults visit green spaces at least once per week.	VPHS	41%	2014
	Average distance to closest public open space.	AUO	303.4m	2018
	Percentage of dwellings within 500m or less distance of public open space.			
	Average distance to closest public open space larger than 1.5 hectares.	AUO	462.2m	2018
	Average distance to closest public open space with a nearby public toilet (within 100m)	AUO	1399m	2018
	Average distance to closest playground	AUO	1632.3m	2018

## Data Summary

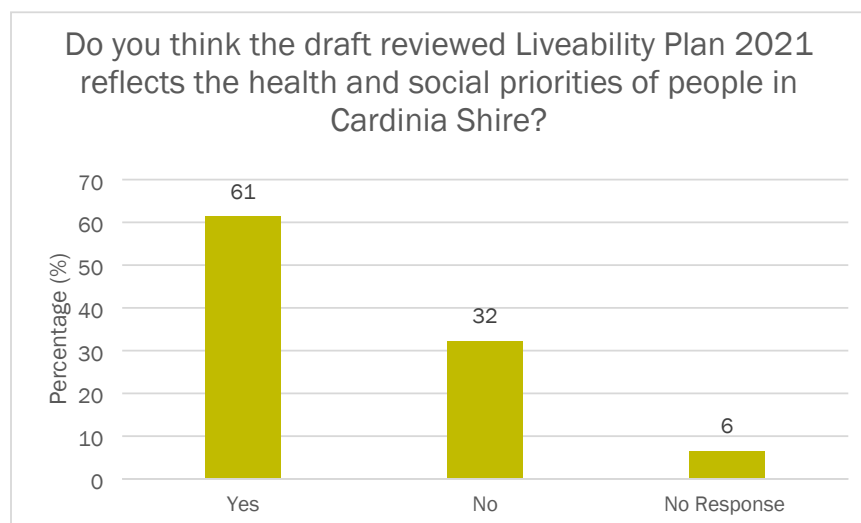
### Public Exhibition of the Draft Liveability Plan Review

Public exhibition of the Draft Liveability Plan Review occurred between 5<sup>th</sup> – 28<sup>th</sup> October 2021.

- A total of **31 submissions were received** through the Creating Cardinia survey.
- 1 formal written submission was made on behalf of a resident
- Written feedback was provided via tracked changes and comments on the word document from 4 partner organisations
  - Enliven Primary Care Partnership
  - Monash Health Community
  - Women's Health in the South East
  - Gambler's Help Southern
- Written and verbal feedback was provided by Council officers

### Results from Creating Cardinia Survey

#### ***Question 1 - Do you think the draft reviewed Liveability Plan 2021 reflects the health and social priorities of people in Cardinia Shire?***



*Figure 1. Agreement as to whether the Draft Liveability Plan Review reflects the health and social priorities (n=31).*

Figure 1 above shows that 61% of respondents believe the Liveability Plan Review reflects the health and social priorities of people in Cardinia Shire.

Responses include:

- Comprehensive and diverse range of liveability indicators. Document is also very concise.
- It's clearly based on the community needs and wanting to see the community being healthy and well.

- It has a strong link to areas Council can influence and seems to have continued to consult widely with community partners.
- It considers more than physical health, but also mental health and social connectedness.
- The health and social priorities are in the plan - it will be how the strategies are activated that has a lasting impact for the community.
- It covers the main concerns in a growing LGA within relevant domains.
- It captures what is needed to make the changes, however, follow through has so far been lacking (eg. lack of provision of footpaths lets down the active travel objective).
- It is helping promote a healthier lifestyle for the residents of Cardinia Shire and help focus on the result, not the problem.
- The draft Liveability Plan 2021 reflects broadly the health and social priorities in Cardinia, targeting priorities areas for Cardinia.
- I think people want to live healthy and enjoy all the open space and sports facilities Cardinia has to offer. There are a lot of young families who want their kids to be active and healthy and be a part of the community.
- Reflected in the name changes to outcome areas - simplifies meanings to the average person
- There is a broad range of priorities that covers what is important to our community

A further 32% of respondents do not believe the Liveability Plan Review reflects the health and social priorities of people in Cardinia Shire.

Responses include:

- The section on active living and healthy lifestyles only seems to work if you're in certain towns. There are no safe clean play parks in Emerald with any clean decent toilets that allows children of Emerald (all 1400 of them) to exercise safely!
- It focuses on Pakenham, Officer & Beaconsfield & fails to take into consideration other areas of the shire that should also benefit from having access to resources to promote quality of life.
- We desperately need recreation facilities for our local youth and its bot being done.
- There is always consideration in Pakenham and immediate surrounds, but Emerald seems to always be put last. Our sad old playgrounds are in dire needs or repair or rebuild not to mention not overly safe considering proximity to puffy billy station.
- COVID has changed everything. How we live, work, and play.
- You have not given regard to the older population that require services unique to them such as transport, bus services etc when they can no longer drive, there is no dedicated bus services through Upper Beaconsfield. Also home services for the older community
- More safety and awareness about mental health medications and safe tapering support centres to help people to safely come off antidepressants and other psych medications, this would reduce domestic violence, harm and suicides
- The elements aren't relevant to the real problems in the community

**Question 2 – What are your priorities in regards to liveability, health and wellbeing? Tell us your top 10 priorities by drag and dropping items onto each rank in the tool below.**

The objectives ranked most frequently in the **top 10** include:

*Table 1. Ranking of objectives*

Rank	Number of times selected in the top 10	Objective
1	24	Objective 4.1. Increase sustainability and resilience of the local food system.
2	21	Objective 6.3. Increase environmentally sustainable living practices.
3	17	Objective 1.3. Increase connection to and involvement in nature.
3	17	Objective 3.1. Increase road, pedestrian, and cyclist safety.
3	17	Objective 4.4. Increase participation in active leisure, recreation, and sport.
4	15	Objective 1.1. Increase access to equitable mental health services.
4	15	Objective 4.3. Increase walking and cycling for transport.
4	15	Objective 6.1. Decrease the costs of living in growth areas related to liveability.
5	14	Objective 2.1. Increase social connection within and between neighbourhoods.
5	14	Objective 2.2. Increase sense of belonging and acceptance.
5	14	Objective 3.4. Reduce crime and anti-social offending.

Objective 4.1 was selected within the top 10 priorities the greatest number of times (n=24), followed by objective 6.3 (n=21).

Further analysis at the outcome level is shown below in Table 2.

*Table 2. Ranking of Outcomes*

Number of times selected in the top 10	Outcome
68	Healthy Eating and Active Living
54	Safety
45	Mental Health and Wellbeing
43	Financial Wellbeing and Resilience
40	Social Cohesion
30	Family Violence

9	Tobacco, Alcohol, Drugs and Gambling
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“Improve Healthy Eating and Active Living” was selected the greatest number of times (n=68) within the top 10 priorities, followed by “Improve Safety” (n=54).

Although key objectives under “Reduce Family Violence” did not rank highly in the top 10 list, it is a legislative requirement under the *Public Health and Wellbeing Act 2008* and *Gender Equality Act 2020* that Council undertakes this work.

Reduce harm from tobacco, alcohol, drugs and gambling appears to be the lowest priority for the respondents, with these objectives only listed 9 times within with the top 10 priorities.

### **Question 3 - Do you have any other feedback about the draft reviewed Liveability Plan 2021?**

<b>Feedback Received</b>	<b>Officer Comments</b>
I'd love to see community gardens in new developments in Officer. A community garden in cockatoo is just to far away.	Noted. This is addressed through Objectives 4.1 and 4.2
Indigenous knowledge systems need to be embedded into the strategies, particularly in addressing climate change health impacts.	Noted.
Older people in this shire need services provided to them in their homes, whether it be medical or gardening, mowing or tradie, and shopping	Services for older people are specifically addressed in Cardinia Shire's Ageing Well Strategy: <ul style="list-style-type: none"> <li>• Older adults will have access and knowledge of community support and health services available to meet their needs.</li> <li>• Older adults and their families have the primary health services they need within their communities.</li> <li>• Older adults and their families have the knowledge, choice, and support to age in place</li> </ul>
There is no mention of conservation and preservation of natural biodiversity. The environment only gets a mention where it can be utilised by humans. We have federally endangered species living IN our suburbs (Southern Brown Bandicoots in KWR) and there is little to no action to encourage awareness or proactive conservation plan to protect them (unless it's facilitated by organisations other than shire)  There's also no mention of supporting community to combat climate change (not reacting to extreme weather, but actively helping to PREVENT it).	Conservation and preservation of natural biodiversity is specifically addressed in Cardinia Shire's Biodiversity Conservation Strategy 2019-29. The scope of the Liveability Plan (municipal public health and wellbeing plan) is the promotion, protection and prevention of people's health and wellbeing.  Supporting the community to combat climate change will be specifically addressed within Council's Climate Adaptation Strategy. Liveability Plan Objectives 1.2, 1.3, 3.3, 4.1, 4.3 and 6.3 do also focus on mitigating and adapting to climate change.
It would be good if Housing was mentioned in the prevention section. The provision of safe,	<i>Strategy 6.1.1 Implement the Cardinia Shire Council Social and Affordable Housing Strategy will be</i>

<p>secure, good quality, affordable housing can act as a significant prevention mechanism for physical &amp; mental health.</p> <p>Good quality, safe, secure affordable housing should also be referred to in the safety section. It is not just women &amp; children escaping family violence, although this is paramount, but for all of the community.</p>	<p>cross-referenced to show co-benefits with other outcome areas.</p>
<p>Our local council needs to take a stand on issues surrounding the lack of awareness about the dangers of antidepressants and push the federal government to put clear warnings on the outside of the boxes of all dangerous medications and be the first shire to have safe tapering centres to help people and their families have support when they want to come off antidepressants. This would help improve peoples mental health and be of a great support. many people are harmed while trying to come off these pills to fast.</p> <p>Climate change is a big issue, the government grants for the new electric cars should be a lot higher so they are affordable for everyone. More electric car charging stations in the shire.</p> <p>More sustainable/environment living programs and initiatives, more natural park lands, so flora and fauna can flourish and return.</p> <p>More live music events and events in general, access to facilities for more local events for all age groups at an affordable price. More funding for everything listed.</p> <p>Encourage people to ride their bikes, walk/walking school bus and car pool, to save fuel, build safe roads and footpaths so all kids can access their local schools safely by bikes and walking, that is a high priority. More beautiful bike tracks, metro and rural..</p> <p>Have bigger waste bins (listed on maps) to drop off soft recyclable plastics in metro and definatley rural areas.</p> <p>Living rural we end up with large amounts of plastic, that wont fit in the supermarket drop off points, there needs to be large local plastic drop off rural points.</p>	<p>Regarding comments related to anti-depressants: The Royal Commission into Victoria's Mental Health System identified recommendations for Local Government, including <b>Recommendation 15: Supporting good mental health and wellbeing in local communities.</b> The Royal Commission recommends that the Victorian Government:</p> <ul style="list-style-type: none"> <li>- establish and recurrently resource 'community collectives' for mental health and wellbeing in each local government area.</li> <li>- support each community collective to bring together a diversity of local leaders and community members to guide and lead efforts to promote social connection and inclusion in Victorian communities.</li> <li>- test and develop a range of initiatives that support community participation, inclusion and connection.</li> <li>- by the end of 2022, establish one social prescribing trial per region (refer to recommendation 3(3)) in Local Mental Health and Wellbeing Services to support healthcare professionals to refer people, particularly older Victorians, living with mental illness, into community initiatives.</li> </ul> <p>This recommendation has been included under Objective 1.1 within the Liveability Plan Review, with scope for this 'collective' to lead efforts on local mental health issues.</p> <p>Comments regarding electric cars have been noted and passed onto relevant teams.</p> <p>Sustainable living programs and natural bushlands is covered in Objectives 1.3 and 6.3.</p> <p>Community events is covered in Objectives 2.1 and 2.2</p> <p>Active travel is covered in Objectives 3.1 and 4.3</p>

	Waste and recycling is addressed through Council's Waste and Resource Recovery Strategy.
You better care about real problems like decreasing rates and looking after roads and cleaning etc. We pay you rates to do that sort of work.	Information about Council's role in looking after roads can be found here: <a href="https://www.cardinia.vic.gov.au/roads">https://www.cardinia.vic.gov.au/roads</a>  Council has a legislative responsibility under the <i>Public Health and Wellbeing Act 2008</i> to address health and wellbeing issues within the municipality.
Please remember that the vast majority of Cardinia residents are living in the growth corridor and not rural, won't throw the stats at you as you are more than aware of them. So you need to make sure that you work on these growth areas now and have the facilities built asap.  Outcome 3. Some parts of Officer and Pakenham have too many people living in a small area and this will cause problems down the track. To improve safety you need to find something for the youth to do.  Outcome 4. 1/4 of our adults are obese and 1/5 of adults smoke, we really need to focus on educating these people where you are talking about growing healthy food and protecting land?? not going to help, totally missed the mark there. These people can't afford the paddock to plate food. You are also focusing on the food part an awful amount in the health part where we should be focusing on the active part a lot more.  Outcome 5. Have a 24 hour hotline for domestic violence to direct person to right help they may get. We can help a dog in the middle of the night but not a person in trouble.	The Liveability Plan's Objectives and Strategies relate to all localities within the Shire, however it is recognised that there are geographic and demographic differences between the growth corridor, hills region and rural townships. Therefore 'place' is included as a social equity lens within the Liveability Plan Framework.  Specific priorities and issues for growth areas are considered within <a href="#">Structure Plans</a> and for the rural townships, within the <a href="#">Township Strategies</a> .  A new Strategy has been included: <i>Strategy 3.2.4 - Engage young people in activities that prevent anti-social behaviour and generate positive perceptions.</i>  Comments regarding Outcome 4 have been noted and the strategies revised.  If someone is in immediate danger, including from domestic violence, they should call police on 000.  1800 RESPECT (1800 737 732) is the 24-hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.
Focusing on community development to enhance capacity of the whole community and building on social connections is what gets us through difficult times and increased strength into the future.	Noted. Capacity building is a key strategy throughout the Liveability Plan.



<p>The plan says the right things but it needs to be followed up with concrete actions. The lack of foot and cycle paths in and between the regional towns of the Shire is a major impediment to active lifestyles.</p>	<p>This is specifically addressed within the Pedestrian and Bicycle Strategy 2017.</p>
<p>In reference to Our Framework - Figure 4. the Outcomes does not require the word 'Increase', I suggest removing entirely or otherwise change the word to 'Improve'. E.g. Mental Health and Wellbeing or Improve Mental Health and Wellbeing.</p> <p>Apart from Outcome 4 - 4.4.3, I struggled to find strategies that support/focuses on increased active participation in sport or reference to improving existing community sporting recreation reserves and facilities and relationship between community sport and volunteering. Without volunteers, there would be no community sporting clubs. The partnership and services/operational expectations between Council, sporting clubs, reserves and facilities and grants could be strengthened.</p>	<p>Noted. This was a typo and will be fixed in the final version of the document.</p> <p>Increased participation in sport is specifically addressed within Objective 4.4. This will also be covered in detail through Council's new Active Cardinia Strategy which is under development.</p> <p>Volunteering (including with sporting clubs) is addressed through Objective 2.3.</p>
<p>Access to natural areas needs to be increased, there are lots of great natural areas to explore in the Shire but the connectivity is poor. There is a lack of large parks where families can gather for picnics.</p> <p>The footpaths in some areas are lacking connectivity too, particularly where new estates join existing areas. My kids can't walk or ride to school because there is a 400m section with no footpath that's overgrown with blackberries and is a mud pit in winter. They would have to step out onto princes highway to go around. If kids are to be encouraged to walk and ride more, footpaths need to be linked together so it's continuous and there are safe places to cross busy roads.</p> <p>Covid has also had a huge impact on the financial security of families and there are a lot of people on social media looking for welfare services. This should be coordinated by council, not people on Facebook.</p>	<p>This is covered within Objective 1.3 and will be further addressed through Council's new Open Space Strategy which is under development.</p> <p>This has been noted and will be further considered by Council Officers. To report an issue with a footpath please complete this <a href="#">form</a>.</p> <p>Improving financial wellbeing and resilience is a key outcome within the Liveability Plan. Local social assistance and case management is provided by the Salvation Army in Pakenham.</p>
<p>Submission by Kate Forster (see Attachment 3)</p>	<p>The Team Leader Healthy Communities called Kate Forster to discuss her feedback submission on 5 November 2021 and provided follow-up information via email on 19 November 2021 with</p>

the following information, as well as information about how to ask a question at a Council meeting.

The table below shows the proportion of each risk factor attributable to the total burden of disease. As you can see from this data, air pollution accounts for 0.8% of the burden, compared to other risk factors (tobacco 9.3%, diet 7.3%, obesity 8.4%, physical inactivity 2.5%, alcohol 4.5% etc), which have been prioritised within the Liveability Plan. This is not to say that air pollution isn't a concern. There is certainly a risk to health, but we have to prioritise the issues which have the greatest burden at a population level. As I mentioned, yours was the only submission that raised the issue of air pollution as a priority. It wasn't raised by any other partners or community members at the workshops held in August (including Department of Health).

Risk factor	%
<b>Behavioural</b>	
Tobacco use	9.3
Dietary risks	7.3
Alcohol use	4.5
Illicit drug use	2.7
Physical inactivity	2.5
Child abuse and neglect	2.2
Intimate partner violence	0.7
Unsafe sex	0.3
<b>Environmental</b>	
Occupational exposures and hazards	2.0
High sun exposure	0.8
Air pollution	0.8
<b>Metabolic</b>	
Overweight and obesity	8.4
High blood pressure	5.8
High blood plasma glucose (including diabetes)	4.7
High cholesterol	3.0
Impaired kidney function	2.1
Iron deficiency	0.4
Low bone mineral density	0.4
<b>Joint effect<sup>1</sup></b>	<b>37.5</b>

Source: Australian Institute of Health and Welfare 2019

You can view this table within the VPHWP here: <https://www.health.vic.gov.au/publications/victorian-public-health-and-wellbeing-plan-2019-2023>