



Acknowledgement of Country

The City of Mandurah would like to acknowledge the Bindjareb people, the Traditional Custodians of this land, and pay respect to all Elders, past and present.

We wish to acknowledge and respect their continuing culture and the contribution they make to the life of this City and this region.



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Mayor's Message

On behalf of Council, I am proud to present the City of Mandurah's Public Health and Wellbeing Plan 2026–2030.

Health and wellbeing are fundamental to creating a strong, connected and liveable community. As our city continues to grow and change, we must plan proactively to support the physical, mental and social wellbeing of everyone who lives, works and visits Mandurah. This Plan reflects Council's commitment to placing health and wellbeing at the heart of decision making and supporting our community to lead healthy, active and fulfilling lives.

Developed in line with the Western Australian Public Health Act 2016, this Plan has been shaped by local health data, community voices and collaboration with partners across government, community and service sectors. It recognises that health is shaped by many aspects of daily life, including our environment, social connections, access to services and opportunities to participate, and acknowledges the important role local government plays in supporting these foundations.

The Plan focuses on priority health issues and population groups, while strengthening partnerships and advocating for improved services and outcomes for our community. It aligns with the City's broader strategic direction and complements other key plans and strategies, ensuring a coordinated and sustainable approach over the next five years.

Council is committed to working alongside our community, service providers and government partners to deliver the actions outlined in this Plan. Through this shared effort, Mandurah will continue to grow as an inclusive, resilient community that supports health and wellbeing at every stage of life.

I thank everyone who contributed their time, expertise and insights to the development of this Plan and look forward to the positive impact it will have on our community.

Amber Kearns

Mayor, City of Mandurah





The Plan



Vision

A thriving, connected, and resilient community where everyone has opportunities to lead healthy, active lives.

Purpose

Through leadership, partnerships, and advocacy, the City promotes inclusive spaces and programs that encourage physical activity, social connection, and overall wellbeing. In all decision-making processes, strong and healthier communities are considered.

Executive summary

The City of Mandurah plays an important leadership role in protecting and promoting the health and wellbeing of our diverse community.

Through planning, partnerships, advocacy and place-making, the City can influence the conditions that support people to live healthy, connected and fulfilling lives.

The Public Health and Wellbeing Plan (PHWP) supports a healthy community by encouraging active lifestyles, physical activity, social connection and participation. The actions outlined in the Plan aim to improve community wellbeing and reduce the burden of preventable illness by focusing on the environments, policies and opportunities that shape everyday health choices.

While the City has a strong role in creating supportive settings, every individual is directly responsible for their own health and wellbeing. The PHWP recognises that communities, organisations and governments can support positive health outcomes, but real change happens when people choose to take part.

The Plan is underpinned by the Act Belong Commit framework, which highlights that positive mental health can be built through staying active, connecting with others and being involved in meaningful activities. The City of Mandurah supports this by helping to create welcoming, inclusive and accessible places, programs and opportunities that make it easier for people to act, belong and commit in ways that suit their lives.

The City is well placed to lead, partner and advocate for services and initiatives that respond to local needs and priorities. The PHWP has been developed in alignment with the City's existing plans and strategies, including the Strategic Community Plan, and meets the City's legislative requirement under Part 5 of the *Western Australian Public Health Act 2016*. It is also closely aligned with the *State Public Health Plan 2025–2030*.

Embedding cultural safety across City services, facilities and programs is a key consideration of the PHWP. This includes working in genuine partnership with Aboriginal organisations, Elders and community members; strengthening cultural awareness and capability within the organisation; and ensuring that initiatives are designed and delivered in ways that are inclusive, respectful and responsive to local needs and lived experience.

What is public health?

Public health and wellbeing is focused on improving the health, safety, and quality of life of individuals and communities through prevention, education, and policy.

It involves addressing the broader factors that influence health such as education, environment, and access to services, rather than just treating illness. Public health and wellbeing initiatives aim to reduce health inequalities, prevent disease and injury, and promote healthy lifestyles across all stages of life.

Public health is all about helping people live healthier, safer lives by:

- Preventing illness before it happens
- Designing safe, enjoyable communities for living and playing
- Supporting smart, healthy choices every day

Public Health in Mandurah

The City's Public Health and Wellbeing Plan is intentionally localised to reflect the unique demographics, priorities, and lived experiences of the Mandurah community. It focuses effort and resources on the key areas of need identified through local data and community engagement, ensuring actions are relevant, responsive, and appropriate to our population.



Act Belong Commit as a Foundational Framework

The City's Public Health and Wellbeing Plan is guided by the Act Belong Commit framework, Western Australia's evidence-based approach to building positive mental health and wellbeing through everyday actions, social connection and participation.

Act Belong Commit aligns strongly with local government's role in shaping healthy places and connected communities and is applied as a whole-of-plan lens, rather than a stand-alone initiative.

How the Framework Underpins This Plan

Act Belong Commit is embedded across the Plan's priority areas, ensuring that actions consistently support prevention, connection and participation. This includes enabling people to:

Act through active transport, recreation, sport and accessible public spaces

Belong through welcoming facilities, events, inclusive design and age-friendly environments

Commit through volunteering, learning, mentoring and community participation

This approach ensures the Plan delivers not only targeted health outcomes, but also the conditions that support long-term wellbeing and community resilience.

A Shared Responsibility for Wellbeing

By embedding Act Belong Commit across the Public Health and Wellbeing Plan, the City recognises that mental health and wellbeing are shaped by everyday environments, social relationships and opportunities for participation. This approach positions wellbeing as a shared responsibility supported through policy, planning, services, infrastructure and community partnerships so that all residents have opportunities to act, belong and commit throughout their lives.





Supporting evidence and data



Mandurah

Key health and wellbeing issues

Chronic disease and injury are significant public health concerns due to their high prevalence and impact on quality of life. Various behaviours such as increasing physical activity, enhancing diet quality, and minimising risky behaviours like smoking and excessive alcohol consumption can have an impact.

Healthy behaviours are crucial for individuals to lead longer and healthier lives.

There are four categories of risk factors associated with chronic disease, these include:

Behaviour

Nicotine use, poor nutrition, insufficient physical activity, alcohol misuse, stress and mental health, communicable (infectious) disease.

Biomedical factors

Age, sex, genetics, overweight/obese, blood pressure, blood cholesterol, blood sugar.

Socioeconomic factors

Relationships, accommodation, education, employment.

Physical environment

Air pollution, toxic elements, pesticides.



Supporting evidence and data

Health and wellbeing play an important role in informing health policies, prioritising improvement and monitoring progress. The below table outlines Mandurah’s Health Profile data for both behavioural and biomedical risk factors.

Behavioural risk factors	Prevalence (%) Mandurah health profile	Prevalence (%) WA average	Comparison to WA
Drinks sugar-sweetened beverages > twice a week	20.1	16.8	▲
Eats fast food more than twice a week	6.3	6.0	▲
Eats the recommended serves of fruit daily	31.5	33.4	▼
Eats the recommended serves of vegetables daily	3.2	4.7	▼
Insufficient weekly physical activity *	38.9	39.1	▼
More than recommended screen-based sedentary time	42.5	37.4	▲
Obese	41.7	37.3	▲
Overweight	36.2	37.4	▼
Current rate of smoking *	14.5	13.5	▲
Current rate of vaping *	8.5	7.9	▲
High risk alcohol use for long-term harm	33.0	29.1	▲
High risk alcohol use for short-term harm	12.6	11.9	▲

All indicators: 2024, WA Health and Wellbeing Surveillance System, Epidemiology Directorate, Department of Health WA.

Note. All indicators relate to persons aged 16 and over. * = persons ages 18 and over.

- Worse than the WA average
- Better than the WA average

Health outcomes	Mandurah ASR (Per 100,000)	WA ASR (Per 100,000)	Comparison to WA
Tobacco-attributable hospitalisations	375.0	366.8	▲
Tobacco-attributable deaths	60.4	48.7	▲
Alcohol-attributable hospitalisations	623.4	665.4	▼
Alcohol-attributable deaths	31.3	26.0	▲
Illicit drug-attributable hospitalisations	108.6	181.8	▼
Illicit drug-attributable deaths	15.0	9.4	▲
Blood-borne disease	30.2	44.1	▼
Enteric disease	210.2	218.9	▼
Sexually transmitted infections	669.3	600.6	▲
Vaccine preventable disease	690.8	714.1	▼
Vector-borne disease	32.2	21.1	▲

Source - Hospitalisations: 2024, WA Hospital Morbidity Data Collection, Information and System Performance Directorate, Department of Health WA

Deaths: 2021, Cause of Death Unit Record File, Australian Co-ordinating Registry, the Registries of Births, Deaths and Marriages, the Coroners, the National Coronial Information System and the Victorian Department of Justice and Community Safety.

Diseases: Data source: 2022, WA Notifiable Infectious Disease Database, Communicable Disease Control Directorate, Department of Health WA.

Alcohol use indicators: 2023, WA Health and Wellbeing Surveillance System, Epidemiology Directorate, Department of Health WA.

Note. All indicators relate to persons of all ages. Age-Standardized Rate (ASR) per 100,000 is the age-standardised number of cases per 100,000 people, allowing fair comparison between populations

- Worse than the WA average
- Better than the WA average

Supporting evidence and data

Mental health: Significant mental health issues, including high rates of anxiety, depression, and stress-related problems. This is more evident in young people and those who are living alone. It is important to prioritise mental health and wellbeing through self-care practices, relaxation, social connections and positive thinking. The mental health profile has not seen a significant increase over the past 10 years, however adults who have been diagnosed have increased.

Doctor diagnosed health conditions Lifestyle risk factors	Prevalence (%) Mandurah health profile	Prevalence (%) WA average	Comparison to WA
Anxiety	15.7	16.3	▼
Any mental health condition	25.5	25.0	▲
Depression	16.4	13.7	▲
Stress-related condition	15.5	13.5	▲
High or very high psychological distress	21.3	21.7	▼

Source - 2024, WA Health and Wellbeing Surveillance System, Epidemiology Directorate, Department of Health WA.

Note. All indicators relate to persons aged 16 years and over.

● Worse than the WA average

● Better than the WA average



Supporting evidence and data

Socioeconomic disadvantage, can have profound effects on communities on health outcomes, education, employment, crime and safety.

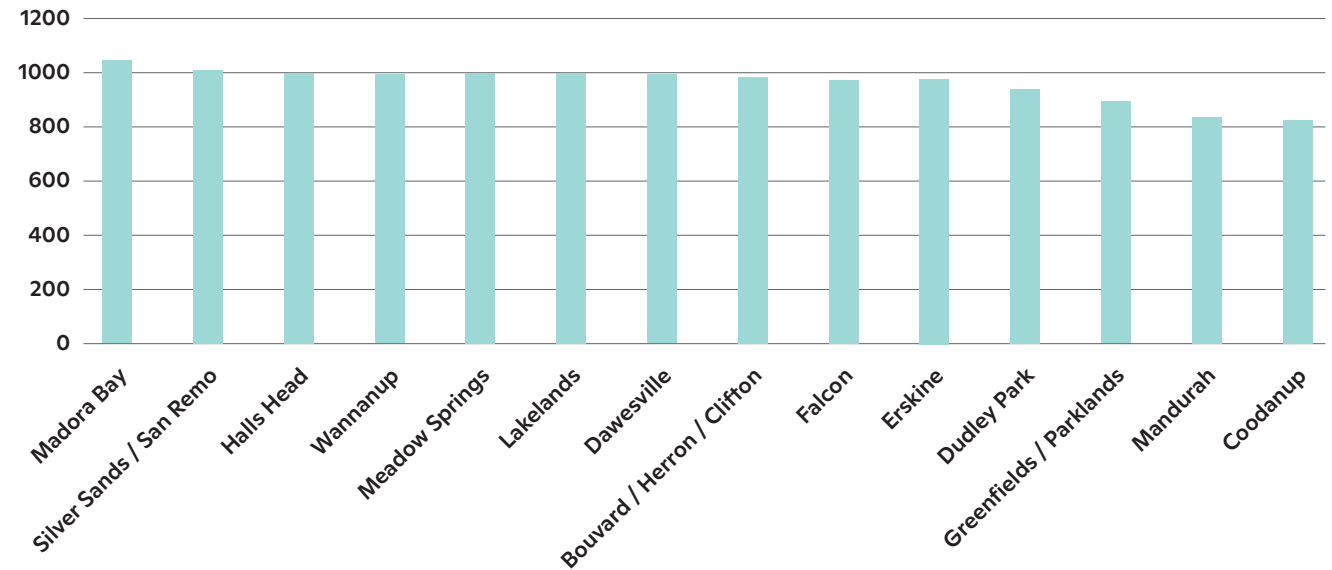
SocioEconomic Indexes For Areas

SEIFA is a suite of indexes developed by the Australian Bureau of Statistics to rank areas in Australia according to relative socioeconomic advantage and disadvantage. The score is measured through disadvantage indicators including unemployment, educational levels, single parent families, low skilled occupations and poor English proficiency. Economic factors can influence health outcomes including better access to healthcare, nutrition and safer living conditions. However, people who are disadvantaged could face many challenges impacting their health. A lower score indicates a higher level of disadvantage compared to other areas. According to the 2021 Census, the SEIFA score for disadvantage in Mandurah was 959. The overall score is lower in comparison to the state score 1002 and Australia 1002.6.

It's important to highlight that at the suburb level, areas such as Mandurah and Coodanup face notable socioeconomic challenges. This is reflected in their SEIFA index of disadvantage scores 835.6 for Mandurah and 827 for Coodanup, indicating higher levels of relative disadvantage compared to other areas.

Index of relative socioeconomic disadvantage

Source: ABS Census Data 2021



Supporting evidence and data

Injury prevention: High rates of injuries, including falls, transport accidents, and intentional self-harm. More people are ending up in hospital for preventable injuries such as falls. By prioritising injury prevention, we can improve overall health outcomes, reduce economic burdens, and enhance the quality of life for individuals and communities alike.

Objective 2, Prevent: ‘Reduce the burden of chronic disease, communicable disease and injury’ of the State’s Public Health Plan has a focus on preventing injuries and promoting safer communities. Injury prevention is important for maintaining good health and wellbeing. Taking steps to prevent injuries, reduces the risk of accidents and minimises the need for medical interventions. Implementing injury prevention measures allows people to live more active lives without pain or disability, leading to better health and wellbeing.

Please see below statistics relating to hospitalisations due to injury.

Hospitalisation	Mandurah ASR (per 100,000)	WA ASR (per 100,000)	Comparison to WA
Accidental drowning, submersion, threats to breathing	30.9	21.8	▲
Accidental falls	935.9	1031.0	▼
Accidental poisoning	45.8	52.3	▼
Assault and neglect	77.9	106.4	▼
Intentional self-harm	58.7	106.6	▼
Transport accidents	254.0	236.9	▲
Hospitalisation	Prevalence (%) Mandurah health profile	Prevalence (%) WA average	Comparison to WA
Injured in past 12 months requiring treatment from a health professional*	24.5	26.0	▼

Source - Injured requiring treatment: 2024, WA Health and Wellbeing Surveillance System, Epidemiology Directorate, DOH WA.

Hospitalisations: 2024, WA Hospital Morbidity Data Collection, Information and System Performance Directorate, DOH WA

Note. All indicators relate to persons of all ages. * = among persons aged 16 years and over requiring treatment from a health professional

● Worse than the WA average

● Better than the WA average

ASR per 100,000 is the age-standardised number of cases per 100,000 people, allowing fair comparison between populations

Supporting evidence and data

Deaths	Mandurah ASR (per 100,000)	WA ASR (per 100,000)	Comparison to WA
Accidental drowning, submersion, threats to breathing	1.8	1.5	▲
Accidental falls	13.9	15.3	▼
Accidental poisoning	9.0	7.8	▲
Assault and neglect	1.1	0.8	▲
Intentional self-harm	18.4	13.5	▲
Transport accidents	6.7	7.2	▼

Source - Deaths: 2021, Cause of Death Unit Record File, Australian Co-ordinating Registry, the Registries of Births, Deaths and Marriages, the Coroners, the National Coronial Information System and the Victorian Department of Justice and Community Safety.

Note: All indicators relate to persons of all ages.

- Worse than the WA average
- Better than the WA average



Localised facts and statistics (2025)



Distance from Perth

72km



Coastline

51km



Urban tree canopy

22%

Department of Planning Land and Heritage, Urban Tree Canopy Dashboard 2024



Age profile

A larger percentage of the population is **aged over 60 years old** (32.2%) compared to Greater Perth (21.2%)



Housing

32.7% of people **fully own their home**, and **34.8%** have a mortgage



Education

42.7% of the population has **completed year 12 schooling** compared to **59.6%** for Greater Perth



Disability and health

6.6% of the population **lives with a disability**, and **36.9%** have one or more **long-term health conditions**



Employment

The **full-time employment rate** is **51.7%**, and the **part-time employment rate** is **34%**



Recreation centres

2



Number of libraries

3



Parks and open spaces

405



Sports parks

22



Playgrounds

148



Natural bushland areas

157



Jetties and wharfs

81



Boat and canoe launch areas

34



Public pools

3



Paths

639.7km



Number of community facilities

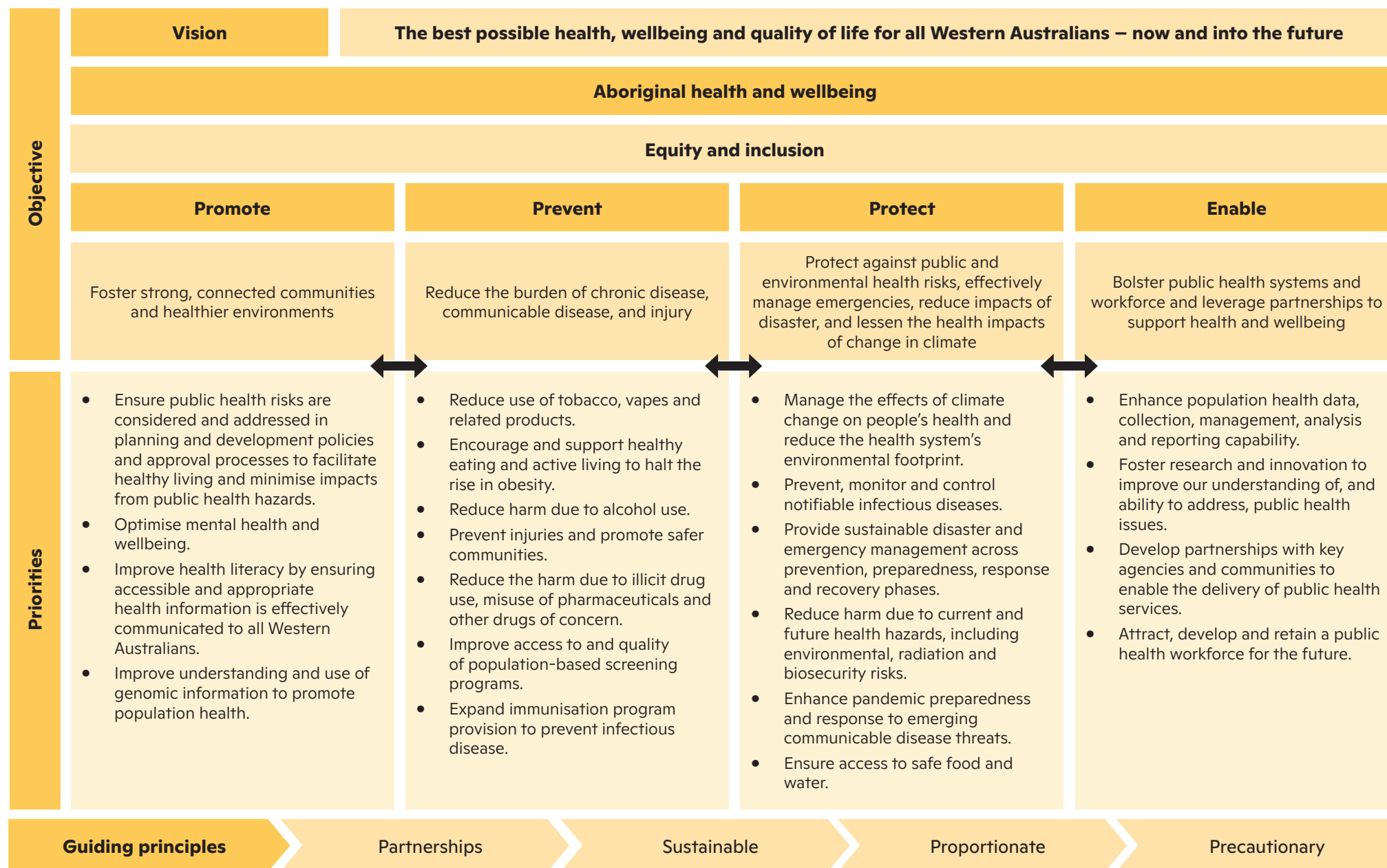
22



Strategic alignment



Western Australia Public Health Plan Framework



Source - State Public Health Plan for Western Australia 2025-2030, Table 1

Strategic alignment

Alignment with State Public Health Plan

The State Public Health Plan 2025-2030 sets out a vision for the best possible health, wellbeing, and quality of life for all Western Australians.

The plan has four objectives:

Promote, Prevent, Protect, and Enable.

- 1. Promote:** Foster strong communities and healthier environments.
- 2. Prevent:** Reduce the burden of chronic disease, communicable disease, and injury.
- 3. Protect:** Protect against public and environmental health risks, effectively manage emergencies, and lessen the health impacts of change in climate.
- 4. Enable:** Bolster public health systems and workforce and leverage partnerships to support health and wellbeing.

Responsibilities and capacity as a Local Government Organisation

The City of Mandurah is legislated to have a Public Health and Wellbeing Plan.

The City has a range of responsibilities and capacities to influence public health outcomes:

- 1. Lead:** Take a lead on projects and initiatives that relate directly to the outcomes of the Plan.
- 2. Partner:** Collaborate internally or externally to deliver projects and initiatives that relate directly to the outcomes of the Plan.
- 3. Advocate:** Advocate to State and Federal governments regarding gaps relating to health and wellbeing in Mandurah.



City's financial expenditure on public health

The City provides a broad range of programs that support and promote the health of our community and invests significantly into ensuring Mandurah is a healthy, enjoyable and safe place to be.

The City of Mandurah invested in community infrastructure and community programming during the 2024-2025 financial year. It is a holistic approach across the whole City.



**Community programs
and events**
\$7,972,361



**Environmental
Health services**
\$2,187,647



**Cultural facilities
and services**
\$5,543,181



**Recreation facilities
and services**
\$9,500,117



**Parks, bushlands and
reserve maintenance**
\$23,880,852



Implementation



Public health themes and key actions

PROMOTE Empowering and enabling people to live healthy lives	PREVENT Supporting initiatives that reduce the prevalence of preventable ill-health, and promoting positive health outcomes	PROTECT Monitoring and responding to public and environmental health risks to support public health and wellbeing	ENABLE Facilitate opportunities that advance public health outcomes
Objective Promote benefits of healthy active lifestyles	Objective Reduce disease, illness and injury in the community	Objective Manage public and environmental health to improve health outcomes and respond to change in climate	Objective Advocate and partner with external health providers to deliver services that meet the needs of the community
Action 1.1 Integrate health as a priority for planning and promoting transport	Action 2.1 Promote and support initiatives to encourage healthy eating	Action 3.1 Implement initiatives to monitor health risks in the community	Action 4.1 Advocate and partner with the Federal and State governments to ensure health services are adequately sourced
Action 1.2 Provide opportunities for accessible activities, including walking, cycling and active transport	Action 2.2 Encourage healthy eating habits by increasing access to nutritious foods and supporting education	Action 3.2 Strengthen response to public health threats and emergencies including pandemic response	Action 4.2 Advocate for initiatives that aim to improve the health of Aboriginal people
Action 1.3 Provide information on available services and support to reduce or prevent disease or injury	Action 2.3 Undertake initiatives designed to reduce harms relating to alcohol and drugs	Action 3.3 Promote and build awareness of health campaigns aimed at disease prevention and protection	Action 4.3 Improve outcomes of priority populations by advocating for funding
Action 1.4 Increase awareness of how mental health can be strengthened	Action 2.4 Create smoke-free communities	Action 3.4 Enhance community resilience to climate related health risks by reducing vulnerability and improving preparedness	Action 4.4 Support programs that improve health of older adults
	Action 2.5 Improve access to appropriate health literacy		

Measures

Monitoring of the PHWP will be guided by the measures outlined below.

PROMOTE Empowering and enabling people to live healthy lives	PREVENT Supporting initiatives that reduce the prevalence of preventable ill-health, and promoting positive health outcomes	PROTECT Monitoring and responding to public and environmental health risks to support public health and wellbeing	ENABLE Facilitate opportunities that advance public health outcomes
1 Community satisfaction with City footpaths, cycle paths, roads and community-based services that keep people active and healthy	1 Comparison of South Metropolitan Health Service (SMHS) community profile data over 3-year periods	1 City policies to include health and wellbeing/public health objectives and strategies	1 Satisfaction with partnering opportunities both internally and externally to the City
2 Influence reduction in lifestyle risk factors for Mandurah population as outlined in City of Mandurah Health and Wellbeing Profile 2019 (prepared by South Metropolitan Health Services (SMHS))	2 Increased distribution, understanding and integration of key healthy messages both internally and externally to the City	2 Achieve evaluation measures outlined in the Environment and Integrated Transport Strategy	2 Development of Age Friendly Strategy
3 Influence increased from external agencies to promote health and wellbeing within the Mandurah	3 Increase in preventive screening and vaccination uptake	3 Improve communities understanding of health impacts associated with WA's climate	3 Health and Wellbeing landing page on City's website is reviewed and updated annually
4 Comparison of Injury Matters injury data over 3-year periods	4 Updated City alcohol and smoking policies	4 Compliance with the City's statutory responsibilities under the Public Health Act	4 Annual evaluation of the City's Public Health Plan processes, outputs and outcomes
5 Review internal volunteer procedure with increased participation rates	5 Annual evaluation of the City's Public Health Plan processes, outputs and outcomes	5 Number of treatments undertaken under the Mosquito Management program	
6 Number of people participating in programs and initiatives	6 A reduction of falls among older adults	6 Annual evaluation of the City's Public Health Plan processes, outputs and outcomes	
7 Annual evaluation of the City's Public Health and Wellbeing Plan processes, outputs and outcomes			

Monitoring and evaluation

- **Quarterly reviews**
Conduct quarterly reviews to assess the progress of each action item. Adjust strategies as needed based on feedback and data collected.
- **Annual reports**
Publish annual reports detailing the achievements, challenges, and areas for improvement.
- **Community feedback**
Engage with the community through surveys and public forums to gather feedback and ensure the plan continues to meet their needs.

By focusing on these key areas and regularly monitoring progress, the City of Mandurah aims to create a healthier, more resilient community that is better equipped to face emerging challenges and improve the quality of life for all residents.

The Public Health and Wellbeing Plan will be replaced every 5 years and reviewed and reported on annually.





Community insights informing the plan

Consulting our community in the creation of the City's Health and Wellbeing Plan

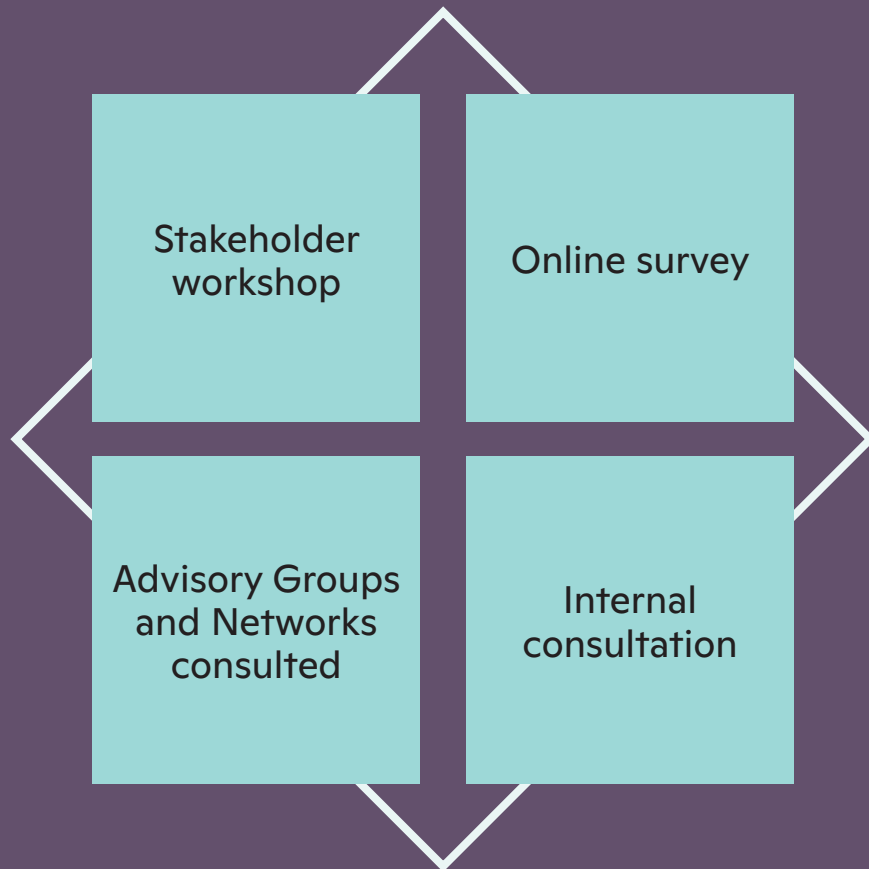
The following information pertains to the community engagement, internal and external data sources, and analysis of strategic plans and objectives related to or intersecting with the goals of the PHWP.



Listening to the community

During community consultations, important themes emerged, indicating where the City should focus its attention. The themes included:

Consultation snapshot



Optimise **mental health and wellbeing**



More active Mandurah



Healthy eating



Making smoking history



Reducing **harmful alcohol use**



Reduce use of **illicit and other drugs**



Connecting people to **community gardens**



Promoting **state and federal campaigns**



Supporting **volunteering opportunities**



Advocating for **key health services and workforce**

Community insights informing the plan

Community profile

Age profile

In Mandurah, a larger percentage of the population is aged over 60 years old, at 32.2%, compared to Greater Perth's 21.2%. Additionally, the proportion of individuals aged 0 to 17 years old is lower in Mandurah, at 20.8%, compared to Greater Perth's 22.5%. In 2021, the age group with the most significant changes in the age structure compared to 2016 were individuals aged 70 to 84 years old and 60 to 69 years old.

City of Mandurah – Total persons (usual residence)	2021		
Service age group (years)	Number	%	Greater Perth %
Babies and pre-schoolers (0 to 4)	4,773	5.3	6.1
Primary schoolers (5 to 11)	7,523	8.3	9.0
Secondary schoolers (12 to 17)	6,502	7.2	7.4
Tertiary education and independence (18 to 24)	6,348	7.0	8.6
Young workforce (25 to 34)	9,182	10.2	14.4
Parents and homebuilders (35 to 49)	15,298	16.9	21.0
Older workers and pre-retirees (50 to 59)	11,592	12.8	12.4
Empty nesters and retirees (60 to 69)	12,262	13.6	10.2
Seniors (70 to 84)	14,122	15.6	9.1
Elderly aged (85 and over)	2,707	3.0	1.9
Total	90,309	100.0	100.0

Population and cultural background



104,360

estimated population
as of 2026*



2.9%

Higher percentage of
Aboriginal people compared
to Greater Perth (2%)



27.4%

Born overseas



6.9%

of people used a language
other than English at home

*ID Forecast 2026

References

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4. Department of Health WA. (2021) EpiCalc, Epidemiology Branch, Public and Aboriginal Health Division, Department of Health WA. Life Expectancy, 2019.
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Appendices

Appendix 1: Strategic frameworks



Where strategies are updated or replaced during the life of this Plan, the most current endorsed version will apply. This Plan is designed to complement the existing state and national strategic frameworks designed to protect public health.

Strategies	Strategies	Strategies
WA Health System	Injury Matters Strategic Plan 2024–2028	Western Australia Suicide Prevention Framework 2021–2025
State Public Health Plan for Western Australia 2025–2030	National Obesity Strategy 2022–2032	Volunteering
Western Australia Health Digital Strategy 2020–2030	Disability and Seniors	National Strategy for Volunteering 2023–2033
Western Australia Health and Medical Research Strategy 2023–2033	Western Australia Disability Health Framework 2015–2030	Sexual Health
Western Australia Foodborne Illness Reduction Strategy 2023–2026	State Disability Strategy 2020 –2030	WA Sexual Health and Blood-borne Virus Strategy 2024–2030
Western Australia Cancer Plan 2020–2025	WA Seniors Strategy 2023–2033	WA Hepatitis B Strategy 2023–2030
Western Australia Communicable Disease Control Directorate Strategic Framework 2023–2026	Eating Disorders	WA Hepatitis C Strategy 2023–2030
Aboriginal Health	WA Eating Disorders Framework 2025–2030	Road Safety
Western Australia Aboriginal Health and Wellbeing Framework 2015–2030	Environmental Health	Driving Change – Road Safety Strategy for Western Australia 2020–2030
National Aboriginal and Torres Strait Islander Health Plan 2021–2029	Environmental Health Directorate Strategic Plan 2020–2030	Other
Chronic Disease and Injury	Western Australia Climate Policy	Western Australia Hiking Strategy 2020–2030
National Preventive Health Strategy 2021–2030	Mental Health and Alcohol and other Drugs	National Tobacco Strategy 2023–2030
National Strategy for Injury Prevention 2020–2030	Western Australia Mental Health Promotion, Mental Illness, Alcohol and Other Drugs Prevention Plan 2025–2030	National Immunisation Strategy 2025–2030
Western Australia Health Promotion Strategic Framework 2022–2026	Western Australia Mental Health and Alcohol and Other Drugs Service Plan 2025–2030	

Appendices

Appendix 2: Community feedback summary identifying our City's public health needs

Key health and wellbeing issues	Key barriers	Opportunities
<ul style="list-style-type: none">• Funding allocated in Mandurah is not adequate for the growing population• Access to medical services such as GPs, mental health, community intervention services and specialists• The health determinants impacting the community accessing medical service, e.g. affordable housing and cost of living• Attracting medical professionals to the region• Lack of information sharing among services and competing for funding opportunities• Lack of infrastructure to encourage active transport, enhancing physical activity• Availability of fast food outlets• Increasing vaping rates among young people	<ul style="list-style-type: none">• Short term funding affecting sustainability of programs and services• The cost of private services which impacts long wait times for government services• Accessing appropriate transport to access services• Lack of collaboration between services• Services do not have enough time, resources and expertise to recruit or manage volunteers• Lack of cultural awareness training for staff in supporting Aboriginal and Culturally and Linguistically Diverse (CALD) populations• Easy access to vapes or e-cigarettes online• Liquor license planning and constraints – unable to decline applications	<ul style="list-style-type: none">• Raising awareness of men's health through health promotion mechanisms• More programs to ensure older people maintain their mobility and independence• Programs and initiatives to promote healthy socialising to reduce isolation• More community art opportunities to improve mental health• Promote Grow it Local• Promoting and encouraging volunteering opportunities• Advocating for Peel Health Hub stage 2 and Family Support Network• Advocating for GPs / mental health professionals and personality disorder support in Mandurah• Advocating for stronger legislation to stop vaping providers

What are your key health and wellbeing issues?

- Lack of alcohol and drug services and support
- People with disability are not included in mainstream health and wellbeing activities and promotions
- Improve community awareness of existing programs and activities
- Long waits for mental health counselling and requiring a Mental Health Care Plan
- Increase in vaping among young people
- Increase in obesity rates
- Long waits to see a GP and other medical services
- Women's and Men's health
- Loneliness and isolation
- Access to specialists locally
- Support for people experiencing suicidal thoughts
- Aboriginal health concerns
- Transport accidents and provision of infrastructure to encourage safe walking or cycling
- People under the influence of drugs and alcohol
- Shade in streets to encourage people to walk
- Increased costs associated with health care
- Too many fast food outlets
- Screening for sun related cancers

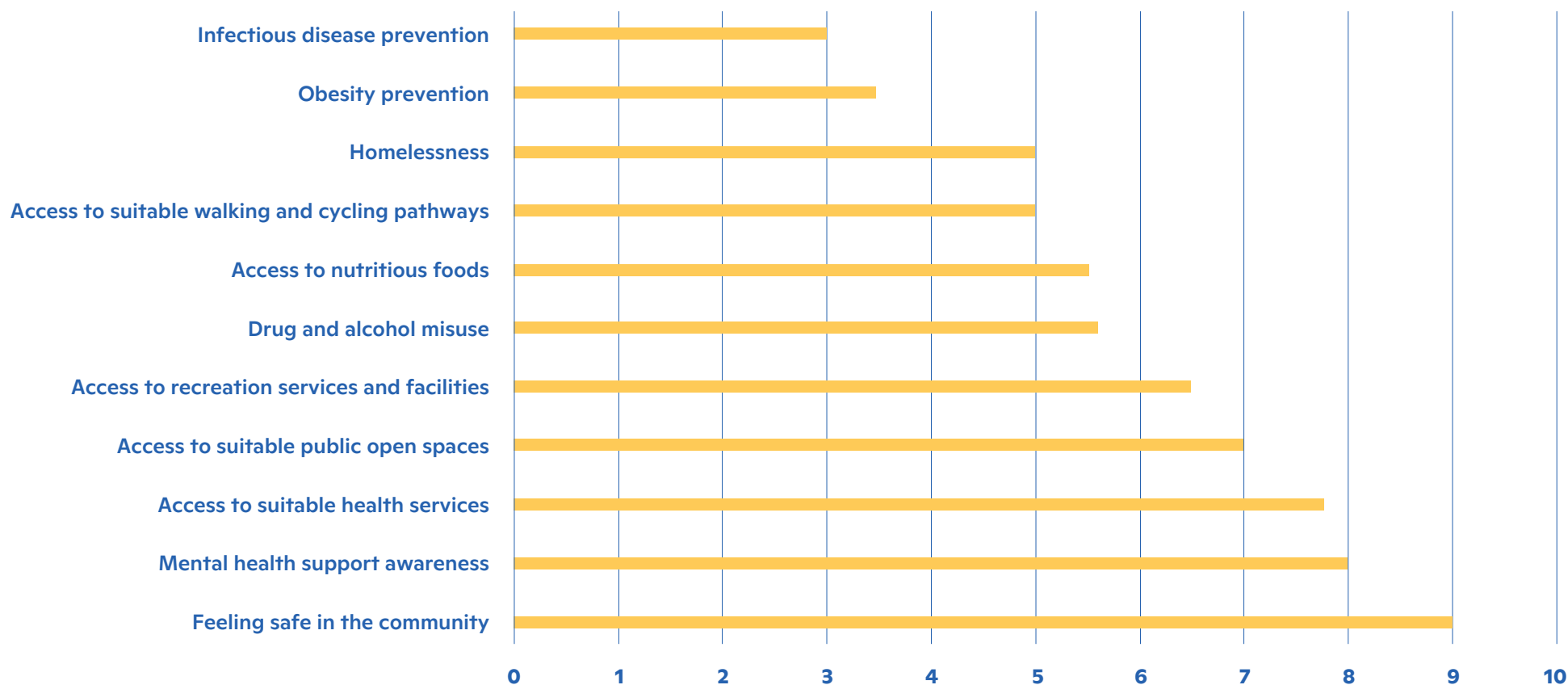
What improvements could better promote and maintain health and wellbeing in Mandurah?

- Social groups for people with mental health issues
- To provide a variety of outdoor activities and active spaces for all ages across the region
- Inclusive programs to support mental health and fitness
- Inclusive play equipment in parks and reserves
- Addressing social determinants of health issues
- Campaign to reduce obesity
- Mental health capacity building training
- Increase to medical workforce locally
- Free activities and exercise programs including fun runs
- Sexually transmitted diseases clinic
- Increase in homeless services and accommodation
- Increase in health awareness programs
- Promotion on men's health initiatives and programs
- Building better community relationships
- Road infrastructure support active transport
- Better access for people with disability to attend beaches
- Redesign streets to enhance community spaces with trees, seating and reduced speed limits
- Subsidise cost of accessing healthcare
- Opportunities for social interaction relating to arts and sports
- Promoting the importance of sun protection

Appendices

Appendix 2: Identifying our City's public health needs

The community was surveyed and the following areas of importance were rated:



Source: Public Health and Wellbeing Survey

Internal Staff workshop - Engagement summary

What are the priorities for the new plan?	How will the plan align with other strategies or plans?
<ul style="list-style-type: none">• Planning for vulnerable populations to cope with rising global temperatures• Grow fruit trees in public places - community owned and supported by the City• Community workshops to promote injury prevention• Hiking programs - education walks, and interpretive signage• Affordable community facility hire• Projects to improve safety for active transport• 'Best for' pamphlets and promotion - including places to cycle• Offsite reserves for exercise classes, activities and games• Promotion and supporting the volunteering sector• Sporting groups to address needs, e.g. men's health issues• Inclusion database to be used for social prescription	<ul style="list-style-type: none">• Developing a street tree masterplan• Measuring walking trails to assist people with their limits and health targets• Promote environmental literacy alongside health literacy programs, e.g. reducing food waste• Masterplan for active reserves to be shaded, paths links and recreation elements• Signage for shared paths (interpretive and directional)• Increasing activities in natural areas• Developing arterial road landscape masterplan• Public art trails• Neighbourhood event funding• Evaluation tool developed for organisational outcomes• Incorporate mental health initiatives with nature connections

Advisory Groups Engagement

Youth Advisory Group	Mandurah Environment Advisory Group	Access and Inclusion Advisory Group
<ul style="list-style-type: none"> • Healthy food workshops (what to buy and how to prepare it) aligning with Live Lighter • Free gym/PT sessions for young people aged 12 – 24 • Health professionals/clinicians dropping into youth groups to decrease stigma in accessing those services • Impose 5-metre ban outside council premises for vaping (same as for cigarettes) • Let young people teach adults to give things a go • Encourage youth volunteering with meaningful roles • More opportunities to upskill in supporting friends and families (e.g. Zero2Hero camps) • Intergenerational workshops – everyone, every age, teaching and learning 	<ul style="list-style-type: none"> • Reserving natural vegetation • More street trees planting to reduce barriers for physical activity • Connected cycle and walkways – improved active transport • Reducing the amount of rubbish and litter in natural areas • The importance of community gardens and ensuring sustainability • Supporting volunteering opportunities 	<ul style="list-style-type: none"> • Train staff at the MARC on how to be inclusive for people with disability • Accessibility from outside the MARC, pathways need to be connected for easier access • Having a quiet time between 12pm to 2.30pm for people with disability to exercise • Programs at the MARC specific to people with disability • Charging stations in the community for gophers • Advocating for specialist services including paediatricians for autism diagnosis • Advocating for access to telehealth appointments • Promoting services outside of facilities, e.g. shopping centres • Building awareness of sporting clubs that are inclusive

Appendices

Appendix 3: Alignment to other City plans and strategies

Strategy or Plan	Summary
Corporate Business Plan 2023 - 2027	<p>The City's Corporate Business Plan identifies the actions from the Community Strategic Plan that the City is committed to deliver and implement. This includes initiatives such as improving access to recreational facilities, promoting active transportation options, and advocating for key health services and infrastructure for Mandurah.</p>
City Centre Master Plan (10 to 20 years)	<p>The City's Master Plan has 3 key themes: 'Activity, Character and Movement'. The Plan provides direction for future development and upgrade of Mandurah's City Centre bringing improved economic outcomes. There is also provision for accessible infrastructure that supports physical activity including walking, cycling and public transport.</p>
Integrated Transport Strategy (10 to 20 years)	<p>This strategy has positive health outcomes through increasing physical activity, improving safety, reducing pollution to create a connected and liveable community. The Vision of the Strategy is 'To provide for a safe, accessible and connected transport network that enables sustainable choices.'</p>
Place and Enrichment Strategy 2023 - 2027	<p>This strategy has strong synergies with the PHWP by integrating community-based interventions that enhance the overall wellbeing of the community. The aim of the strategy is to be catalyst for positive change, with a greater emphasis on empowerment, and mobilising community assets to work together in addressing persistent and complex social problems. By creating a supportive and enriching environment will contribute to improved health outcomes.</p>
Environment Strategy 2023 - 2033	<p>The connection of health and nature is clear. This 10-year strategy aligns closely with the PHWP to protect and improve health effects while contributing overall to the sustainability and resilience of the community. The linkages include active transport, green spaces, access to healthy food, climate change mitigation, clear air quality and waste reduction.</p>
Arts and Culture Strategy 2023 - 2028	<p>Arts and Culture can have positive impacts on health and wellbeing, especially mental health. Goal 2 of this strategy desired outcome is 'Break down complex barriers to wellbeing and encourage the community to maintain and recover good health through cultural participation and engagement'. This provides a holistic approach at addressing both the physical and socio-cultural aspects of wellbeing.</p>
Youth Strategy 2021 - 2026	<p>By aligning this strategy with the PHWP, can address the unique health needs of young people and create a supportive environment that promotes their overall wellbeing. The vision of this strategy 'Young people in Mandurah feel connected with and proud of their community and see it as a place where they can participate, influence and inspire'. There are key areas to ensure positive health outcomes for young people through prevention education, access to suitable healthcare and target interventions specific to their age.</p>

Strategy or Plan	Summary
Access and Inclusion Plan 2021 – 2026	The PHWP focuses on vulnerable populations, it is important to ensure equitable and equitable access to health services for entire population including people with disability. Alignment to the City’s Access and Inclusion is crucial to ensure people with disability have accessible information and access to inclusive health or prevention programs.
Waste Education Plan 2022 – 2025	The Waste Education Plan and PHWP both aim to enhance community wellbeing and environmental sustainability. By integrating environmental sustainability with public health initiatives, the City of Mandurah can address multiple aspects of community wellbeing simultaneously, leading to a more comprehensive approach to improving residents' quality of life.
Economic Development Strategy	Aligning the PHWP and the Economic Development Strategy offers several benefits. By integrating health and economic goals, the City can create a sustainable, competitive economy while promoting inclusive spaces and programs that encourage physical activity, social connection, and overall wellbeing. This alignment ensures that health outcomes are positively influenced through leadership, partnerships, and advocacy, while also addressing structural disadvantages in the economy.
Mandurah’s Shared Approach to Ending Homelessness Action Plan 2025 to 2027	This Action Plan aims to identify and support vulnerable people who are identified as priority population in the Public Health and Wellbeing Plan. The approach aims to improve the health and stability of people experiencing homelessness, ultimately contributing to better health outcomes and reducing homelessness
Local Recovery Plan	A Local Recovery Plan outlines the arrangements and processes for effectively managing recovery at the local level following an emergency. Given that disasters significantly impact people’s health and wellbeing, the plan ensures that recovery initiatives also support long term public health objectives.
Vulnerable Communities Plan	The Vulnerable Communities Plan identifies vulnerable communities and their support network providing crucial information for those involved in emergency planning, prevention, preparedness, response, and recovery activities. The Plan provides a comprehensive understanding of community health needs and vulnerabilities.
Community Safety Strategy	The Community Safety Strategy and Public Health and Wellbeing Plan work together to address social determinants of health. Their shared goal is to make Mandurah a safe and welcoming place for all. With a focus on Partnership, Place, and People, this integrated approach supports holistic improvements in community wellbeing.

The City is working through the development of a range of other plans and strategies such as the Reconciliation Action Plan, Literacy Strategy and Age Friendly Strategy which will provide further direction for the City and stakeholders.

Actions: Alignment to other City of Mandurah Strategies and Plans

Actions	Strategy or plan	Objectives alignment	Measure of success	Responsibilities
Review the Greening Mandurah Framework and associated action plan	<i>Environment Strategy</i>	Protect	Urban canopy coverage and canopy health	Landscape Management
Implement the Greening Mandurah Action Plan	<i>Environment Strategy</i>	Protect	Urban canopy coverage and canopy health	Landscape Management
Conduct a 5-yearly Urban Canopy analysis to track the City's canopy coverage	<i>Environment Strategy</i>	Protect	Urban canopy coverage and canopy health	Landscape Management
Review the Greening Mandurah Framework and associated Action Plan	<i>Environment Strategy</i>	Protect	Urban canopy coverage and canopy health	Landscape Management
Review the Management of Trees in Streets and Public Open Spaces Policy	<i>Environment Strategy</i>	Protect	Urban canopy coverage and canopy health	Technical Services
Review the City's Park Hierarchy and Facility Provision Plan	<i>Environment Strategy</i>	Promote	Community satisfaction of public open space facilities in City parks and reserves	Landscape Management Environmental Engagement
Review the Asset Management Plan for the Public Open Space asset portfolio	<i>Environment Strategy</i>	Promote	Community satisfaction of public open space facilities in City parks and reserves	Landscape Management
Implement the Energy Management and Carbon Emission Reduction Plan and Implementation Plan	<i>Environment Strategy</i>	Protect	City's corporate carbon footprint	Environmental Engagement

Actions	Strategy or plan	Objectives alignment	Measure of success	Responsibilities
Develop the ecotourism experience at Yalgorup National Park in partnership with DBCA and industry	<i>Environment Strategy</i>	Promote	Community satisfaction of public open space facilities in City's parks and reserves	Transform Mandurah
Develop the nature-based trails visitor experience throughout Mandurah and connecting with other regional areas	<i>Environment Strategy</i>	Promote	Community satisfaction of public open space facilities in City's parks and reserves	Transform Mandurah
Implement the Environmental Volunteer and Education Program Implementation Plan	<i>Environment Strategy</i>	Promote	Active Environmental Volunteer Register	Environmental Engagement
Provide volunteering opportunities that are accessible and inclusive for waste education	<i>Environment Strategy</i>	Promote	Active Environmental Volunteer Register	Environment Engagement
Review the Climate Change Response Plan and action plan in line with the updated Intergovernmental Panel on Climate Change reports	<i>Environment Strategy</i>	Protect	City's public reputation related to environmental performance	Environmental Engagement
Connect volunteer groups with the local disability sector and networks to promote volunteering and clean-up opportunities	<i>Waste Management Plan</i>	Protect	Volunteering opportunities showcased	Environmental Engagement
Join and deliver the Grow It Local program to promote locally grown food and environmentally responsible living <ul style="list-style-type: none"> • Maintain an annual program of Grow It Local opportunities delivered by the City (such as workshops on growing vegetables) • Implement promotional campaign encouraging residents to become a member of Grow It Local and register their patch • Integrate waste education into the delivery of Grow It Local 	<i>Waste Management Plan</i>	Protect	Increase number of Grow It Local members with composters and worm farms	Environmental Engagement

Actions	Strategy or plan	Objectives alignment	Measure of success	Responsibilities
<p>Consolidate the existing Walkability Plan and Cycle Plans by preparing District Level Active Transport Plans to guide the planning and prioritisation of path network plans.</p>	<p><i>Integrated Transport Strategy</i></p>	<p>Promote</p>	<p>Walking and cycling are safe, connected, convenient and widely accepted forms of transport</p>	<p>Strategic Planning Technical Services</p>
<p>District Level Active Transport Plans to consider and include the following key outcomes:</p> <ul style="list-style-type: none"> ● Existing Path Audits ● Assess opportunities to seek data on walking and cycling ● Community Engagement ● Path Prioritisation ● Inclusion of recommendations in Asset Management Plans; Long Term Financial Plan and Capital Budgets 	<p><i>Integrated Transport Strategy</i></p>	<p>Promote</p>	<p>Walking and cycling are safe, connected, convenient and widely accepted forms of transport</p>	<p>Strategic Planning Technical Services</p>
<p>In preparation of Active Transport Plans ensure the following locations are given priority in the implementation:</p> <ul style="list-style-type: none"> ● Mandurah Road / Waterside Drive from Mandurah Station to Mandurah Estuary Bridge ● Northern Beaches Trail / Ormsby Terrace link to City Centre 	<p><i>Integrated Transport Strategy</i></p>	<p>Promote</p>	<p>Walking and cycling are safe, connected, convenient and widely accepted forms of transport</p>	<p>Strategic Planning Technical Services</p>

Actions	Strategy or plan	Objectives alignment	Measure of success	Responsibilities
<p>Prepare Design Guidelines for active transport infrastructure to achieve the following:</p> <ul style="list-style-type: none"> • Ensure commitments to the delivery of active transport infrastructure is a key priority in the Long-Term Financial Plan and Funding Opportunities • Ensure paths on all streets in subdivisions have a consistent approach to location of the footpath in the street cross-section • Review turning movements at intersections to improve pedestrian desire lines across roads • Review the use of intersection control 	<p><i>Integrated Transport Strategy</i></p>	<p>Promote</p>	<p>Walking and cycling are safe, connected, convenient and widely accepted forms of transport</p>	<p>Strategic Planning Technical Services</p>
<p>Ensure that the suitability of the cycling network is constantly reviewed considering technological advancements in bicycle design, such as e-rideables and feedback received from bike riders</p>	<p><i>Integrated Transport Strategy</i></p>	<p>Promote</p>	<p>Walking and cycling are safe, connected, convenient and widely accepted forms of transport</p>	<p>Strategic Planning Technical Services</p>
<p>Undertake and continue to be involved in community awareness campaigns to encourage behaviour change and mode shift towards active forms of transport</p>	<p><i>Integrated Transport Strategy</i></p>	<p>Promote</p>	<p>Walking and cycling are safe, connected, convenient and widely accepted forms of transport</p>	<p>Strategic Planning Technical Services</p>
<p>Support new initiatives and programs that are community-led and bring people together (e.g. park activation, landscaping, culture/art, community sport) through the Embrace A Space and Community Initiated Infrastructure Program.</p>	<p><i>Place Enrichment Strategy</i></p>	<p>Promote</p>		<p>Community Development Recreation Services</p>

Actions	Strategy or plan	Objectives alignment	Measure of success	Responsibilities
<p>Develop a community engagement plan for establishing community levels of service for the development and maintenance of parks and public open space, and streetscapes, at both a broader community and place level, to inform the City's Asset Management Plans and related upgrade, renewal and maintenance programs, with an initial focus on areas of lower historical investment (parks and public open space, streetscapes, entry statements and paths etc.)</p>	<p><i>Place Enrichment Strategy</i></p>	<p>Promote</p>	<p>System articulated clearly to all stakeholders</p>	<p>Community Development</p>
<p>Develop guidelines to inform the design of the City's parks and public open space and streetscapes based on community levels of service and technical requirements.</p>	<p><i>Place Enrichment Strategy</i></p>	<p>Promote</p>	<p>System articulated clearly to all stakeholders</p>	<p>Community Development</p>
<p>Consistent with the LTFP and parks improvement program, facilitate greater community engagement of local community to upgrade their parks to ensure that they are not only upgraded from a City perspective, but achieve the personality/functionality desired by the residents. Invite residents to participate in a co-design process.</p>	<p><i>Place Enrichment Strategy</i></p>	<p>Promote</p>	<p>System articulated clearly to all stakeholders</p>	<p>Community Development</p>
<p>Promote Grow It Local to encourage residents to grow edible gardens, and connect with each other in doing so</p>	<p><i>Place Enrichment Strategy</i></p>	<p>Prevent</p>	<p>Number of residents who sign up to Grow It Local</p>	<p>Community Development</p>
<p>Create avenues for young people to connect with nature and be involved in conserving our natural environment</p>	<p><i>Youth Strategy</i></p>	<p>Protect</p>	<p>Number of programs and events delivered in various locations across the City of Mandurah</p>	<p>Environmental Engagement and Youth Development</p>

Actions	Strategy or plan	Objectives alignment	Measure of success	Responsibilities
<p>Deliver and enable programs that foster a sense of belonging and promote wellbeing and resilience</p>	<p><i>Youth Strategy</i></p>	<p>Promote</p>	<p>Youth evaluation of their sense of belonging / connection</p>	<p>Youth Development</p>
<p>Deliver the Mandurah Arts Festival annually, offering the community engagement and audience opportunities through presentation of a variety of creative initiatives</p>	<p><i>Arts and Culture Strategy</i></p>	<p>Promote</p>	<p>Quality of engagement Growth in attendance / engagement over 5 years</p>	<p>Arts and Culture</p>
<p>Provide creative initiatives that are focused on improving the wellbeing of vulnerable communities. These will include:</p> <ul style="list-style-type: none"> ● a series of art workshops for isolated seniors living alone or in selected aged care facilities, ● workshops to connect and give voice to young people experiencing mental health issues, ● encouraging a sense of belonging for new migrants through shared creative initiatives 	<p><i>Arts and Culture Strategy</i></p>	<p>Promote</p>	<p>Evaluation results post-project Audience and participant satisfaction survey</p>	<p>Arts and Culture</p>
<p>Pilot and implement a detailed, consistent and sustainable method of evaluating improvement to wellbeing through engagement with the arts, that is available to City-led and for externally run initiatives</p> <p>Create an evaluation framework that measures the outcomes of creative interventions around wellbeing</p>	<p><i>Arts and Culture Strategy</i></p>	<p>Promote</p>	<ul style="list-style-type: none"> ● Functionality of evaluation method ● Consistent use by City of Mandurah and allied organisations ● Audience and participant satisfaction survey 	<p>Arts and Culture</p>
<p>Explore the suitability of establishing a subsidy program to enable participation in the arts by children who might be financially disadvantaged (e.g., the arts equivalent of KidSport), in conjunction with a funding partner</p>	<p><i>Arts and Culture Strategy</i></p>	<p>Promote</p>	<p>Uptake of subsidies</p>	<p>Arts and Culture</p>

Actions	Strategy or plan	Objectives alignment	Measure of success	Responsibilities
<p>Alignment to the City's Access and Inclusion Plan with actions including:</p> <ul style="list-style-type: none"> • Include information on flyers and Facebook posts about accessibility • Increased promotion of availability of inclusive activities • Provide recharge points at libraries and MARC for people who use electric mobility devices • Continue to increase the accessibility of playground, parks, and beaches across the City • Prioritise plan of most used parks, e.g. Caterpillar Park 	<p><i>Access and Inclusion Plan</i></p>	<p>Enable</p>		<p>Heritage and Community Capacity</p>
<p>Support trial of a Mobile GP service</p>	<p><i>Shared Approach to Homelessness Action Plan</i></p>	<p>Prevent</p>	<p>Improved health and wellbeing outcomes</p>	<p>Community Development</p>
<p>Engage with Peel Health Campus to investigate opportunities for introducing a Homelessness Support Worker role to be located at hospital</p>	<p><i>Shared Approach to Homelessness Action Plan</i></p>	<p>Prevent</p>	<p>Role created if feasible</p>	<p>Community Development</p>
<p>Advocate for increase in mental health outreach services</p>	<p><i>Shared Approach to Homelessness Action Plan</i></p>	<p>Prevent</p>	<p>Advocacy is undertaken</p>	<p>Community Development</p>
<p>Facilitate the development of a statewide Aged Care Training and Workforce Centre of Innovation in Mandurah</p>	<p><i>Economic Development Strategy</i></p>	<p>Enable</p>	<p>Increase in local training and skill development opportunities</p>	<p>Transform Mandurah</p>



