

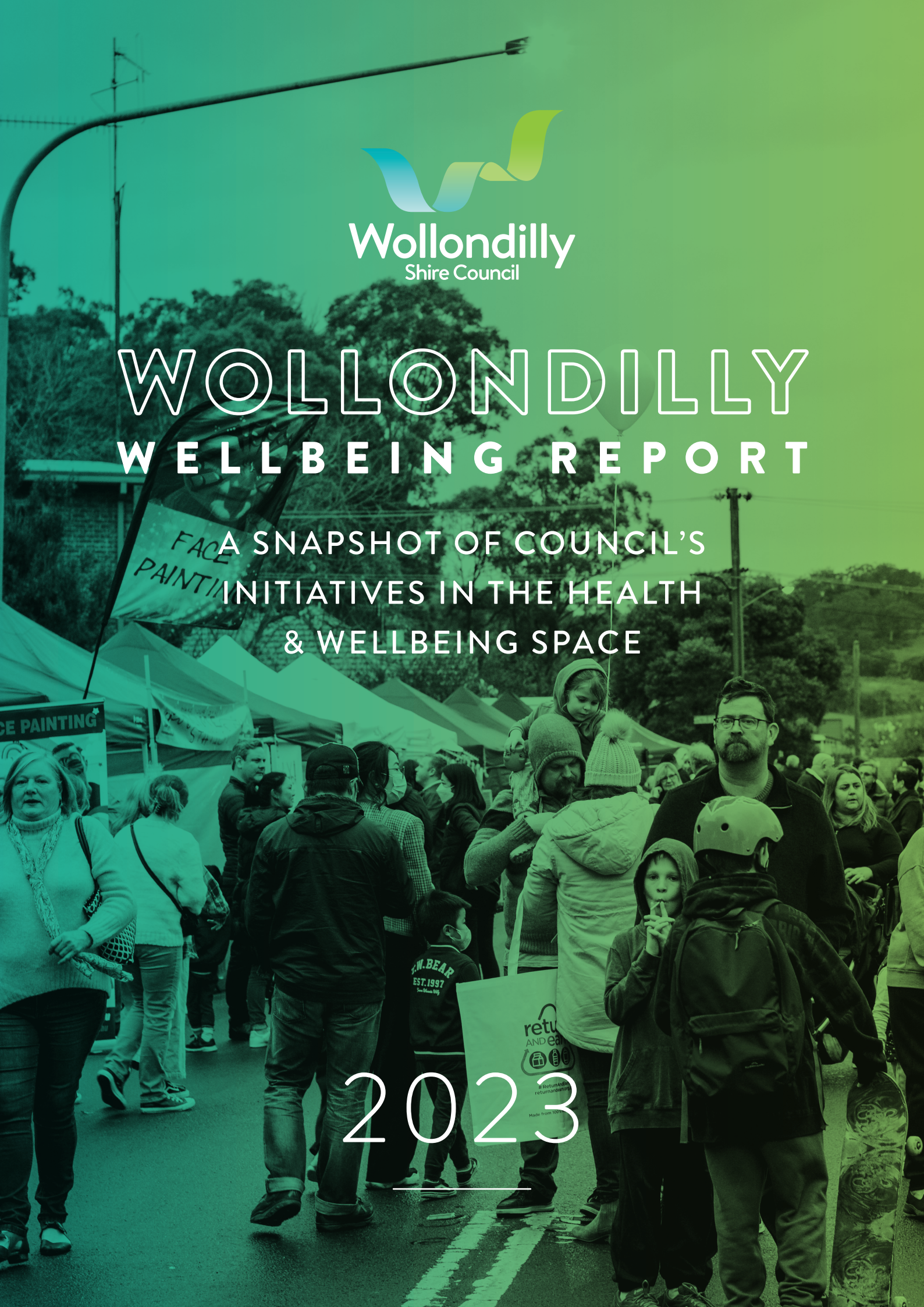


Wollondilly
Shire Council

WOLLONDILLY WELLBEING REPORT

A SNAPSHOT OF COUNCIL'S
INITIATIVES IN THE HEALTH
& WELLBEING SPACE

2023



PREFACE

WELLBEING REPORT

Wollondilly Shire Council is making great strides in the health and wellbeing space and has been recognised for the many significant initiatives we are delivering to support our fast growing community.

We are leading the way when it comes to prioritising the overall health needs of our people and integrating them into our built environment. We are the first Local Government Area to introduce health and wellbeing objectives into the Local Environment Plan, the first to establish a combined Social and Health Impact Assessment Framework, and the first to formulate a health and wellbeing strategy for a Growth Area.

Council has received commendations from the National Growth Areas Alliance for its Wilton Health and Wellbeing Strategy for Advocacy and for the Social and Health Impact Assessment Framework in the Research and Practice Category. We will continue working towards the delivery of sustainable, cohesive and healthy communities in the Wollondilly Shire.



CONTENTS

ENTS

INTRODUCTION

HEALTH IN WOLLONDILLY

This Report	8
Wollondilly Demographics	10
Impact of Covid-19	10

PARTNERSHIPS

PARTNERSHIPS IN HEALTH

Wollondilly Health Alliance	14
Health in Planning Partnership with South Western Sydney Local Health District Population Health	14
Wilton Health and Wellbeing Strategy	15
Social and Health Impact Assessment (SaHIA) Policy and Guidelines	15
Healthy Streets	16
	17

CENSUS 2021

KEY FINDINGS

Arthritis	22
Mental health condition (including depression or anxiety)	22
Heart disease (including heart attack or angina)	22
Asthma	23
Cancer (including remission)	23
Dementia (including Alzheimer's)	23

COMPARISON BETWEEN 2016 AND 2021

Car Ownership	24
Core Activity Nedd For Assistance	25

ISSUES AND RESPONSE

MAKING ACTIVE & PUBLIC TRANSPORT EASIER

What we are doing	28
What are the benefits	28

LAND USE

What we are doing	29
What are the benefits	29

EQUITY & EQUALITY

What we are doing	30
What are the benefits	30

CLIMATE, URBAN HEAT AND AIR POLLUTION

What we are doing	31
What are the benefits	31



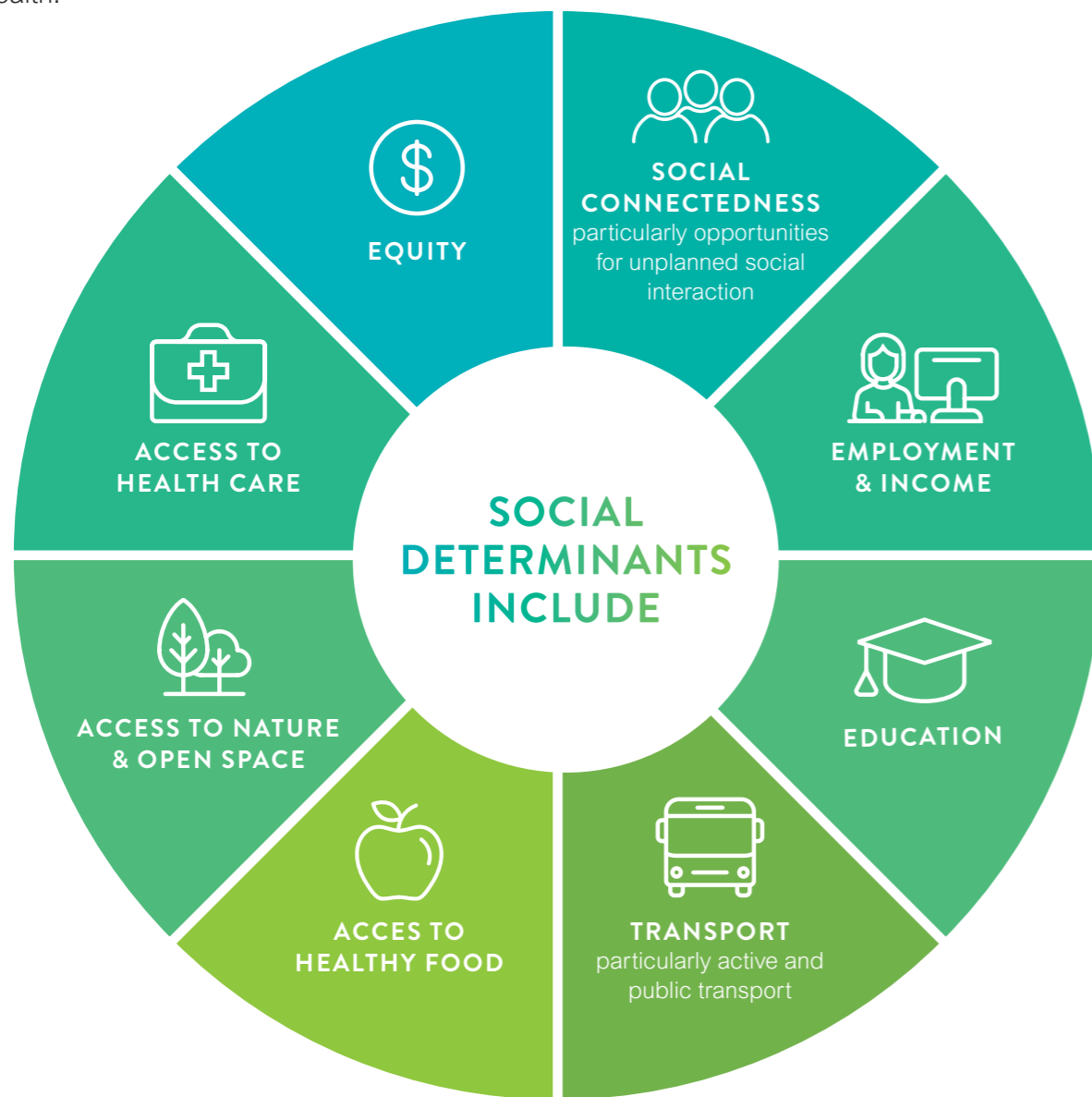
INTRODUCTION

HEALTH IN WOLLONDILLY

THIS REPORT

This report discusses Wollondilly's health needs and the action we are taking to meet them. With the population of Wollondilly set to increase, it is vital to understand the community's needs and what actions need to be undertaken to promote the overall health and wellbeing of Wollondilly's people.

Health is an overall state of wellbeing, rather than merely the absence of injury or illness. The planning of our built environment can have a significant impact on health, as it encompasses environmental factors such as air quality, heat and noise, and social factors, also recognised as social determinants of health.



With the establishment of Wilton Growth Area and recent announcement of significant growth for Greater Macarthur, health is an important factor in delivering a sustainable, satisfied and cohesive community, and should be prioritised when planning for and delivering new communities.



WOLLONDILLY DEMOGRAPHICS

Wollondilly Local Government Area (LGA) is located roughly 75km south-west of Sydney's CBD. Its area covers approximately 2,560 km² of rural landscapes and agricultural land as well as 15 towns and villages. It has emerged as an area neither completely urban nor completely rural.

Wollondilly is currently home to an estimated population of 54,772 people. By 2036, the population is predicted to increase to 92,102 people.

On average, the life expectancy of people in Wollondilly is less than Greater Sydney's, with males in Wollondilly having a life expectancy of 80.6 years compared to 80.9 years, and females in Wollondilly having a life expectancy of 84.4 years compared to 85.0 years.

IMPACT OF COVID-19

The impact of the Covid-19 pandemic has highlighted the need for the health of Wollondilly's community to be prioritised. As the lockdown introduced a limited radius for residents to participate in daily activities, it has highlighted that some areas are lacking the infrastructure to serve people's daily needs and support their health and wellbeing. Work must be done to improve people's access to paths for walking, cycling and personal mobility devices as well as their access to open space.

WOLLONDILLY *demographics*

THE TOP INDUSTRIES FOR EMPLOYMENT IN WOLLONDILLY INCLUDE:

CONSTRUCTION



MANUFACTURING

MINING



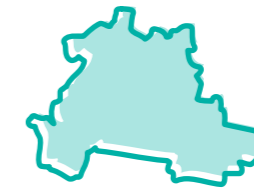
EDUCATION & TRAINING



RETAIL TRADE

CURRENTLY

16,868



WORKING RESIDENTS

travel outside of Wollondilly Shire or work

ON THE DAY OF THE 2021 CENSUS:

56.5% of employed people



AGED 15 YRS & OVER

in Wollondilly travelled to work by car as a driver or passenger

23.6%



OF PEOPLE

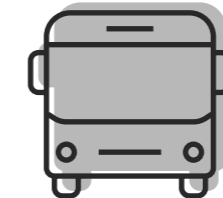
worked from home



0.9%

OF PEOPLE

travelled by public transport



THE POPULATION OF WOLLONDILLY RELIES HEAVILY ON THE USE OF CARS AS A DAILY USE OF TRANSPORT:

ON AVERAGE

71% of households

HAVE A ACCESS TO 2 OR MORE VEHICLES



70.7%

of the population

using a car as their main form of transport to work



THIS IS SIGNIFICANTLY HIGHER THAN THE REST OF GREATER SYDNEY, WITH ONLY

52.8%

using a car for transportation to work





PARTNER SHIPS

PARTNERSHIPS IN HEALTH

This report discusses Wollondilly's health needs and the action we are taking to meet them. With the population of Wollondilly set to increase, it is vital to understand the community's needs and what actions need to be undertaken to promote the overall health and wellbeing of Wollondilly's people.

Health is an overall state of wellbeing, rather than merely the absence of injury or illness. The planning of our built environment can have a significant impact on health, as it encompasses environmental factors such as air quality, heat and noise, and social factors, also recognised as social determinants of health.

Council is committed to partnerships that will enhance the lives of the Wollondilly community. Joining forces with trusted experts is needed to make sure that Council is able to deliver opportunities for the health and wellbeing of the community, including evidence-based best practice planning and design as well as increased access to grants.

WOLLONDILLY HEALTH ALLIANCE

The Wollondilly Health Alliance (WHA) is a partnership established in March 2014 between South Western Sydney Primary Health Network, Wollondilly Shire Council and South Western Sydney Local Health District.

The WHA has a vision for a healthier community that has quicker and easier access to quality health services, but also has a say in the development and provision of health services that affect them.

The Alliance has working groups that target specific aspects of health in Wollondilly. These working groups allow perspectives from not only the representatives from the partner organisations, but also from those who may work in general practice, non-government organisations and private industry, including those in Aged Care agencies and Aboriginal Health. The working groups include: Care/Service Delivery, Prevention and Promotion, and Healthy Environments.

The Alliance's top health priorities are as follows:

- Future planning for health services aligned to predicted population increases
- Better sharing of patient health information
- Improving access to community health services
- Increasing community awareness about local health care services and treatment options
- Attracting and retaining health professionals
- Preventative health

Key achievements

- Increasing the number of engaged and empowered people active in their own care
- Establishing effective ways to deliver local services
- Reducing the need for hospital presentation

- Enhancing community's knowledge and participation in preventative health
- Increasing inter-community connections and wellbeing

HEALTH IN PLANNING PARTNERSHIP WITH SOUTH WESTERN SYDNEY LOCAL HEALTH DISTRICT POPULATION HEALTH

Since 2018 Council has had a Memorandum of Understanding (MoU) in place with South Western Sydney Local Health District Population Health for a Health in Planning Partnership. The purpose of the partnership is to work together to improve the health of and wellbeing of the community of Wollondilly by developing and implementing an integrated approach to addressing health in Council planning processes.

The chief mechanism of the partnership is to employ a Senior Strategic Health Planner who acts as a conduit between the two parties and works to embed healthy principles in Council's planning frameworks and processes.

WILTON HEALTH AND WELLBEING STRATEGY

The Wilton Health and Wellbeing Strategy has been created to ensure the growth area of Wilton is developed in a way that will meet the community's needs and gives everyone the opportunity to live well.

THE *Vision* FOR A HEALTHY WILTON IS:



These actions are designed to 'make healthy easy.' The vision will be executed via partnerships across the Wollondilly community, state government agencies, landowners and developers, as well as local organisations.

THE *Four* KEY AREAS OF ACTION TO DELIVER A HEALTHY WILTON:



The Strategy's Implementation Plan includes 35 short-, medium- and long-term actions; most of these are in progress, and the following have already been completed:

- 1. Provide a Section 7.11 plan that funds local social infrastructure and is structured to enable on time delivery of key facilities at Wilton
- 25. Facilitate delivery of open space through the Wilton Section 7.11 Plan and Voluntary Planning Agreements
- 32. Provide a Housing Strategy for Wollondilly that enables energy efficient design, affordable housing solutions, and a range of housing types within Wilton
- 33. Partner with the NSW Government and developers to build housing around local centres and open space

SOCIAL AND HEALTH IMPACT ASSESSMENT (SAHIA) POLICY AND GUIDELINES

The SaHIA Policy and Guidelines are a framework for determining how a new development proposal, policy or plan may impact the health and wellbeing of the Wollondilly community. Our approach involves review and assessment by Council officers, with community input and possible independent advice.

There are guidelines in place to develop a comprehensive and acceptable application.

IN 2022, THE SAHIA WORKING GROUP HAS HAD INPUT ON:



HEALTHY STREETS

The Healthy Streets approach is a human-centred framework for embedding public health in transport, the public realm and planning. It was pioneered in London, where it has transformed people's experience of moving about the city. Through our close relationship with South Western Sydney Local Health District, Council has been instrumental in developing a Healthy Streets community of practice across South Western Sydney, with six of our staff already trained in the approach and Healthy Streets principles embedded in key documents such as the Picton Place Plan, Wilton Health and Wellbeing Strategy and Wilton DCP.

Council has won a \$10,000 grant for upgrades to the Picton to Tahmoor Shareway Project. The grant, provided by South Western Sydney Local Health District's Healthy Streets Demonstration Program, will support further improvements to the walking and cycling link between Tahmoor and Picton. With no current dedicated footpath network, the shareway will deliver the 2.4km missing link between the two town centres and drastically increase safety for people walking and cycling by providing a dedicated path offset from the road's edge. The shareway will also encourage locals to participate in physical recreation activities.

The grant will be used for design upgrades to Stage 1 of the shareway, between River Road and Stilton Lane. These upgrades may include either a small park as a friendly and attractive environment to stop and rest or a pedestrian crossing.

The expected completion date of the project is by June 2023.

CENSUS 2021

KEY FINDINGS

The 2021 Census had a deeper analysis of all areas in health compared to previous years. This includes both physical and mental health.

The data from the Census is vital in analysing the top health conditions of the Wollondilly community, and to assess what Council can do to assist those impacted. Having the statistics broken down allows for Council to dedicate resources more precisely and allows for work to be done that will be of benefit to the community. For the first time, mental health was recorded in the Census, allowing for another opportunity to assess the needs of the shire and what services or action is needed.

34,486 People

DO NOT HAVE A LONG-TERM HEALTH CONDITION IN WOLLONDILLY

15,293 People

HAVE AT LEAST ONE HEALTH CONDITION IN WOLLONDILLY

4,178 People

HAVE AT NOT STATED IF THEY HAVE A CONDITION IN WOLLONDILLY



Top HEALTH ISSUES in Wollondilly

ARTHRITIS

Arthritis is the **leading long-term health condition** for the Wollondilly Shire.

5,098

residents are affected (**9.4%**), which is higher than the state average of **8.4%** and the country average of **8.5%**.



In Wollondilly, Arthritis impacts more **FEMALES**

3,112

than **MALES**

1,987



The **AGE BRACKET AFFECTED THE MOST** being those

65-74yrs



ASTHMA

Asthma impacts

4,705

residents (**8.7%**), which is again higher than the state at **7.8%** and the country at **8.1%**.



As a long-term health condition, **ASTHMA** primarily **IMPACTS MORE FEMALES** in Wollondilly

2,630

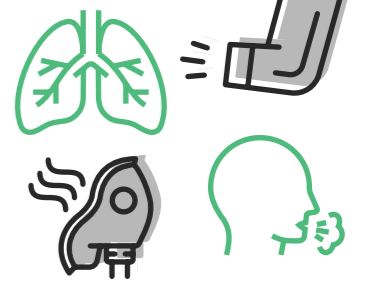
than **MALES**

2,074



ASTHMA IMPACTS all age brackets in Wollondilly but **MOST SIGNIFICANTLY THOSE AGED**

0-14yrs



MENTAL HEALTH CONDITION INCLUDING DEPRESSION OR ANXIETY



Mental health conditions have **previously not been reported** in census data.

Wollondilly has

4,436

residents (**8.2%**) that have a mental health condition (including depression or anxiety). This is higher than the state average (**8.0%**) however less than the country's average (**8.8%**).

Mental health conditions impact all age ranges throughout the Shire, with the **MOST SIGNIFICANT AGE BRACKET IMPACTED BEING**

35-44yrs

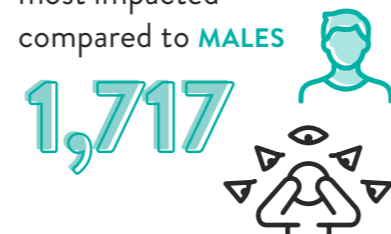


FEMALES

2,719

are recorded to be most impacted compared to **MALES**

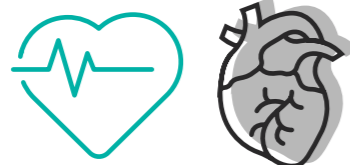
1,717



HEART DISEASE INCLUDING HEART ATTACK OR ANGINA

Heart disease (including heart attack or angina) affects

2,088



More **MALES** have the condition

1,139

than **FEMALES**

780



Those who are most impacted are aged between

65-74yrs



CANCER

Cancer (including remission) is another **leading long-term health condition**.



1,573

Residents (**2.9%**) in Wollondilly are affected. (**2.9%**). This is similar to the state average of **2.8%** and the same as the country average of **2.9%**.

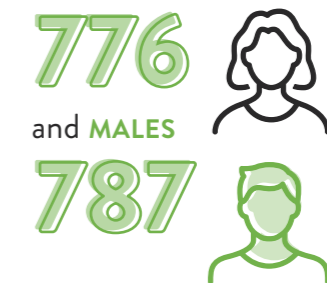


Cancer in Wollondilly does not have a strong disparity between **FEMALES**

776

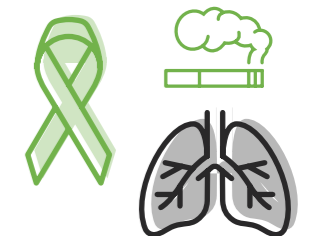
and **MALES**

787



The **MOST IMPACTED AGE BRACKET** is those aged between

34-44yrs



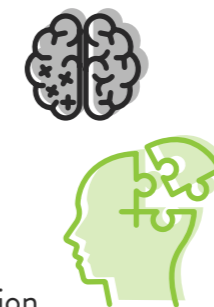
DEMENTIA INCLUDING ALZHEIMER'S

Dementia falls into **fourth** for the **Shire's leading long-term health condition**.



Dementia's average is lower than the state's (**0.8%**) and the country's (**0.7%**), with a total of

232 people (**0.4%**) with the condition.



More **FEMALES**

123

are impacted than **MALES**

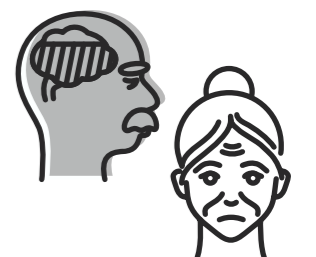
112

although the margin is narrow.



The **AGE BRACKET** that is **MOST AFFECTED** is

75-84yrs



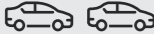

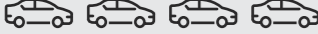



COMPARISON BETWEEN 2016 & 2021

The population of Wollondilly has increased from 41,152 to 53,961, an increase of 31%. The median age has remained consistent at 37.

CAR OWNERSHIP

Car ownership is on the rise, and car use has a major impact on health: car emissions (**especially PM2.5 emissions from tailpipes as well as brakes and tyres**) increase the risk of heart and lung conditions as well as a wide variety of cancers, and car usage tends to reduce physical activity. Wollondilly's household structure and lack of public transport create a need for high car ownership, and this is something that Council and other public authorities need to address.

CAR OWNERSHIP	2016	2021
 No motor vehicles	326	425
 One motor vehicle	2691	3688
 Two motor vehicles	4835	6601
 Three motor vehicles	2483	3178
 Four or more motor vehicles	2128	3226
 Not stated	433	198
TOTAL	12900	17325

CORE ACTIVITY NEED FOR ASSISTANCE

A person's need for help or assistance in one or more of the three core activity areas of self-care, mobility and communication, because of a disability, long term health condition (lasting six months or more) or old age.

AGE BRACKETS	2016	2021
0 -14 years	48	73
5 -14 years	259	393
15 -19 years	83	144
20 - 24 years	49	80
25 - 34 years	83	132
35 - 44 years	80	137
45 - 54 years	137	165
55 - 64 years	225	262
65 - 74 years	312	448
75 - 84 years	342	459
85 years & over	321	274
TOTAL	1941	2564



ISSUES & RESPONSE

MAKING ACTIVE & PUBLIC TRANSPORT EASIER

WHAT WE ARE DOING?

- Adopting the Healthy Streets approach in our planning and training our staff on how to apply it. This approach will incorporate effective, low-cost interventions to make streets easier and more attractive for people walking, cycling and using personal mobility devices.
- Applying the Social and Health Impact Assessment Policy to planning proposals and development applications. This is to ensure new subdivisions create positive environments for walking, cycling and wheelchair use.
- Updating our frameworks including the LEP, LSPS, DCP and engineering specifications to include better provisions for active transport.
- Advocating with the State government for better, more regular public transport to meet Wollondilly's growth.

WHAT ARE THE BENEFITS?

- Planning using frameworks designed to improve the health of Wollondilly residents will allow for more opportunities to improve the wellbeing of the region. Wollondilly's development pattern has made it difficult to do trips without the use of a car, so now we are working to make it easier.
- Physical activity boosts your health and lowers the risk of diseases including diabetes, dementia, heart disease and many cancers.
- Using active and public transport reduces tailpipe emissions as well as particulate pollution that is produced by tyres and brakes.
 - Car emissions have been shown to negatively impact our health, including irritation and inflammation to the respiratory system. Although buses and trains still pollute, it is much less than individual car usage. Better yet, air pollution from walking, cycling and micro-mobility (e.g scooters and e-bikes) is almost zero.
 - Roads cover 30-35% of the surface area of our cities – some of this space could be re claimed for walking, cycling, playing, casual socialising or bush regeneration if people were making fewer trips by car.
 - Cars are a major cause of injuries, and car-related injuries are the leading cause of death for adolescents.



LAND USE

WHAT WE ARE DOING?

- Using the Social and Health Impact Assessment process and updating our planning frameworks to encourage land uses that are lacking in Wollondilly such as employment and education.
- Encouraging diversity of housing so that different types of people and households can live here and feel welcome.
- Making sure you can easily get from your home to the places you need to be: services, shops, employment, education and places for recreation.
- Ensuring that people without back yards still have good access to open space and opportunities for recreation.
- Advocating for better public transport to connect these land uses.
- Advocating for social infrastructure such as child care and health services.

WHAT ARE THE BENEFITS?

- Having a variety of land uses close together creates communities and allows you to spend time doing the things you need and want to do rather than travelling from one place to another.
- Having a variety of land uses close together makes vibrant places by creating activity at different times of the day and week.
- Having a variety of land uses close together means that people are more likely to walk, cycle and use personal mobility devices, and enjoy all the health benefits that come with these activities.
- Having a variety of land uses close together creates opportunities for casual social interaction, which brings a variety of mental and physical health benefits.



EQUITY & EQUALITY

WHAT WE ARE DOING?

- Using the Social and Health Impact Assessment process and updating our planning frameworks to ensure that the needs of disadvantaged and vulnerable people are being considered in development proposals.
- Improving public and active transport networks so that people without cars and people who can't drive can still get where they need to go.
- Improving access so that people with limited mobility have unrestricted social and recreational opportunities.

WHAT ARE THE BENEFITS?

- Allowing all kinds of people to fully participate is fairer and creates more vibrant, robust and interesting communities.



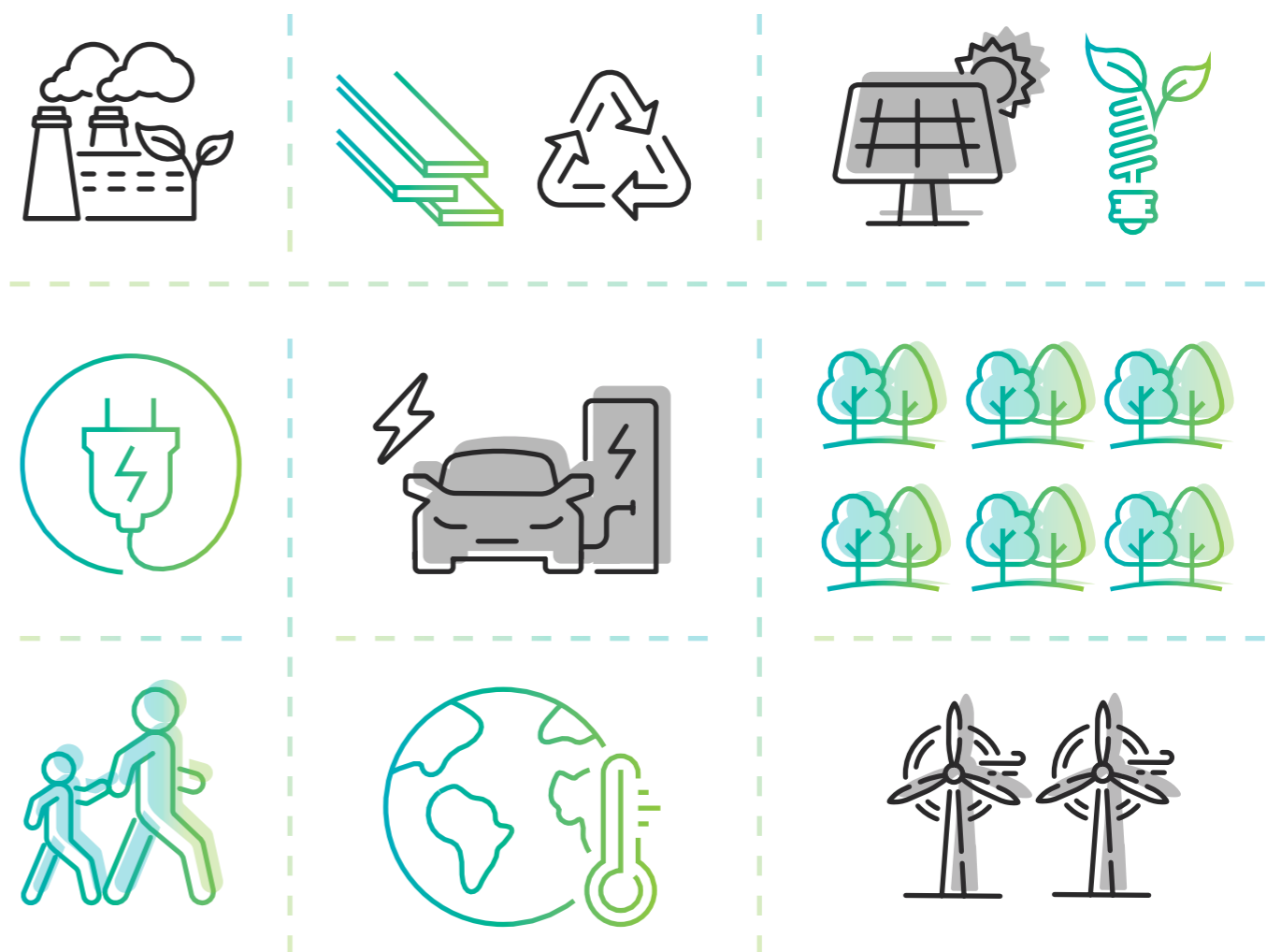
CLIMATE, URBAN HEAT & AIR POLLUTION

WHAT WE ARE DOING?

- Using our planning frameworks to encourage climate mitigation measures such as light-coloured building materials, creating and maintaining tree canopy cover, and supporting electric vehicles.
- Making sure that people have access to networks of cool green spaces
- Participating in an air quality monitoring project that will provide evidence for better-targeted interventions in future.

WHAT ARE THE BENEFITS?

- Climate change is currently the biggest threat to human health, so every measure that mitigates climate change brings a health benefit.
- Urban heat is a particularly serious health issue in South Western Sydney and is also a barrier to social interaction.
- Measures such as light-coloured building materials and increased urban tree canopy will make homes more pleasant to live in while also reducing power bills.





Wollondilly
Shire Council

www.wollondilly.nsw.gov.au

PO Box 21, Picton NSW 2571 Australia | **E** council@wollondilly.nsw.gov.au | **P** 02 4677 1100

Cataract Dam, Cataract