

# Holroyd City Health Plan 2006-2010



Prepared by  
Holroyd City Council  
in partnership with  
Sydney West Area Health Service



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# ACKNOWLEDGEMENTS

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The Holroyd City Health Plan was prepared by Holroyd City Council in collaboration with Sydney West Area Health Service, by:

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# LIST OF ACRONYMS

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ATSI	Aboriginal and Torres Strait Islander
BHHP MRC	Baulkham Hills Holroyd Parramatta Migrant Resource Centre
CALD	Culturally and Linguistically Diverse
CDAT	Community Drug Action Team
CEP	Community Education Program
CNS	Clinical Nurse Specialist
DADHC	Department of Ageing, Disability and Home Care
DoCS	Department of Community Services
EIRE	SWAHS Centre for Epidemiology, Indicators, Research and Evaluation
HCC	Holroyd City Council
HPMS	Holroyd Parramatta Migrant Services
LAC	Local Area Command
LGA	Local Government Area
MCHC	Merrylands Community Health Centre
NAPCAN	National Association for the Prevention of Child Abuse & Neglect
NUM	Nurse Unit Manager
SEIFA	Socio-Economic Index for Areas
SWAHS	Sydney West Area Health Service
RTA	Roads and Traffic Authority
VAW	Violence Against Women

# CONTENTS

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	Page
1. INTRODUCTION	5
2. HOLROYD PROFILE	7
2.1 Population Profile	7
2.2 Health Profile	9
3. PLANNING AND CONSULTATION	11
3.1 Review of Demographic & Health Data	11
3.2 Review of Related Plans, Policies & Reports	11
3.3 Key Stakeholder Consultations	12
3.4 Broad Consultations	12
4. FRAMEWORK	14
4.1 Framework & Priorities	14
4.2 Principles	15
4.3 Implementation, Monitoring & Review	15
5. ACTION PLAN	17
Priority One - Healthy & Safe Environment	18
1.1 Air Quality	19
1.2 Water Quality	20
1.3 Animal Control	21
1.4 Syringes (Sharps Management)	22
1.5 Community Safety	23
1.6 Homelessness	25
1.7 Domestic Violence	26
1.8 Water Safety	27
1.9 Solar Protection - Shade Provision	28
Priority Two - Disease Prevention	29
2.1 Infectious Diseases	30
2.2 Food Safety	31
2.3 Immunisation	32
2.4 Environmental & Occupational Diseases	33
Priority Three - Healthy Lifestyles	34
3.1 Solar protection - Personal	35
3.2 Alcohol & Other Drugs	36
3.3 Mental Health	37
3.4 Healthy Older people	38
3.5 Physical Activity	39
3.6 Childhood Obesity	40
3.7 Men's Health	41
3.8 Social Capital	42
3.9 Emerging & Refugee CALD Communities	43



# 1. INTRODUCTION

Holroyd City Council's first City Health Plan was prepared and launched in 1996 following the receipt of a grant from the then Western Sydney Area Health Service.

The City Health Plan was reviewed, amended and re-adopted in 2000 incorporating a new framework of:

- Healthy & Safe Environment;
- Disease Prevention; and
- Healthy Lifestyles

Under the City Health Plan 2000, collaboration with local agencies and services resulted in a number of achievements including:

The Wood Smoke Awareness Project	The environmental assessment of industries
The Syringes Working Party	Monitoring the safety alarm program
Programs addressing mental illness	Programs addressing domestic violence
The presentation of resuscitation classes	The support of drug & alcohol programs
The provision of childhood immunisation	The support of health promotion programs
Programs addressing blood borne & sexually transmitted diseases	

Over a period of five years, the strategies addressed by the City Health Plan 2000 have been either completed or are ongoing. A decision has therefore been made to again review the City Health Plan in partnership with key stakeholders.

Whilst the City Health Plan is a Holroyd City Council document and is included as a function of Council in its Management Plan, the document is a product of collaboration between a number of key stakeholders. More information on key stakeholders can be found in Chapter 3 - *Planning and Consultation* of this document.

The City Health Plan 2006-2010 will provide a mechanism to respond effectively to, and review, the public and environmental health needs of the local community. The plan will also serve as a planning document that reflects local health concerns and will present priority areas to be addressed and strategies for dealing with them.

The City Health Plan 2006 – 2010 will create a framework, which will provide an opportunity to:

- Co-ordinate health related activities across the city;
- Enhance local responsibility for health
- Encourage co-operation and partnership between Council and other organisations such as the Sydney West Area Health Service and local service providers;
- Facilitate the innovative use of local government resources in relation to health; and
- Enhance and improve current practices in relation to health.

The process in developing the City Health Plan was guided and supported by a Steering Committee. The Steering Committee includes:

- Councillors of Holroyd City Council
- Ms Diane Jogia, Director Library & Community Services, Holroyd City Council
- Mr Rick Beers, Director Environmental & Planning Services, Holroyd City Council
- Ms Kathy King, District Manager, Merrylands Community Health Centre
- Mr Bob Brimble, Manager Environmental Health, Holroyd City Council
- Ms Billie Sankovic, Social Planning Coordinator, Holroyd City Council
- Mr Brendan Govers, Environmental Health Team Leader, Holroyd City Council

## 2. HOLROYD PROFILE

The Holroyd Local Government Area is located approximately 25 kilometres west of the CBD of Sydney and covers an area of 39.89 square kilometres. The area is within the traditional land of the Darug People and is part of the Deerubbin and Gandangara Local Aboriginal Land Councils.

### 2.1 Population Profile

At the 2001 ABS Census, 85,760 people were recorded as living within Holroyd City. The population has remained relatively stable over the last ten years, however, it is expected that the growth of medium density development in recent years will lead to an increase in population.

#### 2.1.1 Demographic Data

Key demographic data obtained primarily from the Holroyd Community Profile 2004 include:

- Between 1996 – 2001 the population increased by 5,290 people or 6.2%
- Aboriginal and Torres Strait Islanders total 680 or 0.79% of the population
- In Holroyd, 30,991 or 36% of people were born overseas
- Of the total population in Holroyd there are 33,740 or 39.3% of residents speaking a language other than English
- Major non-English languages include Arabic (9,139), Chinese (3,378), Italian (1,923) and Maltese (1,900)
- The increase in the numbers of Holroyd residents born overseas from 1996 - 2001 was 4,633 or 17.5%
- The largest group of permanent refugee/humanitarian arrivals in Holroyd from 2000 to 2005 was from Afghanistan, Sudan, Iraq and Iran
- Ages 0 – 12 years total 15,295 or 17.8% of population
- Ages 13 – 24 years total 14,423 or 16.8% of population
- Ages 65 years and older total 10,015 or 11.7% of population
- The most dramatic increase since the 1996 census is amongst the 85 – 89 (37% increase) and 90+ (51% increase) age cohorts
- Of the total population 71% identify with a Christian denomination, Islam makes up 6.1%, Hinduism makes up 3.1%, and Buddhism makes up 2.1%
- Non-Christian religions in Holroyd represent the largest growth as from 1996 – 2001 Buddhism increased by 291%, Hinduism increased by 260%, Islam increased by 171%
- Of those aged 15 years and over, 32.4% have tertiary qualifications
- Of all family types 55.29% of families are couples with children, 16.83% are couples without children, 12.41% are one parent families, and 7.78% are lone person households
- Since 1986 there has been an increase of 62.1% of one parent families, and an increase of 42.2% of lone person households
- 46.5% of the total population participate in the labour force
- Unemployment rate for men was 8.2% and for women was 6.4%
- Employment profile of Holroyd indicates a trend to working outside the City, with 48.6% travel to work by car as a driver, and 12% use train as most used form of public transport
- 72.8% of people live in a separate house or dwelling, reflecting the significant proportion of family households in the area
- approximately 2,800 dwellings were owned by the Department of Housing which represents 8.6% of total dwellings in Holroyd

- Of the one parent family group, 23.9% have a weekly income of less than \$400
- 74.7% of households were family units and 25.2% were non-family units (i.e. single persons living alone or in group homes, or shared living arrangements)

2.1.2 Survey Information

Holroyd City Council undertakes a community survey on average every five years to establish local resident attitudes about the quality and priorities of Council’s works and services. A survey was completed in 2004 with a number of aims, including:

- the importance of the services and facilities provided by Council, and residents satisfaction with them
- attributes of the Holroyd area as a place to live
- various environmental issues
- areas council could improve on
- services and facilities which council ought to provide

The results from the survey show the following:

<b>IMPORTANCE – SATISFACTION STRATEGY MATRIX, 2004</b>	
<p><b>Higher importance/Lower Satisfaction</b> <b>URGENT ATTENTION REQUIRED</b></p>	<p><b>Higher importance/Higher Satisfaction</b> <b>MAINTAIN PRESENT PRACTICE</b></p>
<p>Parking in shopping centres Local traffic management Street lighting</p>	<p>Food shop cleanliness Recycling and waste reduction Environmental protection</p>
<p><b>Lower importance/Lower satisfaction</b> <b>MEDIUM TO LONGER-TERM ACTION</b></p>	<p><b>Lower importance/Higher satisfaction</b> <b>ASSESS PRESENT PRACTICE</b></p>
<p>Footpaths Council consultation with the community Building and development control Tree planting; and tree preservation Facilities &amp; services for the disabled and the aged Facilities and services for youth and children</p>	<p>Regional parks Community events and festivals Council’s overall performance</p>

<b>SERVICES &amp; FACILITIES WHICH COUNCIL OUGHT TO PROVIDE</b>	
<b>Suggested broad area of services and facilities</b>	<b>Percentage of Respondents</b>
Recreation and leisure facilities	7%
Traffic and parking	6%
Facilities for children	5%
Garbage	5%
Facilities for youth	4%
Other community facilities and services	4%
Footpaths and cycleways	4%
Roads and street lighting	3%
More/better shopping centres/precincts	3%

## 2.2 Health Profile

Sydney West Area Health Service Centre for Epidemiology, Indicators, Research and Evaluation (EIRE) provides a recent and comprehensive report titled 'Cross-Sectional View on Health Indicators: The new Sydney West Area Health Service 2005'. This report provides information on health issues to assist with the identification of health priorities.

Review of this report indicates that Holroyd City:

- had lower overall socio-economic well-being (SEIFA 2001) when compared to the SWAHS region (9 LGAs), NSW and Australia overall
- had a higher adult smoking rate (24.2%) than the SWAHS rate (22.9%) and the NSW rate (21.9%)
- had a higher percentage of people who were overweight and obese (52.1%) than SWAHS (49.9%) and NSW (47.3%)
- had the lowest rate of physical activity (33.9%) across all LGAs in the SWAHS area, and significantly lower compared to SWAHS (40%) and NSW (45.8%)
- had very low rates of alcohol risk drinking behaviour (24.1%) when compared to SWAHS (29.6%) and NSW (35%)
- had the highest rates of high to very high levels of psychological distress (16.4%) across all LGAs in SWAHS, and significantly higher compared to SWAHS (13%) and NSW (11.7%)
- 79.6% reported their overall health status as good or better, which is slightly lower than SWAHS (81.2%) and NSW (80.8%)

**According to this data, priority health issues for Holroyd include smoking, physical activity, mental health, and overweight/obesity. Holroyd rated comparatively in relation to general reported health status and alcohol risk drinking behaviour.**

The same report identified a number of conditions that make a substantial contribution to mortality and morbidity in SWAHS.

### 2.2.1 Morbidity

The report provides the following data in relation to hospitalisation rates for the period 2000/2001 to 2002/2003:

- *Hospitalisation:* significantly higher all causes hospital separation rate (discharge) than SWAHS and NSW overall
- *Cancer:* significantly lower all cancer separation rate than NSW overall
- *Ischaemic heart disease and stroke:* comparable cerebrovascular disease (stroke) and acute myocardial infarction (heart attack) hospital separation rates to NSW, but slightly higher than the SWAHS rate; while a significantly higher ischaemic heart disease hospital separation rate than SWAHS and NSW overall
- *Injury:* significantly higher all injury hospital separation rate than SWAHS and NSW overall
- *Chronic conditions:* significantly higher asthma and diabetes hospital separation rates than SWAHS and NSW overall

It is important to note that Holroyd had an all cancer incidence rate that was comparable to the SWAHS rate. However, during this period, female lung cancer and cervical cancer incidences

were significantly higher than the NSW state rate, while prostate cancer and male/female melanoma incidences were significantly lower than the NSW state rate.

**In summary, Holroyd indicated significantly higher rates in all causes hospital separation rate and particularly in relation to heart disease, injury, asthma and diabetes.**

### 2.2.2 Mortality

The report provides the following data in relation to mortality rates for the period 2000 to 2002:

- *Mortality:* significantly higher all causes mortality rate than SWAHS and NSW for both males and females
- *Pre-mature death:* comparable all causes of pre-mature death rate to SWAHS and NSW
- *Lung cancer:* significantly higher male lung cancer deaths than SWAHS and NSW, while comparable female lung cancer deaths to SWAHS and NSW. It is important to note that male lung cancer death rate in SWAHS and in Holroyd is almost twice that of the female rate.
- *Colorectal cancer:* significantly higher female colorectal cancer death rate than SWAHS and NSW, while comparable male colorectal cancer death rate to SWAHS and NSW
- *Prostate cancer:* comparable prostate cancer death rate to SWAHS and NSW
- *Breast cancer:* comparable breast cancer death rate to SWAHS and NSW
- *Cervical cancer:* significantly higher cervical cancer death rate than SWAHS and NSW
- *Melanoma:* lower rate of male and female melanoma death rate to SWAHS and NSW
- *Injury:* comparable all injury death to NSW rate, although slightly higher than SWAHS rate
- *Circulatory disease:* comparable male ischaemic heart disease and acute myocardial infarction deaths to SWAHS and NSW, while significantly higher female ischaemic heart disease and acute myocardial infarction deaths to SWAHS and NSW. Comparable male and female cardiovascular disease (stroke) deaths to SWAHS and NSW

**In summary, Holroyd indicated significantly higher rates in all causes mortality rate, and particularly in relation to male lung cancer, female colorectal cancer, cervical cancer, and female circulatory disease (ischaemic heart disease and acute myocardial infarction).**

## 3. PLANNING AND CONSULTATION

The development of the 2006 – 2010 City Health Plan involved a comprehensive and collaborative planning and consultation process, which included:

1. Review of demographic and health data
2. Review of related plans, policies and reports
3. Key stakeholder consultations
4. Broad consultations

### 3.1 Review of Demographic and Health Data

The key documents reviewed to identify health priorities, primarily based on quantitative data, include the:

- Holroyd Community Profile 2004 (based on the 2001 ABS Census of Population and Housing)
- Sydney West Area Health Service Centre for Epidemiology, Indicators, Research and Evaluation (EIRE) - Cross-Sectional View on Health Indicators: The new Sydney West Area Health Service 2005
- Holroyd City Council – Survey of Residents 2004

This information provides valuable data on recent demographic and health status research and analysis specifically relevant to Holroyd City. A summary of some of this information is provided in Section 2 – Holroyd Profile.

### 3.2 Review of Related Plans, Policies and Reports

A number of current and related documents, which are informed by consultations with the local community and key stakeholders, already exist within Holroyd City and link to the City Health Plan. To ensure an integrated approach to planning, these documents were reviewed and existing Holroyd City health related programs were identified so that the City Health Plan builds on and complements these initiatives.

Related plans, policies and reports reviewed as part of the City Health Plan development process include:

- Holroyd City Social Plan
- A Cultural Plan for Holroyd
- Access and Equity Policy Statement for People from Culturally and Linguistically Diverse Backgrounds and Action Plan
- Living Holroyd A Sustainable Future – A Local Agenda 21 Action Plan
- Holroyd City Council Management Plan
- Environmental Management Plan
- Local Air Quality Management Plan
- Storm Water Management Plan
- Parks Plans of Management
- Holroyd Community Safety and Crime Prevention Plan
- State of Environment Report
- 2005 Community Consultation Report
- Holroyd Roads Even Safer – Action Plan

### 3.3 Key Stakeholder Consultations

Preliminary consultations and planning meetings were held with key stakeholders to:

- review achievements from the 2000 City Health Plan
- identify ongoing priorities and strategies
- identify emerging social and environmental health issues and potential partnerships for inclusion in the 2006 – 2010 City Health Plan

Overall 16 representatives attended the initial consultations and represented the following agencies:

- Holroyd Local Area Command
- Cumberland Women's Health Centre
- Sydney West Area Health Service, including:
  - Merrylands Community Health Centre
  - Merrylands Community Health Centre Mental Health Team
  - Merrylands Community Health Centre Aged Care Psychiatry Services
  - High Street Youth Health Service
  - Merrylands Community Health Centre Community Development and Access Team
  - Centre for Population Health
  - HIV and Hep C Prevention Services
- Holroyd City Council, including:
  - Environmental Health
  - Children's Services
  - Community Development
  - Disability Services
  - Youth Services
  - Aged Services

The information collected from these initial consultations informed the proposed framework and the priority issues and strategies for the new City Health Plan.

### 3.4 Broad Consultations

Following the initial development of the proposed framework, priorities and strategies, a further consultation was held with broad stakeholders and service providers. The aim of this consultation was to:

- review the proposed framework, priorities and strategies for the 2006 – 2010 City Health Plan
- identify additional priority health issues and responses
- identify existing programs, services and partners relevant to health priorities

Overall 24 representatives attended the broad consultation, representing a diversity of agencies and population groups, as follows:

- Commonwealth Carelink
- Cumberland/Prospect Carer Respite Centre
- Department of Ageing, Disability and Home Care
- Department of Veteran Affairs
- Hewitt House Neighbourhood Centre

- Holroyd City Council, including:
  - Councillors
  - Environmental Health
  - Youth Services
  - Children's Services
  - Community Development
  - Disability Services
  - Aged Services
- Holroyd Parramatta Migrant Services
- Kincare Community Services
- SEE Foundation
- Sydney West Area Health Service, including:
  - High St Youth Health Service
  - Drug and Alcohol Unit
  - Equitable Communities
  - Merrylands Community Health Centre
  - Multicultural Health Unit

## 4. FRAMEWORK

### 4.1 Framework and Priorities

The three framework headings of the previous City Health Plan have again been adopted for the City Health Plan 2006 – 2010 as they provided flexibility by keeping the objectives broad thus enabling the widest range of issues to be addressed. The framework headings are:

1. Healthy and Safe Environment
2. Disease Prevention
3. Healthy Lifestyles

During the consultation process it was determined that the majority of strategies grouped under the above headings in the City Health Plan 2000 were still relevant and needed to be included in the revised City Health Plan 2006 – 2010. There are, however, some changes as to how these are referred to. For example, under Healthy & Safe Environment *Public Safety* is now referred to as *Community Safety* while *Drug & Substance Abuse* under Healthy Lifestyles is now referred to as *Alcohol & Other Drugs*. *Swimming Pool Safety* under Healthy & Safe Environment has been changed to *Water Safety*, reflecting the need to address other drowning hazards such as natural watercourses and stormwater drains.

*Healthy Older People, Childhood Obesity, Men's Health, Social Capital and Emerging and Refugee CALD Communities* set out under Healthy Lifestyles are new Priorities representing burgeoning health issues in the local community.

The priorities identified during the consultation process for the City Health Plan 2006 – 2010 were:

#### 1. HEALTHY & SAFE ENVIRONMENT

- Air Quality
- Water Quality
- Animal Control
- Syringes (Sharps Management)
- Community Safety
- Homelessness
- Domestic Violence
- Water Safety
- Solar Protection - Shade Provision

#### 2. DISEASE PREVENTION

- Infectious Diseases
- Food Safety
- Immunisation
- Environmental & Occupational Diseases

#### 3. HEALTHY LIFESTYLES

- Solar Protection (Personal)
- Alcohol & Other Drugs
- Mental Health
- Healthy Older People
- Physical Activity
- Childhood Obesity
- Men's Health
- Social Capital
- Emerging & Refugee CALD Communities

## 4.2 Principles

Throughout the planning process, a number of guiding principles were identified to inform the City Health Plan process and implementation. These include:

- *Socio-Ecological View of Health* – recognising the physical, social, economic and environmental factors that impact on a community’s health and well-being (including poverty, housing, employment, etc)
- *Community Participation* – ensuring communities, community groups and community leaders are engaged and consulted as part of any process
- *Equal Access* – ensuring equal and fair opportunities including, but not limited to, appropriate and purposeful information dissemination, provision of childcare and transport, usage of symbols in signage, and adoption of a diversity of activities to ensure access for a range of groups
- *Culturally Appropriate* – information and activities are to be reflective and responsive to cultural diversity within Holroyd
- *Integration and Collaboration* – involvement of other government and community agencies, coordination of programs and activities, and links to other City Plans are essential
- *Sustainability* – ensuring strategies and activities are sustainable and support long term improvements in health status
- *Prevention* – incorporating a health promotion/education approach in implementation of strategies
- *Specific Population Groups* – recognising that population groups with special needs may require prioritising and diverse strategies. Groups include:
  - o Aboriginal and Torres Strait Islander Communities
  - o Culturally and Linguistically Diverse Communities
  - o Young People
  - o Women
  - o One-Parent Families
  - o People with a Disability
  - o Children
  - o Older People

## 4.3 Implementation, Monitoring and Review

The Steering Committee oversee the planning and implementation of the City Health Plan and provide a mechanism to monitor and evaluate the process.

Where identified, working parties will be appointed to implement specific activities and provide regular feedback to the Steering Committee. Other professionals and stakeholders will be co-opted onto working parties to offer expertise in specific areas.

Objectives and strategies outlined in the Action Plan are diverse, some of which are relatively simple to implement, whilst others are more complex or require additional human and/or financial resources. As part of the implementation process, additional resources will be sought through the development of partnerships, sharing and pooling of existing resources, lobbying and advocating for additional resources, and by pursuing grant opportunities where available.

The City Health Plan process is ongoing. Progress reports will be prepared every six months and presented to the Steering Committee, which meets twice annually.

The Steering Committee will complete a detailed review in 2010 in consultation with the community and key stakeholders, in preparation for an updated City Health Plan.

## 5. ACTION PLAN

	<b>Page</b>
<b>Priority One - Healthy &amp; Safe Environment</b>	<b>18</b>
1.1 Air Quality	19
1.2 Water Quality	20
1.3 Animal Control	21
1.4 Syringes	22
1.5 Community Safety	23
1.6 Homelessness	25
1.7 Domestic Violence	26
1.8 Water Safety	27
1.9 Solar Protection - Shade Provision	28
<b>Priority Two - Disease Prevention</b>	<b>29</b>
2.1 Infectious Diseases	30
2.2 Food Safety	31
2.3 Immunisation	32
2.4 Environmental & Occupational Diseases	33
<b>Priority Three - Healthy Lifestyles</b>	<b>34</b>
3.1 Solar Protection – Personal	35
3.2 Alcohol, Tobacco & Other Drugs	36
3.3 Mental Health	37
3.4 Healthy Older People	38
3.5 Physical Activity	39
3.6 Childhood Obesity	40
3.7 Men's Health	41
3.8 Social Capital	42
3.9 Emerging & Refugee CALD Communities	43

# **Priority One**

# **HEALTHY & SAFE ENVIRONMENT**

## HEALTHY & SAFE ENVIRONMENT

### Priority: 1.1 Air Quality

#### Objectives:

- To contribute to the reduction of greenhouse gasses produced at the local level
- To reduce the production of air pollution by domestic wood fired heaters

	<b>Strategy</b>	<b>Performance Indicator/ Desired Outcomes</b>	<b>Lead Agency and Key Partners</b>	<b>Timeframe</b>
1.1.1	Implement milestones 4 & 5 of the Cities for Climate Protection Program (an initiative of the Australian Greenhouse Office)	Completion of milestones 4 & 5 of the Cities for Climate Protection Program	Holroyd City Council & ICLEI Australia New Zealand	Medium
1.1.2	Disseminate brochures on the correct use of wood fired heaters	Production & distribution of brochures to users of wood fired heaters	Holroyd City Council & Department of Environment & Conservation	Short & ongoing

## HEALTHY & SAFE ENVIRONMENT

### Priority: 1.2 Water Quality

**Objectives:**

- To enforce environmental protection legislation and promote best practice in industrial environmental protection
- To control soil erosion and the conveyance of sediments by stormwater or tracking by vehicles from development sites
- To augment the number of Council officers monitoring development sites enforcing compliance with Council's Erosion & Sediment Control Policy

	<b>Strategy</b>	<b>Performance Indicator/ Desired Outcomes</b>	<b>Lead Agency and Key Partners</b>	<b>Timeframe</b>
1.2.1	Implement the Holroyd Environmental Assessment Program (HEAP) in all of Council's industrial areas	Number & location of industrial premises inspected	Holroyd City Council	Ongoing
1.2.2	Monitor building sites to enforce erosion and sediment controls	Number of building sites inspected	Holroyd City Council & SPA Environmental Consultants	Ongoing
1.2.3	Train Ordinance Inspectors to monitor building sites to enforce erosion & sediment controls	Success in training Ordinance Inspectors	Holroyd City Council	Short/Medium

## HEALTHY & SAFE ENVIRONMENT

### Priority: 1.3 Animal Control

**Objectives:**

- To ensure the safety and amenity of the community through policing the provisions of the Companion Animals Act particularly where it applies to the keeping of restricted breeds of dogs and dogs declared dangerous under the Act

	Strategy	Performance Indicator/ Desired Outcomes	Lead Agency and Key Partners	Timeframe
1.3.1	Enforce the provisions of the Companion Animals Act	Number of: Complaints received; Notices served; and Penalty notices issued	Holroyd City Council	Ongoing
1.3.2	Monitor the keeping of restricted breeds of dogs and dogs that have been declared dangerous	Number of: <ul style="list-style-type: none"> <li>Inspections of premises where restricted breeds of dogs are registered; and</li> <li>Inspections of premises where dogs declared dangerous are kept</li> </ul>	Holroyd City Council	Ongoing

## HEALTHY & SAFE ENVIRONMENT

### Priority: 1.4 Syringes (Sharps Management)

**Objectives:**

- To encourage correct disposal of sharps by members of the community, including intravenous drug users, diabetics and others with relevant medical conditions
- To support harm reduction and provide safety education relating to sharps management

	<b>Strategy</b>	<b>Performance Indicator/ Desired Outcomes</b>	<b>Lead Agency and Key Partners</b>	<b>Timeframe</b>
1.4.1	Convene Syringes Working Party to: <ul style="list-style-type: none"> <li>• Enhance harm minimisation strategies;</li> <li>• Raise community awareness;</li> <li>• Develop strategies in areas identified as <i>hot spots</i>; and</li> <li>• Collect data on inappropriately discarded syringes and equipment</li> </ul>	Number of meetings of the Syringes Working Party and level of participation  Number of initiatives implemented and/or supported  Decrease in number of inappropriately discarded syringes	Holroyd City Council, Merrylands Community Health Centre, Holroyd Local Area Command, SWAHS HIV and Hep C Prevention Service	Ongoing/ Meetings held quarterly
1.4.2	Provide Ordinance Inspector call-out syringe collection service	Number of syringe call-outs attended by Ordinance Inspectors	Holroyd City Council	Ongoing

## HEALTHY & SAFE ENVIRONMENT

### Priority: 1.5 Community Safety

**Objectives:**

- To improve community safety
- To improve the community's *sense* of safety

	Strategy	Performance Indicator/ Desired Outcomes	Lead Agency and Key Partners	Timeframe
1.5.1	Support Road Safety Programs in partnership with Holroyd City Council's Road Safety Officer	Number of Road Safety Programs supported by the City Health Plan Steering Committee	Holroyd City Council & Holroyd Local Area Command	Ongoing
1.5.2	<p>Participate in the Holroyd Community Safety Committee and support the following initiatives:</p> <ul style="list-style-type: none"> <li>• Support the Holroyd Local Area Command to deliver the Safety Alarm Program and secure further funding;</li> <li>• Support the Holroyd Local Area Command to deliver new initiatives;</li> <li>• Support initiatives that improve and raise awareness on personal and home safety across all ages and groups, particularly for disadvantaged groups such as the Safety Awards</li> <li>• Advocate for the Holroyd Community Safety Officer position and development of a Community Safety/Crime Prevention Plan (including Community Safety Audits);</li> <li>• Develop a campaign promoting the need to report pedestrian hazards and obstructions to access for the disabled;</li> </ul>	<p>Number of meetings of the Holroyd Community Safety Committee</p> <p>Number of initiatives considered by the Community Safety Committee</p>	Holroyd City Council, Merrylands Community Health Centre, Holroyd Local Area Command, NSW Fire Brigades; Chambers of Commerce, Merrylands CBD Committee, Community Organisations	Ongoing/ Meetings held quarterly

**HEALTHY & SAFE ENVIRONMENT**

**Priority: 1.5 Community Safety**

	<ul style="list-style-type: none"><li>• Ensure community safety is considered in physical spaces in Holroyd such as parks and laneways (e.g. adequate lighting); and</li><li>• Identify and deliver preventative strategies for at-risk young people</li></ul>			
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## HEALTHY & SAFE ENVIRONMENT

### Priority: 1.6 Homelessness

#### Objectives:

- To reduce homelessness
- To strengthen responses for people who are homeless or at risk of homelessness

	<b>Strategy</b>	<b>Performance Indicator/ Desired Outcomes</b>	<b>Lead Agency and Key Partners</b>	<b>Timeframe</b>
1.6.1	Support strategies that prevent homelessness	Number of strategies supported	Holroyd City Council, SWAHS, Department of Housing, DoCS, Community Organisations, Peak Organisations	Ongoing
1.6.2	Review Council's policy and strategic directions within the framework of the new Western Sydney Plan Against Homelessness	Council's policy reviewed	Holroyd City Council	Medium term

## HEALTHY & SAFE ENVIRONMENT

### Priority: 1.7 Domestic Violence

**Objectives:**

- To reduce the incidence of domestic violence
- To support responses and programs for women and children experiencing domestic violence

	<b>Strategy</b>	<b>Performance Indicator/ Desired Outcomes</b>	<b>Lead Agency and Key Partners</b>	<b>Timeframe</b>
1.7.1	Actively participate in the Parramatta/Holroyd Domestic Violence Committee	Number of strategies partaken	Holroyd City Council, Cumberland Women's Health Centre, Holroyd LAC, MCHC, Community Organisations, Western Sydney VAW Specialist Unit	Ongoing
1.7.2	Provide activities for Child Protection Week, International Women's Day and Reclaim the Night	Activities provided	Holroyd City Council, MCHC, DoCS, NAPCAN	Annually in September
1.7.3	Develop partnerships with key groups such as the Education Centre Against Violence and Violence Against Women Specialist Unit	Partnerships developed with key groups	Holroyd City Council, MCHC, Holroyd LAC, Education Centre Against Violence, VAW Specialist Unit	Ongoing

## HEALTHY & SAFE ENVIRONMENT

### Priority: 1.8 Water Safety

**Objectives:**

- To reduce the risk of accidental drowning

	<b>Strategy</b>	<b>Performance Indicator/ Desired Outcomes</b>	<b>Lead Agency and Key Partners</b>	<b>Timeframe</b>
1.8.1	Publicise swimming pool safety	Number of items publicising swimming pool safety	Holroyd City Council	During November of each year
1.8.2	Introduce strategies to increase numbers and access to resuscitation classes	Increase in number of persons attending resuscitation classes based on previous year's attendances	Holroyd City Council & Royal Lifesaving Society	Ongoing at the beginning of summer each year
1.8.3	Explore preventative strategies about water safety and partnerships with Department of Sport & Recreation and Department of Education	Number of preventative strategies introduced in partnership with the Department of Sport & Recreation and the Department of Education	Holroyd City Council, Department of Sport & Recreation and the Department of Education	Medium
1.8.4	Raise awareness about water quality and water safety in natural water courses, stormwater drains, dams & ponds	Number of items raising awareness (to be done in conjunction with 1.8.1)	Holroyd City Council	During November of each year

## HEALTHY & SAFE ENVIRONMENT

### Priority: 1.9 Solar Protection - Shade Provision

#### Objectives:

- To reduce the risk of contracting skin cancer through impeding the path of ultra violet rays to humans by the erection of shade producing structures at Council's buildings and facilities

	Strategy	Performance Indicator/ Desired Outcomes	Lead Agency and Key Partners	Timeframe
1.9.1	Implement the guidelines for shade planning and design for Council's buildings and facilities	Number of proposed Council developments referred to Council's Environmental Health Unit for assessment against the guidelines	Holroyd City Council	Ongoing

# **Priority Two**

# **DISEASE PREVENTION**

## DISEASE PREVENTION

### Priority: 2.1 Infectious Diseases

#### Objectives:

- To reduce the transmission of infectious diseases in the local community

	Strategy	Performance Indicator/ Desired Outcomes	Lead Agency and Key Partners	Timeframe
2.1.1	Maintain a <i>watching brief</i> on infectious disease issues and collaborate with other stakeholders on initiatives	Number of initiatives collaborated on	Holroyd City Council and MCHC	Ongoing
2.1.2	Maintain Council's Skin Penetration Surveillance Program	Number of skin penetration premises inspected per quarter	Holroyd City Council	Ongoing

## DISEASE PREVENTION

### Priority: 2.2 Food Safety

#### Objectives:

- To reduce the incidence of food poisoning in the local community

	<b>Strategy</b>	<b>Performance Indicator/ Desired Outcomes</b>	<b>Lead Agency and Key Partners</b>	<b>Timeframe</b>
2.2.1	Enforce legislative requirements through food surveillance	Number of food premises inspected per quarter	Holroyd City Council	Ongoing
2.2.2	Collaborate with stakeholders in safe food partnerships and food safety education	Participation in the current partnership program with the NSW Food Authority	Holroyd City Council & the NSW Food Authority	Short/Ongoing
2.2.3	Deliver Food Handler Seminars	2 Food Handlers Seminars held per year	Holroyd City Council	Ongoing

## DISEASE PREVENTION

### Priority: 2.3 Immunisation

**Objectives:**

- To provide easy access to childhood immunisation particularly for disadvantaged members of the local community

	<b>Strategy</b>	<b>Performance Indicator/ Desired Outcomes</b>	<b>Lead Agency and Key Partners</b>	<b>Timeframe</b>
2.3.1	Deliver four immunisation clinics a month	Four immunisation clinics being held each month  Number attending immunisation clinics	Holroyd City Council, Merrylands Community Health Centre (referrals from Early Childhood nurses and the use of Early Childhood Centres for clinics), Sydney West Area Health Service (funding of nurses salaries) and the Commonwealth Health Insurance Commission (rebates paid for immunisation procedures)	Ongoing
2.3.2	Collaborate with the Sydney West Area Health Service Immunisation Strategy	Maintenance of consultation with the officers of the Sydney West Area Health Service responsible for the Immunisation Strategy	Holroyd City Council and the Sydney West Area Health Service	Short/Ongoing

## DISEASE PREVENTION

### Priority: 2.4 Environmental/Occupational Diseases

**Objectives:**

- To protect the local community and visitors from unwitting exposure to hazardous substances in the local environment

	<b>Strategy</b>	<b>Performance Indicator/ Desired Outcomes</b>	<b>Lead Agency and Key Partners</b>	<b>Timeframe</b>
2.4.1	Enforce the requirements of the Holroyd Asbestos Cement Policy	Number of developments (including demolitions) complying with Council's special conditions of development consent relating to the safe removal & disposal of asbestos cement	Holroyd City Council	Ongoing
2.4.2	Continue Council's policy on the use of Copper, Chromium Arsenate (CCA) treated timber, that is: <ul style="list-style-type: none"> <li>• Not to use CCA timber playground equipment; and</li> <li>• To systematically replace current CCA timber playground equipment as funds become available</li> </ul>	Number of parks still containing CCA treated timber playground equipment	Holroyd City Council	Ongoing

# Priority Three

# HEALTHY LIFESTYLES

## HEALTHY LIFESTYLES

### Priority: 3.1 Solar Protection - Personal

#### Objectives:

- To reduce the risk of contracting skin cancer through raising the awareness of the hazard of contracting skin cancer through the exposure of the human body to the sun's ultra violet rays and the means of achieving personal protection

	Strategy	Performance Indicator/ Desired Outcomes	Lead Agency and Key Partners	Timeframe
3.1.1	Develop partnerships with stakeholders e.g. sporting groups, to raise community awareness	Number of partnerships established	Holroyd City Council & relevant stakeholders	Medium/ Ongoing
3.1.2	Support delivery of broad solar protection campaigns at the local level	Number of campaigns supported	Holroyd City Council, Sydney West Area Health Service & Merrylands Community Health Centre	Medium/ Ongoing
3.1.3	Raise community awareness in partnership with the Cancer Council NSW	Number of community awareness projects conducted with the Cancer Council NSW	Holroyd City Council and the Cancer Council NSW	Medium/ Ongoing
3.1.4	Increase the positive health impact of the built environment by applying relevant tools and guidelines to planning frameworks	NSW Health/Cancer Council NSW Shade Guidelines are incorporated in the development of a single Development Control Plan by 2009	Holroyd City Council, Cancer Council of NSW, SWAHS	Medium Ongoing

## HEALTHY LIFESTYLES

### Priority: 3.2 Alcohol, Tobacco & Other Drugs

**Objectives:**

- To minimise harm and reduce the risks associated with the consumption of alcohol and the use of other drugs

	<b>Strategy</b>	<b>Performance Indicator/ Desired Outcomes</b>	<b>Lead Agency and Key Partners</b>	<b>Timeframe</b>
3.2.1	Participate in the Holroyd, Parramatta Community Drug Action Team (CDAT)	Continued membership of the Holroyd, Parramatta CDAT	Holroyd City Council, NSW Health & Western Sydney Area Health Service	Ongoing/ Monthly meetings
3.2.2	Convene a Gaming & Liquor Consultative Committee	Consultative Committee meets as required	Holroyd City Council, Holroyd Local Area Command, Merrylands Community Health Centre & licensed establishments	Ongoing as required
3.2.3	Support the Liquor Accord	Participation in Liquor Accord meetings  Initiatives supported and resourced	Holroyd City Council, Holroyd Local Area Command, Merrylands Community Health Centre & licensed establishments	Ongoing Quarterly meetings
3.2.4	Develop a Gaming Accord	Gaming Accord developed	Holroyd City Council, Holroyd Local Area Command, Merrylands Community Health Centre & licensed establishments	Medium
3.2.5	Collaborate with the Sydney West Area Health Service Tobacco Control Strategy	Partnership developed with Sydney West Area Health Service's Tobacco Control Strategy  Council wide Tobacco Control Policy implemented and monitored	Holroyd City Council & Sydney West Area Health Service	Medium/ Ongoing
3.2.6	Work in partnership with the Drug Information @ Your Local Library (DIAYLL) project	The DIAYLL project in operation	Holroyd City Council, State Library of NSW & the Premier's Department	Ongoing

## HEALTHY LIFESTYLES

### Priority: 3.3 Mental Health

#### Objectives:

- To support and enhance the capacity of people to achieve and maintain good mental health

	Strategy	Performance Indicator/ Desired Outcomes	Lead Agency and Key Partners	Timeframe
3.3.1	<p>Convene a meeting with relevant stakeholders to:</p> <ul style="list-style-type: none"> <li>Identify &amp; collaborate with existing local initiatives e.g. Mental Health Week activities</li> <li>Develop projects to raise community awareness and provide training for workers</li> <li>Advocate for broader initiatives &amp; strategies e.g. school system</li> <li>Support the development and implementation of strategies, particularly for high risk groups, that:                             <ul style="list-style-type: none"> <li>Increase activity</li> <li>Decrease social isolation</li> <li>Increase community interconnections</li> <li>Increase access to services</li> </ul> </li> </ul>	<p>Initial meeting convened with further meetings as required</p> <p>Future directions determined</p>	Holroyd City Council, Merrylands Community Health Centre, Sydney West Area Health Service, Community Organisations	Short/Ongoing
3.3.2	Provide access to Council's grants programs, community facilities and buses for local activities and groups	Access provided for local activities & groups to grants programs, community facilities and buses	Holroyd City Council	Medium/ Ongoing

## HEALTHY LIFESTYLES

### Priority: 3.4 Healthy Older People

**Objectives:**

- To promote and increase opportunities for healthy lifestyles for older people

	<b>Strategy</b>	<b>Performance Indicator/ Desired Outcomes</b>	<b>Lead Agency and Key Partners</b>	<b>Timeframe</b>
3.4.1	Collaborate with the Sydney West Area Health Service Falls Prevention Strategy	Working in partnership with the Sydney West Area Health Service's Falls Prevention Strategy	Holroyd City Council, SWAHS	Short
3.4.2	Ensure Council facilities are accessible for physical activity programs	Number of Council facilities accessible for physical activity programs	Holroyd City Council	Short
3.4.3	Support & resource programs which bring people together and support physical activity in culturally appropriate programs and venues	Number of programs supported and resourced	Holroyd City Council, Community Organisations	Medium/Long Term
3.4.4	Support programs in partnership with the Council on the Ageing and other relevant organisations that: <ul style="list-style-type: none"> <li>support continual learning</li> <li>provide opportunities for older people to share skills and knowledge with the local community</li> </ul>	Number of programs supported in partnership with the Council on the Ageing and other relevant organisations	Holroyd City Council, Council on the Ageing, Relevant organisations, Community Organisations, Peak Bodies	Medium/Long Term
3.4.5	Produce and distribute a Seniors Recreation Directory and Newsletter	Directory and Newsletter produced and distributed	Holroyd City Council	Ongoing

## HEALTHY LIFESTYLES

### Priority: 3.5 Physical Activity

#### Objectives:

- To increase physical activity options by improving access to cycleways, parks and gardens and other facilities and programs

	Strategy	Performance Indicator/ Desired Outcomes	Lead Agency and Key Partners	Timeframe
3.5.1	Advocate for the provision of: <ul style="list-style-type: none"> <li>• cycleway maps;</li> <li>• a response to safety concerns;</li> <li>• shaded seating;</li> <li>• toilet facilities;</li> <li>• adequate signage; and</li> <li>• lighting</li> </ul>	Percentage of promoted strategies implemented	Holroyd City Council and the RTA	Long Term (Depends on the availability of funding)
3.5.2	Increase awareness of cycleways and promote usage and access e.g. through Council's website and relevant publications	Web page available  Articles placed in the Holroyd Herald	Holroyd City Council	Short/Medium/ Long Term
3.5.3	Support the establishment of groups and programs to increase physical activity options	Number of initiatives established	Holroyd City Council, Merrylands Community Health Centre, Neighbourhood Centres	Long Term

## HEALTHY LIFESTYLES

### Priority: 3.6 Childhood Obesity

**Objectives:**

- To lower the upward trend toward childhood obesity
- To support programs addressing childhood obesity

	Strategy	Performance Indicator/ Desired Outcomes	Lead Agency and Key Partners	Timeframe
3.6.1	Collaborate with the Sydney West Area Health Service Healthy Weight Strategy	Holroyd City Council working together with the SWAHS within the Healthy Weight Strategy	Holroyd City Council and the Sydney West Area Health Service	Short
3.6.2	Support the delivery of relevant programs by the Merrylands Community Health Centre	Number of childhood obesity programs supported	Holroyd City Council and the Merrylands Community Health Centre	Short/Medium/ Long Term/ Ongoing
3.6.3	Support the delivery of programs in Early Childhood Centres, Council's Childcare Services and Schools	Number of childhood obesity programs delivered in Early Childhood Centres and schools	Holroyd City Council and the Dept of Education	Short/Ongoing
3.6.4	Advocate for the development of environments which support health, lifestyle and healthy weight	Number of strategies advocated for and/or implemented	Holroyd City Council	Medium/Long Term
3.6.5	Convene a meeting with relevant agencies to explore: <ul style="list-style-type: none"> <li>• A response to childhood obesity;</li> <li>• Identification of strategies and resources;</li> <li>• The undertaking of an audit of services/programs;</li> <li>• Data needs &amp; sources at the local government area level; and</li> <li>• The possibility of a forum/expo in partnership with other agencies</li> </ul>	Meeting convened  Future direction determined	Holroyd City Council, Relevant Organisations, Schools, SWAHS, MCHC	Medium

## HEALTHY LIFESTYLES

### Priority: 3.7 Men's Health

#### Objectives:

- To enhance wellbeing and social interconnections for men

	Strategy	Performance Indicator/ Desired Outcomes	Lead Agency and Key Partners	Timeframe
3.7.1	Collaborate with the Sydney West Area Health Service Men's Working Party forums and consultations	Number of SWAHS Men's Working Party forums and consultations	Holroyd City Council & the SWAHS Men's Working Party	Short
3.7.2	Undertake an audit of existing men's health initiatives	Completion of audit	Holroyd City Council & the SWAHS Men's Working Party	Medium/Long Term
3.7.3	Explore the potential for the development of a policy in Council which enhances opportunities for men's health development including resources and information about men's health	Draft policy developed	Holroyd City Council	Medium/Long Term

## HEALTHY LIFESTYLES

### Priority: 3.8 Social Capital

#### Objectives:

- To investigate social capital as a concept to support a healthy community

	Strategy	Performance Indicator/ Desired Outcomes	Lead Agency and Key Partners	Timeframe
3.8.1	Review the literature and projects on the use of social capital as a concept to support a healthy community	Literature and projects reviewed and recommendations developed	Holroyd City Council and the Sydney West Area Health Service	Medium/Long Term

## HEALTHY LIFESTYLES

### Priority: 3.9 Emerging and Refugee CALD Communities

**Objectives:**

- To increase access to information and services for emerging and refugee CALD communities

	<b>Strategy</b>	<b>Performance Indicator/ Desired Outcomes</b>	<b>Lead Agency and Key Partners</b>	<b>Timeframe</b>
3.9.1	Advocate & lobby for additional resources, information & services for emerging & refugee culturally & linguistically diverse communities	Number of promoted strategies implemented	Holroyd City Council	Ongoing
3.9.2	Support the development of culturally appropriate and accessible health information	Support provided through partnership with the Sydney West Area Health Service	Holroyd City Council & Sydney West Area Health Service	Ongoing
3.9.3	Increase access to & information on Holroyd City Council childhood immunisation clinics	Number of strategies in place to increase access to & information on Holroyd City Council's childhood immunisation clinics	Holroyd City Council & Sydney West Area Health Service	Ongoing
3.9.4	Provide appropriate childcare, where possible, for initiatives and programs delivered by Holroyd City Council	Arrangements made for childcare to be made available for members of the emerging and refugee CALD communities participating in initiatives and programs	Holroyd City Council	Ongoing
3.9.5	Participate in Harmony Day	Participation in Harmony Day activities	Holroyd City Council, Holroyd LAC, MCHC, HPMS, BHHP MRC	Annually in March