

# Policy

## Healthy Lifestyles



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It is widely recognised that Local Governments make a significant contribution to improving, promoting and protecting the health of communities. This policy and plan therefore seeks to provide Council with a practical direction for the development of 'Healthy Lifestyle' social, cultural and environmental opportunities for the community of the City of Kwinana over the next five years through:

- The development of measurable objectives, strategies and actions for the enhancement of the community's lifestyle within the City
- A clear understanding of the current and future community needs of the residents of the City
- The identification of gaps in services and facilities and how services may be better accessed by residents
- Identifying and managing issues that may influence the achievement of the objectives of the plan
- An action plan for the next five years including:
  - Alterations to current opportunities and facilities
  - The development of new opportunities and services that will promote healthy lifestyles in the Kwinana community
  - Enhanced integrated and collaborative planning across council departments
  - The options to impact external agencies and services and develop effective partnerships

Adopted:	25/02/2009 #447
Last reviewed:	28/04/2010 #105 11/07/2012 #163
Legal Authority:	Local Government Act Section 2.7 – The Role of Council

## Policy:

- Through the provision of appropriate staff, funding and resources the City of Kwinana will aim to prevent the onset of chronic health issues among Kwinana residents by providing a multitude of safe, accessible and affordable opportunities to lead a healthy lifestyle.
- The City of Kwinana will actively promote the healthy lifestyle opportunities and information available to residents to ensure optimal use of facilities, programs and events.
- Through effective marketing, promotion and networking, the City of Kwinana aims to maximise the return on public funds invested into preventative health in Kwinana. Sustainable initiatives, with the greatest possible health outcomes for each dollar invested, is a priority.
- By partnering with all appropriate internal departments, state and commonwealth government agencies, local and regional health service providers, community groups and sporting clubs the City of Kwinana aims to provide a coordinated and sustainable approach to preventing and reducing the prevalence of chronic health conditions in Kwinana.
- The City of Kwinana will provide a leadership role within the community through
  - Policy and Planning
  - Advocacy
  - Supporting community groups, new and existing
  - Facilitating innovative and 'risk taking' partnerships
- The City of Kwinana will be transparent, up front and clear on expectations when engaging in consultations with the community. The City will ensure that people who have something to say will be given the opportunity to be heard and input from a broad cross section of the community will be actively sought and taken into consideration where appropriate.
- The City of Kwinana will build environments (social, natural, built and economic) to bring residents together in a way that fosters community participation and connectedness, builds community resilience and facilitates the perception of a united Kwinana in a way that is inclusive and accessible for all.