

*Townsville*  
healthy city plan



The Townsville City Council is pleased to present the Townsville Healthy City Plan 2003-2008.

The Healthy City Plan incorporates all areas of environmental health promotion and action and outlines strategies to build and sustain a safe and healthy Townsville.

We believe that good health and quality of life for local residents can be achieved through preventative programs established in partnership with the other levels of government and the community.

Whether it be in improving our natural environment to develop healthy bodies and minds, working with local primary health providers and hospitals to ensure the highest level of care, or trying to keep our streets and neighbourhoods safe from crime, we are working on strategies that keep us healthy and more productive as a community.

Importantly, our Plan utilises local resources within a best practice international framework. The international health promotion 'Ottawa Charter' advocates the holistic approach to environmental health promotion that I have outlined and it provides the basis for the ongoing development of our local Plan.

As well as the international charter, the plan has combined the best of local planning in key areas of health promotion. For example, Plan is based on programs such as Sustainable Townsville, Safe Communities, the Liveable City Strategy and the State of Environment Reporting.

I am delighted to say that community input has added considerably to the Plan's development and programs such as 'Townsville Have Your Say' have assisted us create a Plan that reflects local aspirations.

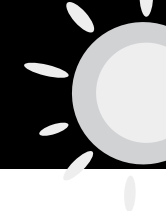
The Council acknowledges the valuable contribution of the community groups, agency representatives and all residents who provided assistance to the development of the Townsville Healthy City Initiative 2003-2008.

We look forward to now working with all these groups to implement this far sighted plan to achieve a healthier, happier and more productive community.

**Tony Mooney**

Mayor

TOWNSVILLE CITY COUNCIL



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The Townsville Healthy City Planning Project commenced in 2002 as part of Council Policy 2000 initiatives to identify local health and environment needs and document strategies to address the health issues of the City. The Healthy City Plan is the product of a local process where representatives of the community and agencies participated in the identification of both health priorities and solutions. This document contains strategic actions to be implemented by community groups, health and environment agencies from the three levels of government and other stakeholders, working in partnership, to implement strategic actions and deliver health outcomes over the next five years. Cities with a comprehensive Health Plan that demonstrates an understanding of their health needs, that develop partnerships with health agencies to work in collaboration, that promote community participation in decision-making, are well placed to enhance health status, compared to cities that don't act.

The 'Townsville Healthy City Plan' represents the best efforts of local government and its community to develop goals and strategies to respond to local public health priorities. The Healthy City Plan is a coordinating document that provides a structure for interagency response to local public health issues. The document also allows Townsville City agencies to annually review their public and environmental health partnerships, policies, programs and resources in light of the diverse and changing health needs of the City.

### Background

The Public Health Planning project was initiated by the Townsville City Council and developed with the assistance of the School of Public Health, Griffith University. In March 2002, the Project Management Group of the Townsville Healthy City Project met to discuss the vision for the project. The vision statement was identified as: -

*'Recognise health as a valuable resource to the community through strengthening networks and linkages'.*

The aims of the project included: -

- Build alliances, partnerships and cooperation;
- Provide direction and integration through strategic planning;
- Strive for realistic outcomes; and
- Involve the community in health planning.

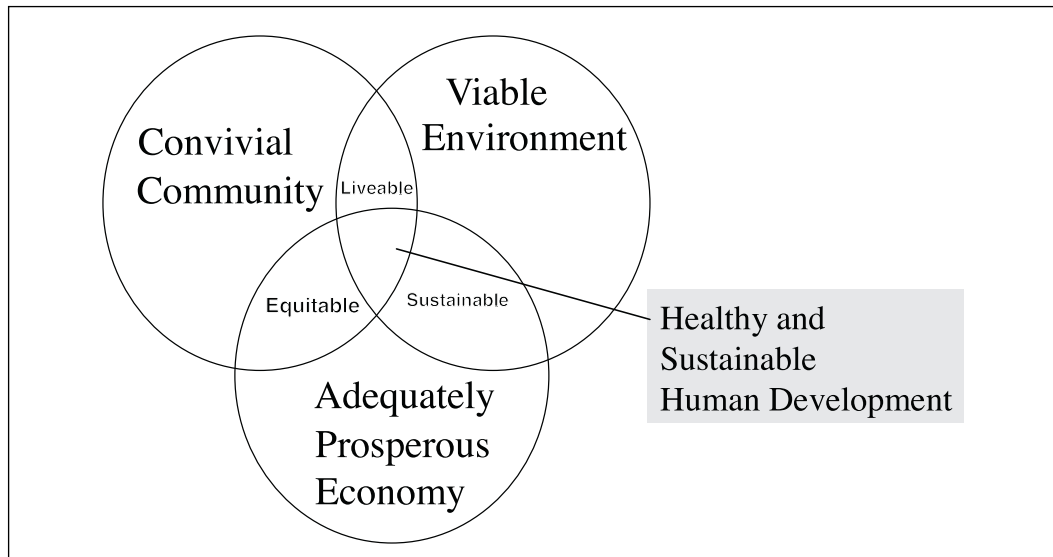
The planning is based on the World Health Organisation's Healthy Cities Approach. The Healthy Cities Approach has a focus on the city setting and attempts to consolidate and localise very broad health promotion strategies so that the social, economic and environmental conditions which promote healthy and sustainable communities, can be realised. In Queensland, a model has been developed to implement Public Health Plans in local government in line with the principles of the World Health Organisation's Healthy Cities Approach.

*'A healthy city is one that improves its environment and expands its resources so that people can support each other in achieving their highest potential... A healthy city is conscious of health as a municipal issue and is striving to improve it. Any city can be healthy if it is committed to health' (WHO, 1995)*

Trevor Hancock in 1997 described a new conceptual model of human development. Figure 1 highlights three main areas: community, environment and economy. The outcome of the interrelationship of these areas can be conceptualised as health or, more broadly, as human development.



The model suggests that good health and sustainable human development will only be achieved if the relationships between the three areas are equitable, sustainable and liveable. Community conviviality, environmental viability and economic adequacy need to be balanced in a City. Community conviviality is related to the web of social relations and 'sense of ecosystem, including air, water, soil and the food chain. Economic adequacy means having a level of economic activity that meets the needs of residents in the City.



**Figure 1: The Contexts of Health (Hancock, T., 1997)**

The Townsville Healthy City Plan has its foundations in this model of human development. A 'Healthy Townsville' demonstrates an integrated approach to developing all its components and tries to be equitable, liveable, sustainable and cohesive, to achieve high health and environmental standards and be economically prosperous.

Formulating a Healthy City Plan is an important process for Townsville because the Healthy City Plan: -

- places the challenges related to health and the quality of life on the agenda of policy makers within local government, health, environment and family departments and non-government organisations;
- links health gains to environmental issues;
- rationalises scarce resources, including people's time and energy;
- establishes a basis for monitoring the progress of initiatives and evaluating success;
- develops a basis for budgeting for the development of appropriate services and programs for health;
- demonstrates the commitment of Council to greater participation in local decision making; and
- can improve the experience of living in the city, neighbouring areas and communities over time.

Effective planning is complex and demanding. It involves developing a climate with the political will for planning for health, which means that the strategies must accommodate the unique political context of the City and its organisations. The Townsville Healthy City Plan reflects the collaborative approaches of Council working with city agencies and residents to maintain and improve the health of the city. The Healthy City Plan is a planning mechanism with input from across Commonwealth, State, Local Government and other agencies and has the main purpose to promote health and environment action at a local level. Communities in the City have been engaged in decision-making about environmental health services and will contribute to the strategic implementation of the Plan in the future.



## The process of developing the plan

The International Healthy Cities Movement was initiated as a means of supporting the World Health Organisation's Health for All Strategy and implementing the action areas of the Ottawa Charter. The Healthy City Plan is a public health plan and has been the 'tool' used in the City to plan and implement more efficient public and environmental health services.

The '**guiding principles**' of the Healthy City Plan developed in Townsville include: -

- **Collaboration** - A community's health is a shared responsibility and the involvement of other key government and community agencies is pivotal to the Plan. Cooperation and coordination are prerequisites for success. Central to the plan is the development of strong links between all relevant sectors. Effective partnerships require the establishment of a clear vision of the work of the member organisations, and understanding of which individual participants can make personal commitments. The Healthy Cities Approach suggests that developing solutions to problems on a community basis, requires partnerships between both local and state government departments and outside government with non-government agencies.
- **Participation** - Community participation draws on the energy and enthusiasm that exists within communities to define what that community wants to do and how it wants to operate. Participation is defined in the plan as a process by which people are enabled to become active and genuinely involved in defining the issues of concern to them, in making decisions about factors that affect their lives, in formulating and implementing policies, in planning, developing and delivering services and in taking action to achieve change. Townsville communities have become increasingly involved in local affairs and decision-making, and Council is confident that residents will become even more engaged through the Healthy City Plan.
- **Equity** - Equity is an important quality for a sustainable and healthy community and refers to equal opportunity for the development of human potential in the City.
- **Socio-ecological health** - The 'socio-ecological' view of health expands considerably beyond medical and behavioural models of health and disease to encompass physical, social and environmental health determinants.

*The social, economic and environmental contexts which contribute to the creation of health do not operate separately or independently of each other. Rather, they are interacting and interdependent, and it is the complex interrelationship between them, which determines the conditions that promote health' (Davey and Chapman, 1997).*

- **Good governance** - The Healthy Cities Approach is based on a model of good governance, which includes political commitment to community input into health processes and outcomes, intersectoral planning and implementation committees, community participation and Council facilitation of the planning implementation, review and evaluation.

### The process of developing the plan

The process of public health planning is as important as the resulting Healthy City Plan. The process aims to build partnerships with other sectors and levels of government and to provide the community an opportunity to participate in local health decision-making.



Figure 2 describes the planning process adopted in Townsville. Townsville City Council together with the health agencies, community representatives, local government and Griffith University have formed a 'working partnership' to develop and implement the Townsville Healthy City Plan. The steps of the planning are described in the following section.

### The Planning Process

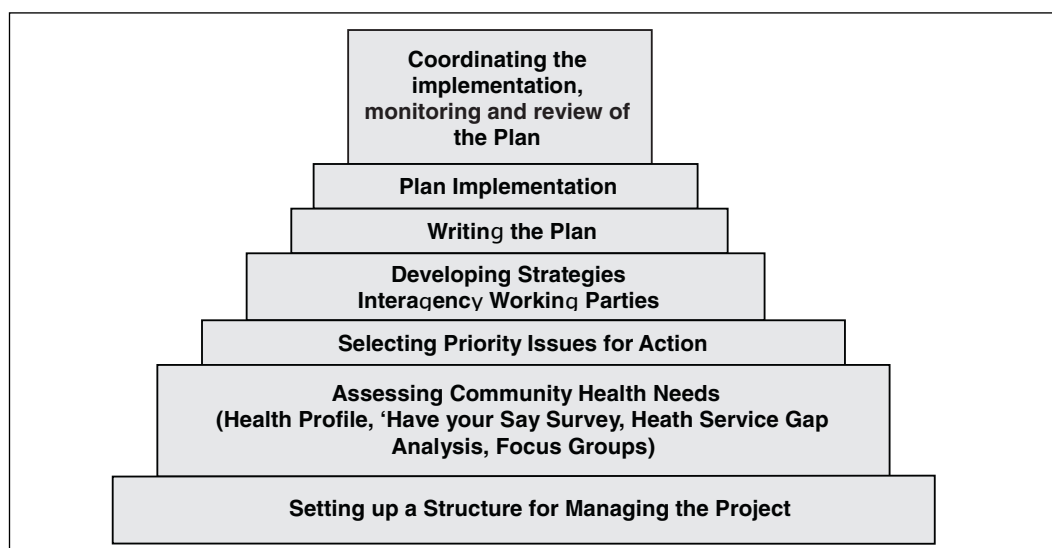


Figure 2: The process of developing the Health City Plan in Townsville (Davey and Murray, 2003)

### Setting up a structure for managing the project

The project management structure included the establishment of a project management group. The project management group was chaired by Townsville's Deputy Mayor and included representation from Townsville City Council Environmental Health Services and the School of Public Health, Griffith University. The Project Management Group had the role of overseeing the planning process and ensuring the project implementation suited the project brief and characteristics of the Townsville community. As a sub-committee of the Project Management Group, the Project Team was responsible for the coordination and implementation of activities undertaken during the project phases. The Townsville City Council Consultative Forums and existing Community Consultation Mechanisms in the City provided a foundation for planning.

### Assessing community health needs

During the needs assessment phase of the Townsville Healthy City a number of information collection methods were used. This included the collation of data for the health profile, a gap analysis of health services, and a community 'Have Your Say' questionnaire. Eleven Health Focus Groups were conducted across the City with interested community and agency representatives. The Focus Group consultation process included a series of planned target and geographical focus groups: -

#### Target focus groups

- Disability
- Women
- Youth
- Non English Speaking Background
- Older Persons
- Mental Health
- Environment
- Environmental Health
- Indigenous



# Selecting priority issues for action, Writing the plan, Coordinating the implementation, monitoring & review of the plan

## Geographical focus groups

- Townsville
- Magnetic Island

The health needs assessment work is on-going over the life of the Healthy City Plan. The Implementation Committee plans to engage further with several of these groups over the next year to focus on a range of issues. Discussion about health conditions for the indigenous groups in Townsville will be a priority and are continuing.

## Selecting priority issues for action

The Project Management Group identified priority issues and drafted theme areas via a comprehensive process which involved: - analysing information gathered in the Townsville Health Profile, completing the 'Have Your Say' Survey, reviewing results from the Health Services Gap Analysis and collating and reviewing data from the Focus Groups.

## Developing Strategies - Interagency Working Parties

To further assist in prioritising and developing strategies, intersectoral working parties were created around themes identified by the health data analysis. The government and non-government sectors, community representatives, and indigenous groups were invited to participate in the intersectoral working parties. The theme working parties met over a number of weeks and worked together on identifying health objectives and action strategies, facilitating agencies' involvement and planning time frames.

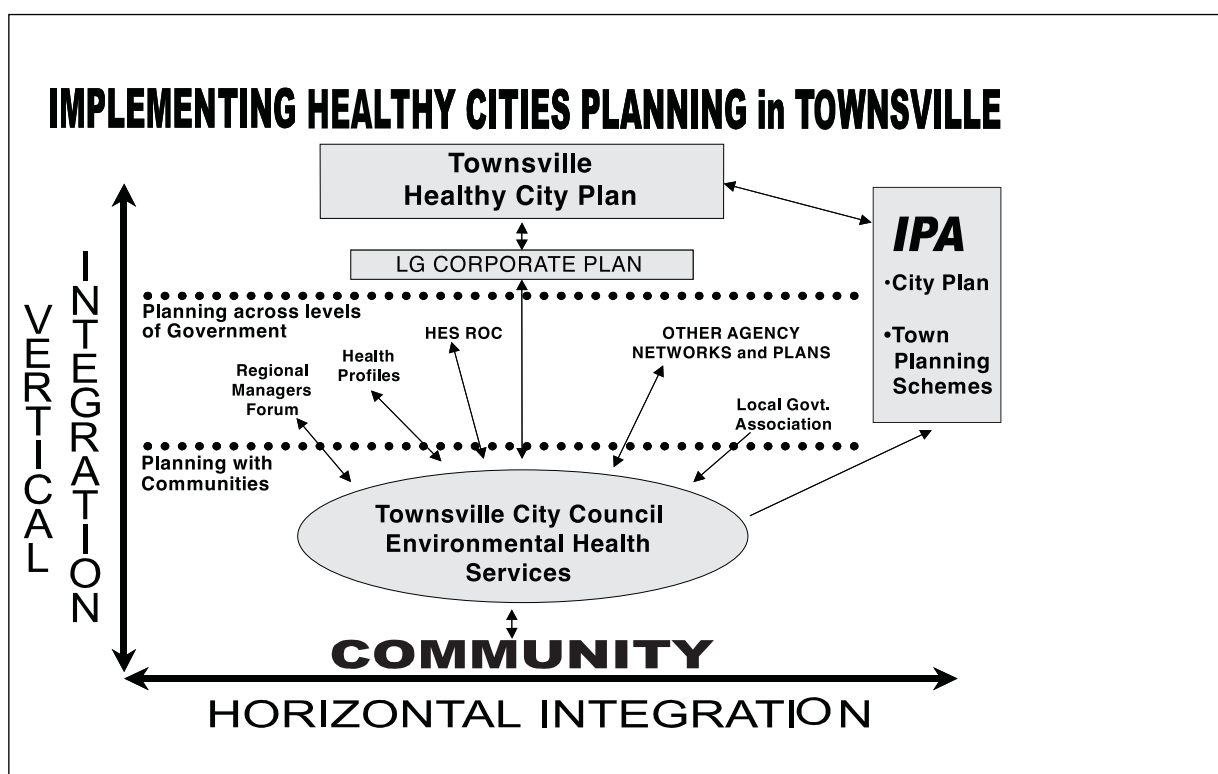
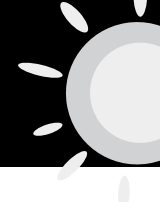
## Writing the plan

A draft plan was constructed from the theme working parties recommendations and action strategies, agency involvement, time frames and desired outcomes were developed. The draft strategies were forwarded to the agencies for consideration and comment and agencies were asked to commit to the content of the Townsville Healthy City Plan.

## Implementing the plan - Coordinating the implementation, monitoring and review of the plan

A reference group has been developed to facilitate further community consultation, networking and linkages with partner agencies to support the implementation, monitoring and review of the Townsville Healthy City Plan over a five-year period. Figure 3 highlights the key actions required to implement the Healthy City Plan in Townsville.





**Figure 3: Process of Implementing the Townsville Healthy City Plan**

Local government is recognised as having key leadership and governance roles in the areas of: -

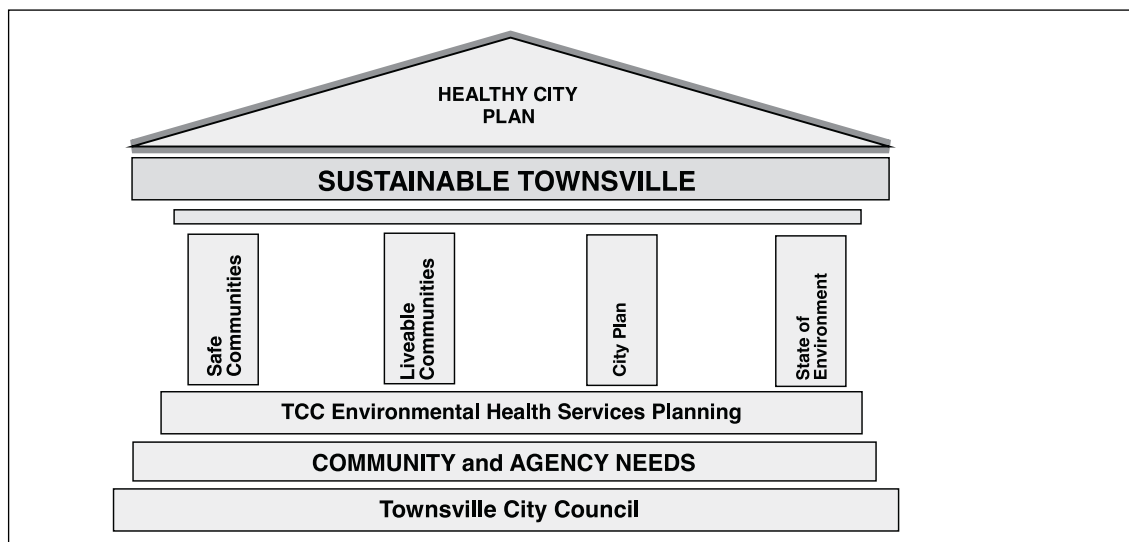
- achieving consensus around a local healthy city vision;
- establishing goals for integrated social, cultural, environmental and economic progress; and
- overseeing, reviewing and updating strategies and actions aimed at achieving equitable and sustainable outcomes for current and future generations (LGCSAA and J. Wills, 2001).

Local government is not the only player in these areas; however recognising a governance role is important for progressing shared goals and achieving outcomes for common good.

The Healthy City Plan has both direct and indirect links with other key Council Plans such as the Corporate Plan, City Plan including Council policies. A number of state and regional strategies also have important linkages recognised in the plan implementation.

The health needs of the city should to be communicated and progressed ‘up’ (vertically) to higher level planning frameworks and ‘across’ (horizontally) to community agencies, other stakeholders and to all communities. The Healthy City Plan is designed to integrate public health planning strategies both ‘horizontally’ across the region with adjacent local governments and the business plans of other agencies and ‘vertically’ to other state planning mechanisms, including the ‘Whole of Government’ – Regional Framework for Growth Management Planning Initiatives and the Integrated Planning Act. Resources will be required to build partnerships with State and National representatives in government and other forums including the Northern Regional Managers Forum of State Agency Managers, HESROC Councils, the LGAQ and the Industry Sector.

Townsville City Council is a primary partner in all public health planning processes in the city. Figure 3 provides a diagrammatical representation of the elements of 'integrated practice' for the Townsville Healthy City Plan Implementation. It is the challenge for Townsville City Council and other agencies to ensure that local health initiatives are recognised and systems and mechanisms devised and supported to ensure that public health planning strategies are fully integrated into broader regional and state-wide plans in the future.



**Figure 4: Linking the 'Pillars of Health' with Sustainable Townsville**

Figure 4 highlights the 'Pillars of Health' in Townsville City Council and demonstrates the internal organisational linkages of the integrated Healthy City Plan to Sustainable Townsville and other planning initiatives in Council.

Townsville City Council recognises that the Health City Plan is a community document supported by other agency strategic business plans and health and environment agencies programs. The continued input of city and community agencies and residents is fundamental to the maintenance of Healthy Townsville.

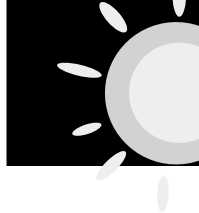
Townsville City Council will Chair a Health City Planning Implementation Committee and invite other key stakeholders to work in partnership to progress the implementation of the Healthy City Plan 2003- 2008. An 'Integrated Health Planning Approach' in the City will ensure health needs are placed on the agenda of the organisations responsible for funding such initiatives, provide for information flow to other higher order planning mechanisms and allow a participative approach so that people and agencies in the City will work together in 'rolling out' new health based planning initiatives in the next 5 years.

### Summary.

The Townsville Healthy City Plan incorporates all areas of environmental health promotion and action, and will be integrated with Council's Corporate Plan. The Townsville Healthy City Plan builds on existing planning such as Sustainable Townsville, Safe Communities, the Liveable City Strategy and the State of Environment Reporting. The Council acknowledges the valuable contribution of the community groups, agency representatives and all residents who provided assistance to the development of the Townsville Healthy City Initiative 2003-2008.

Council looks forward to working collaboratively with all stakeholders in the implementation of the Plan.

# Acknowledgments



The following people kindly assisted on the Strategy Development Working Parties and are listed according to each Theme of the Plan.

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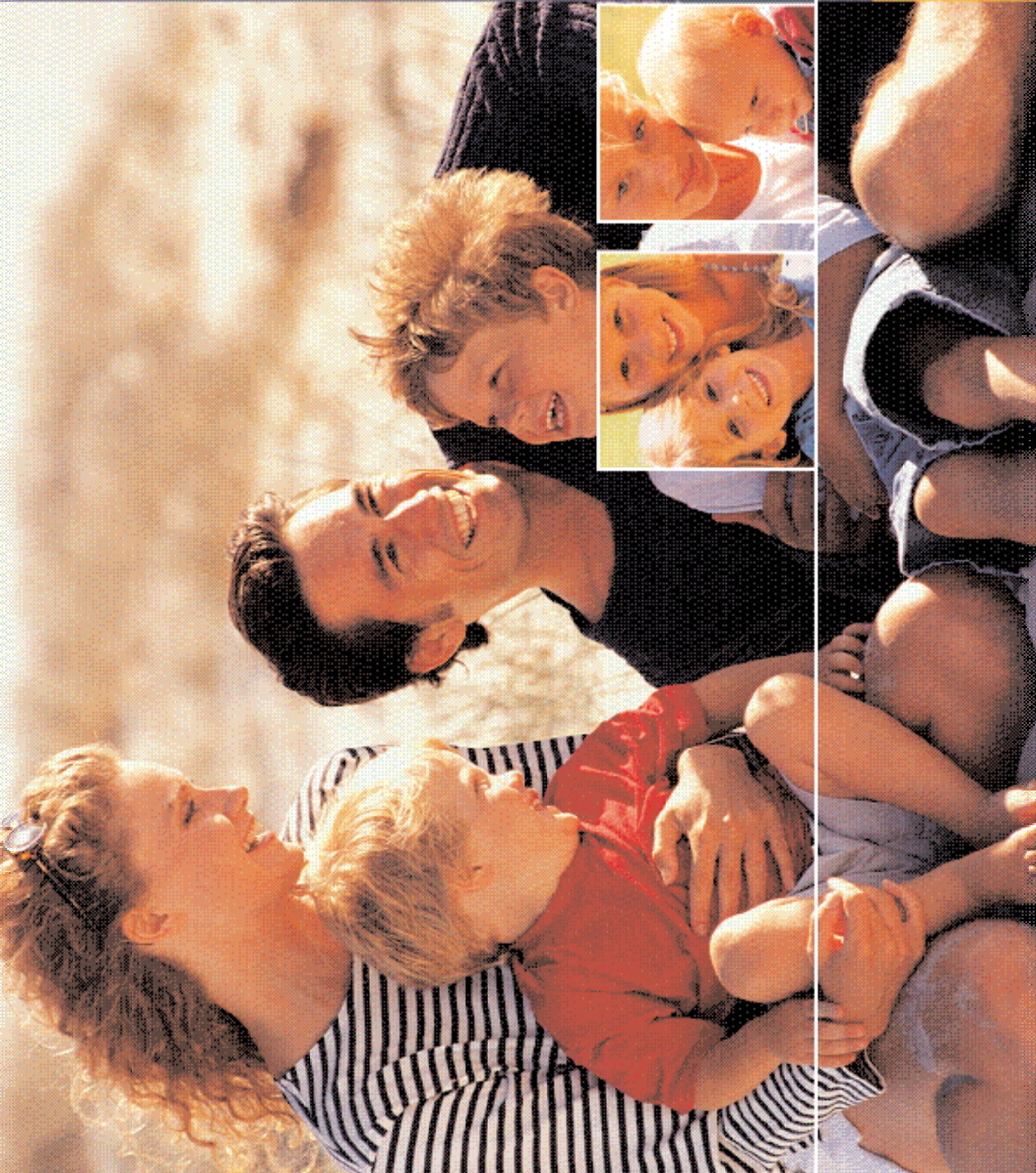
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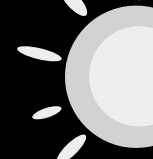


# Healthy Lifestyles

2003  
**Townsville**  
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# HEALTHY LIFESTYLES Issue: 1.1 Substance Abuse

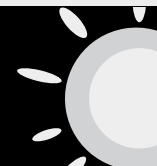


## Objective(s):

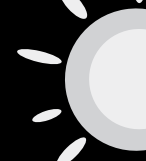
- Increase the level of prevention education in substance abuse, including drug, tobacco and alcohol

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>1.1.1</p> <p>Develop and enhance existing local partnerships to implement strategies and policies in relation to smoking: -</p> <ul style="list-style-type: none"> <li>• enforce the Tobacco and Other Smoking Products Act</li> <li>• encourage schools to support the 'Queensland Drug Education Policy'</li> <li>• advocate for a higher level of support for the 'towards a smoke-free future' 2002-2003 strategy and the Queensland Tobacco Action Plan 2000/2001 to 2003/2004</li> <li>• collaboratively coordinate 'World No Tobacco Day' event and prioritise implementation of the Tobacco Action Plan</li> <li>• implement 'Freshstart' courses in the workplace</li> <li>• advocate for smoke free venues</li> <li>• reduce the publics exposure to media messages and images that influence people to start smoking</li> <li>• collaborate with the Tobacco Action Group</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Tropical Public Health Unit Environmental Health</b></li> <li>• <b>THSD Institute of Community Health Service and Ambulatory Care</b> <ul style="list-style-type: none"> <li>• <b>ATODS</b></li> </ul> </li> <li>• Queensland Cancer Fund</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Heart Foundation</li> <li>• Education Queensland</li> <li>• Tobacco Action Group</li> <li>• Department of Premier</li> </ul>	<p>Short</p>	<ul style="list-style-type: none"> <li>• Partnership group established</li> <li>• Education sessions conducted for professional development</li> </ul>
<p>1.1.2</p> <p>Mediation with Hotelier Association on the availability of budget meals and free water at licensed premises</p>	<ul style="list-style-type: none"> <li>• <b>THSD Institute of Community Health Service and Ambulatory Care</b></li> <li>• ATODS</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Australian Hoteliers Association</li> <li>• Townsville City Council City Safe</li> <li>• Department of Premier</li> <li>• TAIHS</li> <li>• Liquor Licensing Board</li> </ul>	<p>Short/Long</p>	<ul style="list-style-type: none"> <li>• Meeting of partners held</li> <li>• Budget meals and free water available in licensed premises</li> </ul>

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.1.3	<p>Increase surveillance of the purchase of alcohol by under aged persons</p>	<p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Liquor Licensing Board</li> <li>• TAFE</li> <li>• Australian Hoteliers Association</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• All bar staff trained in monitoring and enforcement of “responsible service”</li> </ul>
1.1.4	<p>Develop, implement and review targeted educational packages on safe alcohol consumption including : -</p> <ul style="list-style-type: none"> <li>• safe alcohol consumption levels</li> <li>• implementing “looking after your mate” programs</li> <li>• equipping youth to deal more effectively with peer pressure</li> </ul>	<ul style="list-style-type: none"> <li>• <b>THSD Institute of Community Health Service and Ambulatory Care</b> <ul style="list-style-type: none"> <li>• ATODS</li> </ul> </li> <li>• <b>Townsville Thuringowa Safe Communities Road Safety Working Group</b></li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Liquor Licensing Board</li> <li>• Queensland Police Service</li> <li>• Townsville City Council Youth Council</li> </ul>	Short/Medium/ Ongoing	<ul style="list-style-type: none"> <li>• Existing information packages and programs evaluated to establish best practise</li> <li>• Updated educational and information packages available</li> <li>• Promotional activities such as 'two for one' drinks implemented and 'happy hours' reduced</li> </ul>



# HEALTHY LIFESTYLES Issue: 1.2 Active Living

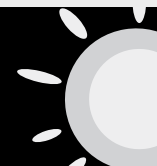


## Objective(s):

- To increase physical activity participation levels
- To increase usage rates of sport and recreational facilities
- To support environments for active living

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.2.1	Raise community awareness of sporting and recreational facilities available in each suburb through the development and dissemination of a directory	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Community and Cultural Services</b></li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Townsville City Council Public Relations</li> <li>• Townsville Enterprise</li> <li>• Sport &amp; Recreation Qld</li> <li>• Disability Services Qld</li> <li>• Community Information Centre</li> </ul>	Short	<ul style="list-style-type: none"> <li>• Increased awareness and use of facilities</li> <li>• Information delivered by letterbox drop and fridge magnets promotions</li> <li>• Directory developed and updated annually</li> <li>• Notation of disability access in the directory</li> </ul>
1.2.2	Develop ‘supportive environments for active living’ and implement a Queensland Physical Activity Strategy	<ul style="list-style-type: none"> <li>• <b>Tropical Public Health Unit Health Promotion</b></li> </ul>	Short to Medium	<ul style="list-style-type: none"> <li>• Local implementation of SEAL &amp; Qld Physical Activity Strategy</li> </ul>
1.2.3	Increase community input into planning processes for sport and recreational facilities	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Parks Services</b></li> <li>• <b>Townsville City Council Community and Cultural Services</b></li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Sporting groups</li> <li>• Queensland Cancer Fund</li> <li>• Townsville Skin Cancer Networking Group</li> <li>• James Cook University - School of Public Health and Tropical Medicine</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Increased community input into planning related to sport and recreational facilities</li> </ul>

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>1.2.4</p>	<p>Maintain Cardiac Rehabilitation Services in the community focusing on immediate post operative and ongoing programs including support for the following programs and groups: -</p> <ul style="list-style-type: none"> <li>• stepping out programs for older persons – safe walking program for aged frail persons</li> <li>• hydrotherapy programs for persons with a disability following physical or mental trauma</li> <li>• stroke group – sharing ideas appropriate for persons recovering from stroke</li> <li>• Sunshine Group – activities appropriate for aged frail persons with disabilities</li> <li>• Lighten Up Program – encourages regular exercise for participants as part of their weight reduction program</li> </ul>	<ul style="list-style-type: none"> <li>• <b>THSD Institute of Community Health Service and Ambulatory Care</b></li> <li>• <b>Community Health Service</b></li> <li>• <b>Respiratory Unit</b></li> <li>• <b>Rehabilitation Unit</b></li> <li>• <b>Cardiac Rehabilitation Outreach Program</b></li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Senior Citizen Groups</li> <li>• Migrant Resource Centre</li> <li>• ECCLI</li> <li>• Northern Beaches Group</li> <li>• Community Centres</li> <li>• Urban Renewal Programs</li> </ul>	<p>Ongoing</p> <ul style="list-style-type: none"> <li>• Targeted groups receive exercise training</li> </ul>
<p>1.2.5</p>	<p>Support an annual ‘Bike Fest’ event</p>	<ul style="list-style-type: none"> <li>• <b>Department of Transport</b></li> <li>• <b>Townsville City Council</b></li> </ul>	<p>Annual</p> <ul style="list-style-type: none"> <li>• Annual ‘Bike Fest’ event supported</li> </ul>





# HEALTHY LIFESTYLES Issue: 1.3 Sun Safety

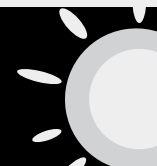


## Objective(s):

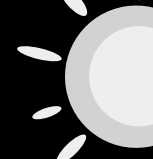
- To promote sun safety in Townsville
- To reduce the incidence of sun exposure related cancers
- To increase the number and coverage of shade structures at sporting venues
- To increase the usage of shade structures at sporting venues

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.3.1	Audit of shade structures at sport and recreational and other public facilities utilising current 'Shade' Guidelines	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Community and Cultural Service</b></li> <li>• <b>Townsville City Council Parks Services</b></li> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• Education Queensland</li> <li>• Townsville Skin Cancer Networking Group</li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Tropical Public Health Unit – Health Promotion</li> <li>• Sport &amp; Recreation Qld</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Audit completed and venues complying to guidelines</li> </ul>
1.3.2	Advocate for an holistic approach to shade creation in Townsville, including the following <ul style="list-style-type: none"> <li>• liaise with stakeholders to provide shade requirements in public places</li> <li>• educate community planners and landscape architects in shade guidelines for new developments</li> <li>• promote sun safety to the general community with emphasis on the importance of shade and the need to limit sun exposure</li> <li>• promote and implement the Queensland Skin Cancer Prevention Strategic Plan 2001-2005</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Parks Services</b></li> <li>• <b>Townsville City Council Planning and Development Services</b></li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Sporting groups</li> <li>• Queensland Cancer Fund</li> <li>• Townsville Skin Cancer Networking Group</li> <li>• Townsville City Council Environmental Health</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Enhanced partnerships</li> <li>• Increased amount of appropriate shade provided in public places</li> </ul>

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.3.3	Implement a ‘Sunsmart’ timetabling policy for sporting events	<u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Education Queensland</li> <li>• Queensland Cancer Fund</li> <li>• Townsville Skin Cancer Networking Group</li> <li>• James Cook University Sport and Recreation</li> </ul>	Short <ul style="list-style-type: none"> <li>• Sporting events held at appropriate times</li> </ul>
1.3.4	Increase shade in public areas through the planting of shade trees in streets, open space and public areas	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Parks Services</b></li> <li>• Townsville City Council Planning and Development</li> </ul>	Medium <ul style="list-style-type: none"> <li>• Increased shade trees streets, open space and public areas</li> </ul>



# HEALTHY LIFESTYLES Issue: 1.4 Nutrition



**Objective(s):**

- Improve the level of nutrition information in the community

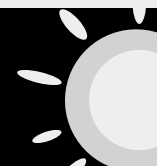
	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.4.1	<p>Increase nutrition literacy at a local level through a partnership approach: -</p> <ul style="list-style-type: none"> <li>• implementation of ‘Eat Well Queensland’ at the local level in Townsville</li> <li>• disseminate nutrition documents to stakeholders eg tuck shops and sporting organisations</li> <li>• promote health and nutritional messages on fast food to reduce misinformation</li> <li>• greater food safety monitoring at sporting events and fast food outlets</li> <li>• encourage the development of a nutrition policy by Education Queensland and other educational systems</li> <li>• work collaboratively with food businesses to promote a balanced message about good nutrition</li> <li>• support the Heart Foundation strategy to promote a balanced promotion of nutrition in food advertising</li> <li>• develop guidelines that support healthy food choices in canteens at sporting venues</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Tropical Public Health Unit – Nutrition Unit</b></li> <li>• Townsville City Council Environmental Health</li> <li>• James Cook University School of Public Health and Tropical Medicine</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Education Queensland</li> <li>• District Sporting associations</li> <li>• Sport &amp; Recreation Qld</li> <li>• Nutrition Australia</li> <li>• Queensland Academy of Sport</li> <li>• Heart Foundation</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Implementation of ‘Eat Well Queensland’ at the Local Level</li> <li>• Raise community awareness by nutrition editorials</li> <li>• Targeted strategies for groups of the population i.e. school age, adult, elderly</li> <li>• Guidelines developed using Queensland Health documents</li> <li>• Distribution of nutrition guidelines</li> <li>• The provision of healthy choices and the up-take of these choices</li> </ul>
1.4.2	<p>Work with individuals and groups to increase nutrition knowledge and skills in managing food choices, budgeting, food preparation and cooking including: -</p> <ul style="list-style-type: none"> <li>• provision of Food Cents Programs focusing on budgeting, shopping and cooking skills</li> <li>• supermarket tours to promote better food choice</li> <li>• chronic Disease Self Management Programs</li> </ul>	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care                             <ul style="list-style-type: none"> <li>• Community Health</li> <li>• TTH</li> </ul> </li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Department of Families</li> <li>• Supermarkets</li> <li>• Disability Services Qld</li> <li>• Youth Groups</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Improved skills in the community for the preparation of a healthier range of food</li> <li>• Increased ‘hands on’ food choice skills</li> </ul>

# Issue: 1.5 National Health Priorities

**Objective(s):**

Reduce the incidence of lifestyle disease risk factors

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.5.1	<p>Form a multi-sectoral working party to coordinate the implementation of strategies to raise awareness of lifestyle risk factors and their impact targeting the following: -</p> <ul style="list-style-type: none"> <li>• smoking</li> <li>• high cholesterol</li> <li>• hypertension</li> <li>• obesity</li> <li>• diabetes</li> <li>• social isolation</li> <li>• depression</li> <li>• nutrition</li> <li>• physical activity</li> <li>• alcohol consumption</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Heart Foundation</b></li> <li>• <b>Tropical Public Health Unit Health Promotion</b></li> <li>• THSD Institute of Health Service and Ambulatory Care                             <ul style="list-style-type: none"> <li>• Community Health</li> <li>• TTH</li> <li>• ATODS</li> <li>• Child Health</li> </ul> </li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Queensland Cancer Fund</li> <li>• Sport &amp; Recreation Qld</li> <li>• Townsville Division of General Practice</li> <li>• TAIHS</li> <li>• Education Queensland</li> <li>• Australian Kidney Foundation</li> <li>• James Cook University School of Public Health and Tropical Medicine</li> <li>• Dieticians</li> <li>• Schools</li> <li>• Diabetes educators</li> <li>• Diabetes Australia</li> <li>• Heart Research Centre</li> </ul>	Long	<ul style="list-style-type: none"> <li>• Reduction in incidence of smoking</li> <li>• Increase in physical activity</li> <li>• Improved nutritional intake</li> <li>• Increased knowledge of cardiovascular disease</li> <li>• Links to national and state approaches</li> <li>• Development of workforce and good practice guidelines and evaluations</li> <li>• Health promotion strategies to address social determinants including food supply, health promoting environments, community education and awareness among health professionals</li> <li>• An integrated and partnership approach to diabetes prevention</li> <li>• Number of partnerships involved in the approach</li> </ul>





Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.5.1			<ul style="list-style-type: none"> <li>• An integrated and partnership approach to prevention strategies for the reduction of lung cancer and mortality from COPD, focusing on reducing smoking and exposure to environmental tobacco smoke</li> <li>• A more holistic approach to health promotion and prevention of chronic disease</li> </ul>
1.5.2	<p>Establish and maintain good quality surveillance systems to monitor mental health disorders and suicide/self inflicted injury incidence and prevalence trends to assess overall efficiency and effectiveness of services and programs</p>	<ul style="list-style-type: none"> <li>• <b>Townsville Health Service District</b></li> <li><u>Stakeholders</u></li> <li>• Townsville Division of General Practice</li> <li>• Mental Illness Fellowship NQ</li> </ul>	<ul style="list-style-type: none"> <li>• Monitoring of mental health disorders and the impact of services provided</li> </ul>
1.5.3	<p>Establish a two – way referral system whereby duality of mental health problems, for example drug use and mental health, can be dealt with in a comprehensive way with case follow ups and outcomes routinely monitored</p>	<ul style="list-style-type: none"> <li>• <b>Townsville Health Service District</b></li> <li><u>Stakeholders</u></li> <li>• Townsville Division of General Practice</li> <li>• Mental Illness Fellowship NQ</li> </ul>	<ul style="list-style-type: none"> <li>• An effective referral system and integrated approach to mental health and dual health problems</li> </ul>

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.5.4	Implementation of the Second National Mental Health Plan at the local level	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• The Second National Mental Health Plan actioned at the local level</li> </ul>
1.5.5	Review strategies in place in the Northern Reporting Area related to Cardiovascular Health to reduce excess mortality in particular among Indigenous women	<ul style="list-style-type: none"> <li>• Townsville Health Service District</li> </ul>	Short	<ul style="list-style-type: none"> <li>• Strategies to reduce mortality from CVD are reviewed</li> </ul>
1.5.6	Maintaining cardiac care programs: - <ul style="list-style-type: none"> <li>• provision of a coronary care unit and cardiac surgery at TTH</li> <li>• multidisciplinary cardiac rehabilitation course</li> <li>• provision of the “Lighten Up” program to assist people to lose weight</li> </ul>	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care</li> <li>• TTH</li> <li>• Townsville Division of General Practice</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Individuals achieve functional independence following a cardiac event</li> <li>• Rehabilitation courses are well attended</li> <li>• Reduced repeat cardiac event</li> </ul>
1.5.7	Opportunistic vaccination and screening by general practitioners - targeting of specific high risk groups for: - <ul style="list-style-type: none"> <li>• early detection and diagnosis of Colorectal Cancer, Skin Cancer and Type Two Diabetes</li> <li>• Pneumococcal and influenza vaccine</li> </ul>	<ul style="list-style-type: none"> <li>• Townsville Division of General Practice</li> </ul>	Short-Medium	<ul style="list-style-type: none"> <li>• Opportunistic vaccination and screening supported and implemented by general practitioners</li> </ul>
1.5.8	Provision of a comprehensive service to individuals with all types of diabetes and education programs for diabetes professionals	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care</li> <li>• TTH</li> <li>• Community Health</li> <li>• Townsville Division of General Practice</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• People with newly diagnosed diabetes receive a timely service</li> <li>• Individual measurements are within the normal range</li> </ul>





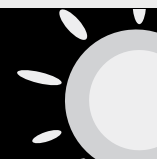
Strategy		Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.5.9	Promotion of breastfeeding as part of an optimal healthy life start and support to new mothers to sustain breastfeeding for the first twelve months of the child’s life	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care</li> <li>• TTH</li> <li>• Child Health</li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Parents</li> <li>• Playgroups</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Increased incidence of breastfeeding at twelve months</li> </ul>
1.5.10	Minimise asthma suffering through the development of individual asthma plans: - <ul style="list-style-type: none"> <li>• provision of individual asthma education and support to GP’s</li> <li>• joint programs with local pharmacies</li> <li>• incorporating into indigenous health programs</li> </ul>	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Asthma sufferers have an individual asthma plan</li> </ul>
1.5.11	Provision of an arthritis self help course	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care</li> <li>• Community Health</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Increase in skills for managing arthritis</li> </ul>

# Issue: 1.6 Communicable Disease

**Objective(s):**

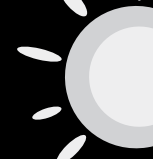
- To decrease the levels of communicable diseases in the community

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>1.6.1</p>	<p>Maintain surveillance systems to monitor ‘Notifiable Conditions’ and interventions focusing on the follow up of notifications, investigations, control of outbreaks, immunisation, strategic interventions and the development of partnerships to maximise the coverage of preventative strategies and the impact of interventions</p>	<ul style="list-style-type: none"> <li>• <b>Tropical Public Health Unit Communicable Disease Control</b></li> <li>• Townsville City Council Environmental Health</li> <li>• HESROC NQ</li> </ul>	<p>Ongoing</p> <ul style="list-style-type: none"> <li>• Effective control of notifiable conditions</li> </ul>
<p>1.6.2</p>	<p>Form a working group to review annually the incidence of communicable diseases and make recommendations to reduce the impacts of communicable diseases including the vaccine preventable diseases.</p> <p>Intervention areas include: -</p> <ul style="list-style-type: none"> <li>• distribution of information program to all new parents and children commencing pre-school/primary school</li> <li>• endorsed immunisation nurses provide the Immunisation Program Services School program as per NHMRC guidelines and 0-4 years immunisation program at Community Health Centres</li> <li>• monitor notification of vaccine preventable diseases in collaboration with Tropical Public Health Unit</li> <li>• tracking using Immunisation Registers</li> <li>• Doll and Ted Health Clinic health promotion programs</li> <li>• adult immunisation programs for risk groups</li> <li>• Aboriginal Islander Health Program immunisation program</li> <li>• programs in partnership with AuAC and SQWISI units to reduce the incidence of communicable diseases with community target group</li> <li>• health education and promotion activities for at risk group</li> <li>• needle and syringe exchange program</li> </ul>	<ul style="list-style-type: none"> <li>• <b>THSD Institute of Community Health and Ambulatory Care</b></li> <li>• <b>Child health services</b></li> <li>• <b>Aboriginal Islander Health Program</b></li> <li>• <b>ATODS</b></li> <li>• <b>Sexual Health Services</b></li> <li>• <b>Mobile women’s health nurses</b></li> <li>• <b>School based health nurses</b></li> <li>• Townsville Division of General Practice</li> <li>• James Cook University School of Public Health and Tropical Medicine</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Schools</li> <li>• P&amp;C – P&amp;F groups</li> <li>• General Practitioners</li> <li>• Education Queensland</li> <li>• Department of Families Centres</li> </ul>	<p>Short - Long</p> <ul style="list-style-type: none"> <li>• Reduced incidence of communicable diseases</li> <li>• Immunisation for 100% of children</li> <li>• At risk groups receive appropriate intervention</li> </ul>





# HEALTHY LIFESTYLES Issue: 1.6 Communicable Disease



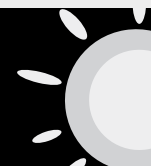
Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.6.2 <ul style="list-style-type: none"> <li>• safe sex programs</li> <li>• promotion of Hepatitis B programs to young members of the community between 12-25 years</li> </ul>	<ul style="list-style-type: none"> <li>• Private Child Care</li> <li>• Upper Ross Community Centre</li> <li>• TAIHS</li> </ul>		
1.6.3 <p>Develop a locally coordinated approach to Dengue Fever Management with links to the Dengue Fever Management Plan for North Queensland</p>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• <b>Tropical Public Health Unit Environmental Health</b></li> <li>• James Cook University School of Public Health and Tropical Medicine</li> <li>• HESROC NQ</li> </ul>	Short	<ul style="list-style-type: none"> <li>• A collaborative review of existing management plans and protocols completed</li> </ul>
1.6.4 <p>Maintain local initiatives targeting the prevention of food borne illness including: -</p> <ul style="list-style-type: none"> <li>• surveillance and monitoring of food premise hygiene</li> <li>• raising awareness of food safety planning</li> <li>• collaborative investigation of food borne disease cases</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• <b>Tropical Public Health Unit Environmental Health</b></li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Local food safety initiatives maintained</li> </ul>
1.6.5 <p>'Food Safety in the home' issues to be incorporated into the Townsville City Council's Environmental Health, Health Promotion Program including education programs for special interest groups in the area of mental health and youth</p>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> </ul>	Short - Medium	<ul style="list-style-type: none"> <li>• Local 'food safety in the home' education programs conducted</li> </ul>

# Issue: 1.7 Vector Borne Diseases

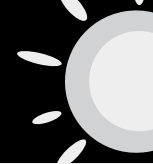
**Objective(s):**

- To decrease vector related communicable diseases

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>1.7.1</p> <p>Support and promote individual community responsibility for the control of vectors</p> <ul style="list-style-type: none"> <li>• increase public awareness</li> <li>• develop mechanisms for effective and immediate enforcement</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• <b>Tropical Public Health Unit Townsville Environmental Health</b></li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Schools</li> </ul>	<p>Short - Long</p>	<ul style="list-style-type: none"> <li>• Education and communication strategies developed</li> <li>• Increased community awareness</li> <li>• Community and resident involvement in vector control</li> <li>• Improved index for pre and post surveys of houses</li> <li>• Less vector breeding</li> </ul>
<p>1.7.2</p> <p>Pursue funding opportunities for the management of vector borne illness in collaboration with key stakeholders, individuals and community groups</p>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• <b>Tropical Public Health Unit Environmental Health</b></li> <li>• James Cook University School of Public Health and Tropical Medicine</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Commercial landholders</li> <li>• Private industry</li> </ul>	<p>Short</p>	<ul style="list-style-type: none"> <li>• Increase in resources and partnerships established</li> </ul>
<p>1.7.3</p> <p>Promote cost recovery activities for the spraying of vectors on Crown land and private property</p>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• LGAQ - Mosquito Management Advisory Group</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Commercial landholders</li> <li>• Private industry</li> </ul>	<p>Short</p>	<ul style="list-style-type: none"> <li>• Cost sharing for treatment of Crown land</li> </ul>



# HEALTHY LIFESTYLES Issue: 1.8 Relationships and Sexual Health

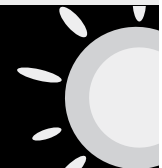


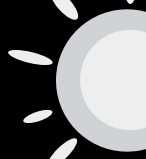
**Objective(s):**

- To decrease the incidence of sexually transmitted diseases
- To promote safe sexual relationships

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>1.8.1</p> <p>Collaborate with the Youth Council and other youth forums to develop 'local solutions' to local sexual health issues including: -</p> <ul style="list-style-type: none"> <li>• increasing the provision of condom vending machines</li> <li>• building the capacity of youth to negotiate and discuss safe sex in relationships</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council</b></li> <li>• <b>Youth Council</b></li> <li>• THSD Sexual Health</li> </ul>	<p>Medium</p>	<ul style="list-style-type: none"> <li>• Youth Health Steering Committee established</li> </ul>
<p>1.8.2</p> <p>Reduce the incidence of Chlamydia in 15-25 year age group: -</p> <ul style="list-style-type: none"> <li>• increase the awareness of the prevalence and health impacts of Chlamydia infections</li> <li>• promote screening for Chlamydia to prevent the future impacts of infertility</li> <li>• increase health promotion activities through the local media</li> </ul>	<ul style="list-style-type: none"> <li>• Townsville Division of General Practice</li> <li>• TAIHS</li> <li>• THSD Sexual Health Stakeholders</li> <li>• Education Queensland</li> <li>• High Schools</li> <li>• P&amp;C – P&amp;F Groups</li> <li>• Department Employment, Education and Training</li> <li>• Family Planning Queensland</li> </ul>	<p>Medium - Long</p>	<ul style="list-style-type: none"> <li>• Lead agencies meet and a steering committee established</li> <li>• Targeted screening and health promotion programs delivered to priority areas for examples –</li> <li>• High schools</li> <li>• Universities</li> <li>• Entertainment venues</li> <li>• Shopping centres</li> <li>• Sporting clubs</li> <li>• Private business/products attach leaflets about Chlamydia</li> <li>• Health education tools developed, for example leaflets for inclusion in video/DVD's hire outlets</li> </ul>

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.8.2			<ul style="list-style-type: none"> <li>• Chlamydia promotional messages displayed on entertainment tickets i.e. movies, concerts, shop a docket, vouchers</li> <li>• Health Promotion in media including radio, local newspapers magazines and TV spots</li> <li>• Increased awareness of Chlamydia infection and health impacts</li> </ul>
1.8.3	<p>Reduce domestic violence and the incidences of sexual attacks through the development of local community prevention and responses</p>	<ul style="list-style-type: none"> <li>• Townsville Thuringowa Safe Community Personal and Social Safety Working Group</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Women’s Shelters</li> <li>• Magnetic North Association of Supported Accommodation Services</li> <li>• Indigenous Women’s Shelter</li> </ul>	<p>Medium</p> <ul style="list-style-type: none"> <li>• Incorporation of domestic violence and sexual attacks in the Townsville Thuringowa Safe Community Program</li> </ul>
1.8.4	<p>Promotion of safe sex health promotion programs</p>	<ul style="list-style-type: none"> <li>• THSD Sexual Health</li> <li>• TAIHS</li> </ul>	<p>Ongoing</p> <ul style="list-style-type: none"> <li>• Best practice models and guidelines considered and the development of local awareness raising and service provision</li> </ul>





# HEALTHY LIFESTYLES Issue: 1.8 Relationships and Sexual Health

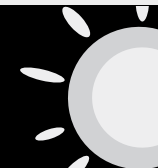
	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.8.5	<p>Maintain and strengthen safe sex programs targeting youth groups, including the following: -</p> <ul style="list-style-type: none"> <li>• health education and promotion programs on safe sex, sexuality and sexually transmitted disease, including HIV/AIDS</li> <li>• joint programs with QuAC/SQWISI to reduce the incidence of diseases in risk groups</li> <li>• joint programs with Youth Network and community groups to establish clinics as required</li> <li>• contact tracing/partner program with Queensland Health</li> <li>• MSM Support program for men</li> <li>• cross sectorial education programs for student participants in the NQ Indigenous sexual health strategy</li> <li>• promotion program for PCR testing in collaboration with other health districts</li> <li>• well persons screening</li> <li>• implementation of the HIV management plan</li> <li>• promotion of Hepatitis B to young community members between 12-25 years</li> <li>• working with Youth at Risk in collaboration with Cleveland Youth Centre, Corrective Services</li> <li>• education programs for adult offenders in collaboration with mental health services</li> </ul>	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care               <ul style="list-style-type: none"> <li>• Sexual health unit</li> <li>• ATODS</li> <li>• AHIP</li> <li>• Mobile Women’s Health Service</li> <li>• Community Health Service</li> </ul> </li> <li>• Open Youth Project</li> <li>• QuAC</li> <li>• SQWISI</li> <li>• Salvation Army</li> <li>• TAIHS</li> <li>• Relationships Australia</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Total number of clients participating in programs</li> <li>• Number of vaccinations</li> </ul>

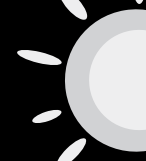
# Issue: 1.9 Sustainable Transport

**Objective(s):**

- To enhance sustainable transport systems in Townsville and surrounding areas
- To ensure people can access transport to needed health services within Townsville

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.9.1	Facilitate a transport focus group including users, agencies and government bodies	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Community and Cultural Services</b></li> <li>• <b>Townsville City Council Engineering Services Executive Unit</b></li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Department of Premier – Transport Solutions Project</li> <li>• The Townsville Thuringowa Integrated Regional Transport Plan Implementation Group</li> <li>• THSD Institute of Community Health and Ambulatory Care</li> <li>• Townsville City Council Planning and Development</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• A transport focus group facilitated</li> </ul>
1.9.2	Review the local government subsidy for local bus services and the equity for Townsville City and Thuringowa Shire residents	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Community and Cultural Services</b></li> <li>• <b>Townsville City Council Engineering Services</b></li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Local bus subsidies reviewed</li> </ul>





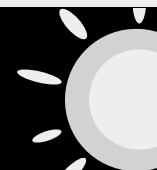
	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
1.9.3	Conduct community education activities on ‘hail and ride’ availability and use	<ul style="list-style-type: none"> <li>• Queensland Transport <u>Stakeholders</u></li> <li>• Sunbus</li> <li>• Hermit Park Bus Service</li> </ul>	Short	<ul style="list-style-type: none"> <li>• Community education program in place</li> </ul>
1.9.4	Develop a training session to improve skills in the development of funding submissions for transport related grants and programs	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Community and Cultural Services</b></li> <li>• <b>Townsville City Council Engineering Services Executive Unit</b></li> <li>• PROMPT</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Training session conducted</li> </ul>
1.9.5	Lobby for State funding for programs to increase bus usage and improve the urban sustainability aspects of transportation	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Management Services</b></li> <li>• PROMPT</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Funding proposals developed</li> </ul>
1.9.6	Support Townsville City Council involvement in ‘Travel Smart’	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Engineering Services Executive Unit</b></li> </ul>	Short	<ul style="list-style-type: none"> <li>• Uptake of ‘Travel Smart’ in Townsville City Council and wider Community</li> </ul>

## Issue: 1.10 Bikeways, Walkways and Public Exercise Facilities

### Objective(s):

- To promote and support healthy physical lifestyle choices in Townsville

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p><b>1.10.1</b></p> <p>Develop a program to examine the further development of bikeways and walkways in Townsville with linkages to: -</p> <ul style="list-style-type: none"> <li>• the Queensland Cycle strategy</li> <li>• planning for access and good linkages throughout Townsville</li> <li>• incorporation of multi use trails and tracks for the spectrum of uses including fitness, riding and walking</li> <li>• Ross River Parkway, Castle Hill and other natural areas</li> <li>• national and conservation parks</li> <li>• regional transport planning</li> <li>• supportive environments for active living</li> <li>• commuting</li> <li>• safe and appropriate lighting</li> <li>• the TravelSmart suburbs program</li> <li>• Townsville/Thuringowa and Districts Cycle Committee projects</li> <li>• identification and removal of barriers to the use of existing facilities, in particular significant cycling and walking assets</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council</b> <ul style="list-style-type: none"> <li>• <b>Community and Cultural Services</b></li> <li>• <b>Engineering Services</b></li> <li>• <b>Planning and Development</b></li> <li>• <b>Parks services</b></li> </ul> </li> <li>• Queensland Transport</li> <li>• Tropical Public Health Unit Health Promotion</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Townsville &amp; Thuringowa District Cycle Committee</li> <li>• The Townsville Thuringowa Integrated Regional Transport Plan Implementation Group</li> <li>• Townsville City Council Environment Management Services</li> </ul>	<p>Medium - Long</p>	<ul style="list-style-type: none"> <li>• Bikeway and walkway strategic planning has been undertaken</li> </ul>
<p><b>1.10.2</b></p> <p>Develop a Sports and Recreation Plan for Townsville which focuses on:-</p> <ul style="list-style-type: none"> <li>• examination and planning of public facilities which would provide exercise opportunities and promote realistic physical activity options for those in the community</li> <li>• identification and consideration of community needs and mechanisms for overcoming barriers to the uptake of physical activity</li> <li>• linkages to Queensland Physical Activity Strategy</li> <li>• considerations of disability/mobility issues</li> </ul> <p>This objective has links to Objective 1.2 Active Living</p>	<ul style="list-style-type: none"> <li>• Townsville City Council Community and Cultural Services</li> <li>• Sports &amp; Recreation Qld</li> <li>• Tropical Public Health Unit Health Promotion</li> <li>• Disability Services Qld</li> <li>• Townsville Skin Cancer Networking Group</li> <li>• James Cook University School of Public Health and Tropical Medicine</li> </ul>	<p>Medium - Long</p>	<ul style="list-style-type: none"> <li>• Sport and Recreation Plan for Townsville developed</li> <li>• Townsville City Council implementing recommendations from the plan</li> </ul>









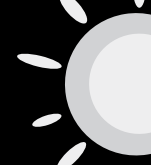
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**Townsville**  
healthy city plan



# Health Environments



# HEALTHY ENVIRONMENTS Issue: 2.1 Sustainable Planning

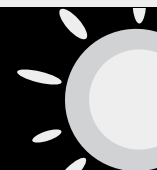


**Objective(s):**

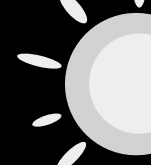
- To increase public awareness of the significance of environmental planning and development processes
- To encourage environmental leadership in the community

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
2.1.1	Research and develop public and environmental health impact assessment (EHIA) guidelines to strengthen the capacity of health agency staff to comment on the potential health impacts of development applications and State Interests	<ul style="list-style-type: none"> <li>• <b>Tropical Public Health Unit Health Promotion and Environmental Health</b></li> <li>• <b>Environmental Protection Agency</b></li> <li>• <b>Townsville City Council Environmental Health</b></li> </ul>	Long	<ul style="list-style-type: none"> <li>• Guidelines for EHIA developed</li> <li>• Training for health agency staff on EHIA</li> </ul>
2.1.2	Increase community awareness of environmental planning laws and processes, community responsibility and mechanisms for involvement. Including the targeting of the following action areas: - <ul style="list-style-type: none"> <li>• update Councils policies</li> <li>• provide public access to Council's policies on land use</li> <li>• develop a program to educate youth on integrated planning issues targeting students at high schools</li> <li>• development of educational media resources</li> <li>• tree protection local law awareness raising</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Planning and Development</b></li> <li>• <b>Townsville City Council Environmental Management Services</b></li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Planning Institute Australia</li> <li>• Education Queensland</li> <li>• Environmental Protection Agency</li> </ul>	Short	<ul style="list-style-type: none"> <li>• Education program developed and implemented</li> <li>• User friendly Council policies</li> <li>• Improved knowledge of environmental values; how to get involved; IPA processes; sustainability; valuing the environment and Internet resources</li> <li>• Community understanding of relationship between environmental planning laws and environmental outcomes</li> </ul>
2.1.3	Development of community projects aimed at the assessment of significant vegetation	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Management Services</b></li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Community Groups</li> </ul>	Short - Medium	<ul style="list-style-type: none"> <li>• Community project developed</li> <li>• Tree protection register updated</li> </ul>

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>2.1.4</p>	<p>Develop and implement policy on industry development for sustainable futures that reflect existing State Interest</p>	<ul style="list-style-type: none"> <li>• Environmental Protection Agency</li> <li>• <b>Townsville City Council Planning and Development</b></li> <li>• <b>Townsville City Council Environmental Management Services</b></li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Department of State Development</li> <li>• North Queensland Science Education</li> <li>• High Schools</li> <li>• Education Queensland</li> <li>• Townsville Enterprise</li> <li>• Department of Local Government and Planning</li> <li>• CSIRO Sustainability Project</li> <li>• NQ Water</li> <li>• Department of Natural Resources and Mines</li> <li>• NaREF network</li> <li>• Townsville Thuringowa Landcare Association</li> </ul>	<p>Medium</p> <ul style="list-style-type: none"> <li>• Best practice guidelines developed</li> <li>• Improved land use planning that values environmental assets</li> <li>• Reduced consumption of power and water</li> <li>• Greater efficiency and better use of natural resources</li> <li>• Increase uptake on industrial/commercial waste re-use (cleaner production principles)</li> <li>• Integration of state interest into planning schemes (policies and codes)</li> <li>• Demonstrated principals of sustainable vegetation management within performance indicators of industry development</li> </ul>
<p>2.1.5</p>	<p>Promote land use planning which supports the safety of pedestrians and cyclist and their ability to access services without the need to use a car</p>	<ul style="list-style-type: none"> <li>• <b>Queensland Transport</b></li> </ul>	<p>Ongoing</p> <ul style="list-style-type: none"> <li>• Better health and transport outcomes</li> </ul>



# HEALTHY ENVIRONMENTS Issue: 2.2 Environmental Management

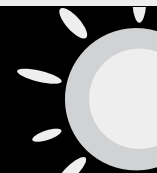


## Objective(s):

- To recognise the relationship between the environment, the community and public health and environmental sustainability

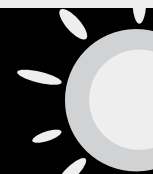
Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p><b>2.2.1</b> Develop community awareness and education programs on environmental issues and the value of the natural environment of Townsville including:</p> <ul style="list-style-type: none"> <li>• natural resource extension programs</li> <li>• the use of local native plants</li> <li>• reduction of environmental weeds</li> <li>• decreased illegal dumping</li> <li>• the value of regeneration</li> <li>• sustainable water use</li> <li>• urban storm water quality management issues</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• <b>Townsville City Council Environmental Management Services</b></li> <li>• <b>Department of Natural Resources and Mines</b></li> <li>• Environmental Protection Agency</li> <li>• Education Queensland</li> <li>• Schools</li> </ul>	Short	<ul style="list-style-type: none"> <li>• Decreased financial impact of weeds</li> <li>• Improved ecological aesthetics</li> <li>• Increased input from community members on environmental issues</li> <li>• Implementation of education programs by schools and community groups</li> <li>• Local activities during National Weebuster Week</li> </ul>
<p><b>2.2.2</b> Encourage improved water conservation and use through:</p> <ul style="list-style-type: none"> <li>• promoting water reuse and recycle</li> <li>• adopting more efficient technologies</li> <li>• reviewing the effectiveness of pricing policies</li> </ul>	<ul style="list-style-type: none"> <li>• Townsville City Council Environmental Management Services</li> <li>• Citiwater</li> <li>• NQ Water</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Efficient use of water by urban users</li> </ul>
<p><b>2.2.3</b> Implement appropriate local enforcement mechanisms and increased community awareness of the impacts of illegal dumping and water pollution including:</p> <ul style="list-style-type: none"> <li>• education and enforcement programs for declared pest plants and animals</li> <li>• education and enforcement programs for illegal dumping of materials in riparian areas</li> <li>• enforcement programs for environmental protection</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• <b>Department of Natural Resources and Mines</b></li> <li>• Environmental Protection Agency</li> <li>• Queensland Parks and Wildlife Service</li> <li>• Queensland Police Service</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Reduction in illegal disposal of waste</li> <li>• Illegal dumping activities detected and enforcement procedures undertaken</li> <li>• Community aware of penalties associated with illegal dumping and procedures for reporting incidents</li> </ul>

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
2.2.3			<ul style="list-style-type: none"> <li>Residents aware of financial, social and environmental impacts of illegal dumping</li> </ul>
2.2.4	<p>Develop and implement an integrated litter management program</p>	<ul style="list-style-type: none"> <li>Townsville City Council Environmental Health</li> <li>Environmental Protection Agency</li> <li>Townsville City Council Planning and Development Services</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>Education Queensland</li> <li>Chamber of Commerce</li> <li>Townsville Enterprise</li> <li>Citiwaste</li> <li>Building Industry</li> </ul>	<p>Short</p> <ul style="list-style-type: none"> <li>'Hot spot' analysis of adverse litter behaviour</li> <li>Introduction of public place recycling</li> <li>Measurable declines/less litter on Gross Pollutant Trap (80% less litter in stormwater drains and waterways)</li> <li>Bins installed in strategic locations</li> <li>Program implemented</li> <li>Reduced collection of litter</li> <li>Reduced litter from building sites</li> </ul>



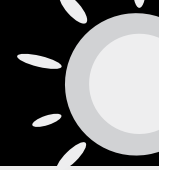


Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>2.2.8</p>	<p>Maintain and enhance local initiatives to reduce residential noise nuisances, including: -</p> <ul style="list-style-type: none"> <li>• development and availability of promotional literature</li> <li>• incorporation into the Environmental Health/Health Promotion strategies, including mechanisms for targeting user groups and promotion of less intrusive technology/devices</li> <li>• enforcement of Environmental Protection Nuisance legislation</li> <li>• generate planning guidelines and development codes for residential noise</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• Environmental Protection Agency</li> <li>• Townsville City Council - Planning and Development</li> </ul>	<p>Ongoing</p> <ul style="list-style-type: none"> <li>• Increase in knowledge in the community on noise issues by survey</li> <li>• Codes developed for air conditioners and pool pumps</li> <li>• Management of noise pollution at the development stage</li> </ul>
<p>2.2.9</p>	<p>Maintain visual and scenic amenity values through education and the enforcement of Local Law and the vegetation management framework for tree clearing</p>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Management Services</b></li> <li>• Department of Natural Resources and Mines</li> <li>• Townsville City Council Planning and Development</li> </ul>	<p>Ongoing</p> <ul style="list-style-type: none"> <li>• Community awareness of Local Law</li> <li>• Effective application of Local Law enforcement</li> <li>• Local implementation of a vegetation framework for tree clearing</li> </ul>
<p>2.2.10</p>	<p>Implementation of a Local Government Area 'Pest Management Plan' Councils</p>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health Stakeholders</b></li> <li>• Department of Natural Resources and Mines</li> <li>• Landholders</li> <li>• Contiguous Councils</li> </ul>	<p>Ongoing</p> <ul style="list-style-type: none"> <li>• The positive impact resulting from the control of exotic pest plants and animals</li> </ul>





# HEALTHY ENVIRONMENTS Issue: 2.3 Community Environmental Care



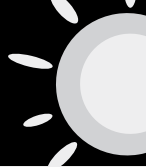
**Objective:**

- To build and improve partnerships and networks between agencies and groups for ‘Co-ordinated Community Natural Resource

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>2.3.1</p> <p>Develop partnerships with the community to assist implementing community and government Natural Resource Management Plans: -</p> <ul style="list-style-type: none"> <li>• increase membership and support for local conservation community groups</li> <li>• develop a school based web linkages program in collaboration with community and government groups</li> <li>• increase awareness of the Community Plan for Natural Resources for Townsville City Council</li> <li>• collaborate with the Natural Resource Environment Forum (NaREF) for Thuringowa and Townsville to establish a community forum</li> <li>• involvement in natural resource management extension and education programs</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Management Services</b></li> <li>• <b>Department of Natural Resources and Mines</b></li> <li>• Conservation Volunteers Australia</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• State agencies</li> <li>• NaREF</li> <li>• Cleveland Bay Consortium</li> <li>• Burdekin Dry Tropics Board</li> <li>• Local Landcare/Bushcare and environment groups</li> <li>• Sunfish</li> </ul>	<p>Medium</p>	<ul style="list-style-type: none"> <li>• Increased awareness and participation by the community in environmental events, projects, habitats and management</li> <li>• Broader community awareness of the values of the Townsville Dry Tropical environment</li> <li>• Community aware and participating in NRM forum</li> <li>• Council partnership agreements with community NRM groups and networks are developed</li> <li>• Partnership demonstrates implementation of integrated community/government Natural Resource Management</li> </ul>

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
2.3.2	<p>Community ownership of environmental objectives for conservation and sustainable natural resource management and use including: -</p> <ul style="list-style-type: none"> <li>• implementation and ownership of the plan for natural resource management in Townsville region through the Townsville State of Environment reporting and the development of local actions</li> <li>• establish and consolidate networks and linkages for coordinated conservation and natural resource management actions to improve partnerships and communication</li> <li>• facilitating ‘bringing together’ of the community around local environmental topics and issues</li> <li>• provide the community with technical skills</li> </ul>	<ul style="list-style-type: none"> <li>• NaREF</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Agencies identified in the Townsville–Thuringowa Landcare Association’s Action Plans for Community Resource Management in Townsville-Thuringowa</li> </ul>	Medium-Ongoing	<ul style="list-style-type: none"> <li>• Increased community ownership of Environmental Objectives</li> </ul>
2.3.3	Implement the Townsville - Thuringowa Catchment Management Plan	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Management Services</b></li> </ul>	Short	<ul style="list-style-type: none"> <li>• Council recognises and supports the implementation of the plan</li> <li>• Broader community acceptance and participation in the implementation of the NRM plan</li> </ul>
2.3.4	Support and build capacity in local community and council land care, bush care and coast care environmental monitoring	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Management Services</b></li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Government</li> <li>• Community</li> <li>• NaREF</li> <li>• Educators</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Community supported by local government in their environment projects</li> <li>• Increase in creek watch activities and projects</li> </ul>





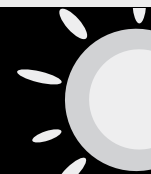
# HEALTHY ENVIRONMENTS Issue: 2.4 Community 'Open Spaces'

## Objective(s):

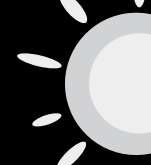
- To increase community ownership and facilitate a higher level of 'user friendliness' in public open spaces
- Develop a concept of 'guardian networks' for public open spaces
- Develop proposals for Security Improvement Program (SIP) funding

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>2.4.1</p> <p>Redevelopment of existing community open space focusing on user friendliness and safety issues</p>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Parks Services</b></li> <li>• <b>Townsville City Council City Safe</b></li> <li>• Department of Natural Resources and Mines</li> <li>• Department of Housing</li> <li>• Queensland Transport</li> <li>• THSD Community Health</li> <li>• THSD Primary Health Care</li> <li>• Department of Premier Community engagement Crime Prevention Program</li> <li>• Department of Families</li> <li>• Education Queensland</li> <li>• Sports &amp; Recreation Qld</li> <li>• Townsville City Council Community Development</li> </ul>	<p>Medium - Long</p>	<ul style="list-style-type: none"> <li>• Community needs analysis updated</li> <li>• Community feedback received</li> <li>• Community Open Space redevelopment projects completed</li> </ul>
<p>2.4.2</p> <p>To develop funding submissions for projects to improve the functionality of community open spaces in consultation with local community groups</p>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Parks Services</b></li> <li>• <b>Townsville City Council Environmental Management Services</b></li> <li>• <b>Townsville City Council Community and Cultural Services</b></li> </ul>	<p>Short - Medium</p>	<ul style="list-style-type: none"> <li>• Funding submissions generated collaboratively</li> <li>• Increase in funding</li> </ul>

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
2.4.3	Support initiatives of the Townsville and Thuringowa Safe Community Program	<ul style="list-style-type: none"> <li>• <b>Townsville Thuringowa Safe Community Project Management Team</b></li> <li>• <b>Townsville City Council City Safe</b></li> </ul>	Short - Medium	<ul style="list-style-type: none"> <li>• Representation on committees</li> <li>• Consideration of community safety assessments across Townsville City Council</li> </ul>
2.4.4	Increase community ownership of open spaces (existing facilities) through increased general awareness via sharing information on safety and the implementation of a community guardian network	<ul style="list-style-type: none"> <li>• <b>Townsville City Council City Safe</b></li> <li>• Townsville City Council Parks Services</li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Schools</li> <li>• Neighbourhood watch</li> <li>• Queensland Police Service</li> </ul>	Short	<ul style="list-style-type: none"> <li>• Improved safety audit results</li> <li>• Vibrant and safe/sustainable safe community public space</li> </ul>
2.4.5	Increase community ownership in open spaces by involving local community groups on forums in the design of facilities	<ul style="list-style-type: none"> <li>• Townsville City Council Parks Services</li> <li>• Townsville City Council Planning and Development Services</li> <li>• Townsville City Council Public Relations</li> <li>• Townsville City Council Community and Cultural Services</li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Developer Organisations</li> <li>• Department of Housing</li> </ul>	Long	<ul style="list-style-type: none"> <li>• Number of consultations</li> <li>• Decrease in reportable incidences</li> <li>• Sponsored parks</li> <li>• Visitation levels</li> </ul>
2.4.6	Facilitate community access to public spaces for events in the city	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Community and Cultural Services</b></li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Community Organisations</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Increased number of events</li> <li>• Increase in park usage by people identified as having special needs in relation to people with a disability/ mobility issue</li> </ul>



# HEALTHY ENVIRONMENTS Issue: 2.4 Community 'Open Spaces



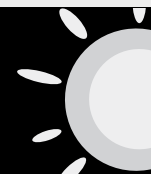
	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
2.4.7	Develop proposals for security in parks funding in collaboration with keystakeholders	<ul style="list-style-type: none"> <li>• Townsville City Council City Safe</li> <li>• Townsville City Council Parks Services</li> </ul>	Short	<ul style="list-style-type: none"> <li>• Number of successful grants received</li> <li>• Increased funding for lighting and surveillance cameras</li> </ul>
2.4.8	Expand community visits to local natural habitats and implement environmental projects across all social groups not exclusively environmental groups	<ul style="list-style-type: none"> <li>• Townsville City Council Environmental Management Services</li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Environment Agencies</li> <li>• Social groups</li> <li>• Environmental groups</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Increased visitors and participation by broader community in environmental events, projects and habitats</li> </ul>
2.4.9	Retain existing natural areas and support policies that provide integration of biodiversity into urban environments and acquisition of key environmental sites	<ul style="list-style-type: none"> <li>• Townsville City Council Environmental Management Services</li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Environment Agencies</li> <li>• Social groups</li> <li>• Environmental groups</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Degree of retention and acquisition of natural habitats</li> </ul>
2.4.10	Maintain the Beach Safety Committee and provide support for research into of the hazards of marine stingers	<ul style="list-style-type: none"> <li>• Townsville City Council Park Services Beach Safety Committee</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Beach Safety Committee is active</li> <li>• Research funding established</li> </ul>
2.4.11	Health education and promotion programs on the hazards of marine stingers	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care</li> <li>• Townsville City Council Parks Services</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Programs conducted</li> </ul>

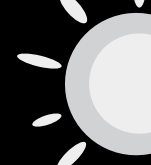
## Issue: 2.5 Domestic Dog Control

### Objective(s):

- Increase community awareness of responsible dog ownership

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
2.5.1	Promote and evaluate responsible dog ownership programs	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health Stakeholders</b> <ul style="list-style-type: none"> <li>• Department of Natural Resources and Mines</li> </ul> </li> </ul>	Short - Medium	<ul style="list-style-type: none"> <li>• Increased responsible animal ownership</li> <li>• Reduced forming feral dog populations</li> </ul>
2.5.2	Increase stakeholder support for existing Townsville City Council Animal Management Strategies including: - <ul style="list-style-type: none"> <li>• responses to excessive barking</li> <li>• development and implementation of exercise and leash laws</li> <li>• on going best practice registration systems</li> <li>• development of animal aggression management programs</li> <li>• effective enclosures design</li> <li>• effective management and disposal of litter</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health Stakeholders</b> <ul style="list-style-type: none"> <li>• HESROC NQ</li> <li>• Veterinarians</li> <li>• Pet shop owners</li> <li>• Refuge Managers</li> <li>• Breeding Associations</li> </ul> </li> </ul>	Short - Long	<ul style="list-style-type: none"> <li>• Animal management material available in all stakeholder facilities</li> </ul>
2.5.3	Increase public awareness of the issues involved in animal management	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> </ul>	Short	<ul style="list-style-type: none"> <li>• Increase in public awareness</li> <li>• Reduction of dog attacks</li> </ul>
2.5.4	Provide opportunities for dog exercise environments, including the appropriate expansion of 'off leash' areas, in consultation with the community	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Development of appropriate designated areas</li> </ul>





**Objective(s):**

- Reduce the wild dog population and associated threats to urban areas

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>2.6.1 Promote the development and implementation of regional and state wide pest management plans, in particular a regional ‘wild dog strategy’</p>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• Tropical Public Health Unit Environmental Health</li> <li>• Department of Defence</li> <li>• Department of Natural Resources and Mines</li> <li>• Queensland Parks and Wildlife</li> <li>• HESROC NQ</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Local Government Association of Queensland</li> <li>• AgForce</li> <li>• Wildlife Preservation Society Queensland</li> <li>• RSPCA</li> <li>• Landcare</li> <li>• NaREF</li> <li>• Queensland Police Service</li> </ul>	<p>Short</p>	<ul style="list-style-type: none"> <li>• Reduction in wild dogs in urban areas</li> <li>• Memorandum of Understanding between all agencies with agreement from stakeholders</li> <li>• Retention of dingoes as part of the ecological environment</li> </ul>
<p>2.6.2 Incorporate management strategies for wild dogs within the Local Government Area Pest Management Plan</p>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Department of Natural Resources: Land Protection</li> <li>• Environmental Protection Agency</li> <li>• Department of Defence</li> <li>• Landowners</li> </ul>	<p>Short - Medium</p>	<ul style="list-style-type: none"> <li>• Wild dogs and dingoes recognised as a Declared Class 2 Pest Species within a Local Pest Management Plan</li> <li>• Implementation of a local pest management plan for wild dogs and dingoes</li> <li>• Individual pest management plans for large properties</li> </ul>

## Issue: 2.7 Cat Management (Domestic and Feral)

### Objective(s):

- Develop and implement a holistic cat management plan for the city

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>2.7.1</p> <p>Develop a cat management plan in collaboration with stakeholders to: -</p> <ul style="list-style-type: none"> <li>• improve the community's awareness of the direct and indirect effects of cat ownership</li> <li>• promote responsible pet ownership to cat owners in Townsville</li> <li>• link to the local pest management planning and feral cat control program with priority on areas with tourism and ecological significance e.g. Town Common and Wetlands.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• Environmental Protection Agency</li> <li>• National Parks and Wildlife</li> <li>• RSPCA</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Department of Natural Resources and Mines</li> <li>• HESROC NQ</li> <li>• Pet shops</li> <li>• Feline Associations</li> <li>• Breeding associations</li> <li>• Landcare</li> <li>• NaREF</li> </ul>	<p>Short</p>	<ul style="list-style-type: none"> <li>• Cat Management Plan endorsed and accepted by the community.</li> <li>• Health promotion programs implemented - new cat local laws</li> <li>• Plan developed to increase awareness cat owners of obligations</li> <li>• Feral cats considered for declaration as a Class 2 Pest Species within a Local Pest Management Plan</li> <li>• Implementation of a Local Pest Management Plan for feral cats</li> <li>• Reduction of feral cat numbers in priority areas</li> <li>• Reduction of predation of wild life in the priority areas</li> </ul>
<p>2.7.2</p> <p>Research feral cat populations across geographical and measure the ecological impacts</p>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• <b>Townsville City Council Environmental Management Services</b></li> <li>• James Cook University</li> </ul>	<p>Ongoing</p>	<ul style="list-style-type: none"> <li>• Report on feral cat impacts and status of zero tolerance policy</li> </ul>







# HEALTHY ENVIRONMENTS Issue: 2.7 Cat Management (Domestic and Feral)

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
2.7.2			

- Department of Primary Industries Stakeholders
- Environmental Protection Agency
- National Parks and Wildlife
- Department of Natural Resources and Mines
- Land protection board
- RSPCA and refuges
- Feline Associations
- Breeding associations
- HESROC Councils
- Local Government Association of Queensland
- Landcare
- NaREF
- Department of Defence
- Environment Australia

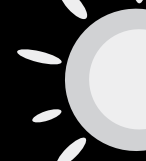
## Issue: 2. 8 Safe Communities

### Objective(s):

To promote and protect community safety

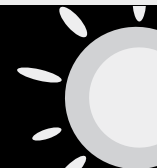
	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
2.8.1	Continued development, implementation and support of the Townsville Thuringowa Safe Community Program to address issues including: - <ul style="list-style-type: none"> <li>• fall prevention for older person</li> <li>• injuries including, sports, traffic and transport injuries</li> <li>• suicide</li> <li>• violence</li> <li>• improved understanding of safety issues amongst those from non-English speaking backgrounds</li> <li>• child abuse</li> <li>• crime prevention to reduce break and enters and street violence</li> </ul>	<ul style="list-style-type: none"> <li>• Townsville Thuringowa Safe Community Working Groups</li> <li>• Senior Safety</li> <li>• Personal and Social Safety</li> <li>• Road Safety</li> <li>• Sports and Leisure</li> <li>• Workplace Safety</li> <li>• Home Safety</li> <li>• Child Safety</li> <li>• Tropical Public Health Unit Health Promotion</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Ongoing implementation of the Townsville - Thuringowa Safe Community Program</li> <li>• Reduction of injuries</li> <li>• Achievement and maintenance of WHO Safe Communities Accreditation</li> </ul>
2.8.2	Maintain and enhance safety in the central business district	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Corporate Services (Mall Administration)</b></li> <li>• <b>Queensland Police Service</b></li> <li>• <b>CBD taskforce</b></li> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• Community Patrol</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Safety audits indicate improved CBD safety</li> <li>• Safety design incorporated into development</li> <li>• Community access to information on safety design</li> </ul>
2.8.3	Assess disaster preparedness and infrastructure on Magnetic Island	<ul style="list-style-type: none"> <li>• <b>Local Government Counter Disaster Committee</b></li> </ul>	Short	<ul style="list-style-type: none"> <li>• Assessment undertaken</li> <li>• Improved infrastructure</li> </ul>





Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
2.8.4 Annual Review of Local Disaster Planning	<ul style="list-style-type: none"> <li>Local Government Counter Disaster Committee</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>Annual reviews conducted</li> </ul>
2.8.5 Annual Review and enhancement of the Public Health Disaster Sub Plan	<ul style="list-style-type: none"> <li>Townsville City Council Environmental Health</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>Annual review conducted</li> </ul>
2.8.6 Develop a 'Sharps Management' Strategy which incorporates: - <ul style="list-style-type: none"> <li>education and awareness raising mechanisms</li> <li>24 hour access to disposal mechanisms</li> <li>develop and maintain a tool for mapping locations where Sharps are collected in public places and identifying 'hot spots'</li> </ul>	<ul style="list-style-type: none"> <li>Townsville City Council Environmental Health and CitiWaste</li> <li>Townsville City Council City Safe</li> <li>Townsville City Council Safety Office</li> <li>Tropical Public Health Unit Environmental Health</li> <li>Sharps Management in Public Places Working Group</li> <li>THSD Institute of Community Health and Ambulatory Care                             <ul style="list-style-type: none"> <li>Sexual Health</li> <li>ATODS</li> <li>TTH</li> </ul> </li> </ul>	Short	<ul style="list-style-type: none"> <li>Joint funding submission made</li> <li>Improved Sharps Management Program</li> </ul>
2.8.7 Maintain local injury prevention and safety in the home programs, including programs which: - <ul style="list-style-type: none"> <li>offer preventative education for groups through the Healthy Homes program</li> <li>continued implementation and use of the 'Stepping Out' program to prevent falls among older people</li> </ul>	<ul style="list-style-type: none"> <li>Tropical Public Health Unit Health Promotion</li> <li>THSD Institute of Community Health and Ambulatory Care                             <ul style="list-style-type: none"> <li>Community Health</li> <li>Medical Aids Subsidy Scheme</li> </ul> </li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>Individuals are able to reduce their risk of falls and other injuries in their homes</li> <li>Improve individual ability to function independently</li> </ul>

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>2.8.7</p> <ul style="list-style-type: none"> <li>• provide basic domestic assistance through Home Care to frail aged people and those with a disability</li> <li>• provide home based nursing and allied health services for frail aged people and those with a disability</li> <li>• provide subsidised medical aids and equipment to approved clients</li> <li>• provide home oxygen for respiratory clients</li> <li>• provide driver assessment and rehabilitation</li> <li>• offer osteoporosis prevention and self management training</li> <li>• provide support and education for people with Multiple Sclerosis and related neurological conditions</li> <li>• support provision of community based hydrotherapy facilities</li> <li>• provide treatment for individuals with suicidal tendencies</li> <li>• work with advocacy and support groups to reduce incidence of suicide</li> <li>• assist families develop their parenting skills</li> <li>• assists families make their home safe for children</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Integrated Mental Health</b></li> <li>• <b>Child Health</b></li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Stepping Out Steering Committee</li> <li>• Blue Care</li> <li>• ECCLI</li> <li>• Townsville City Council</li> <li>• Department of Families</li> <li>• Education Queensland</li> <li>• Arthritis Townsville</li> </ul>		<ul style="list-style-type: none"> <li>• Individuals are confident with self management</li> <li>• Increase high risk families' ability to parent effectively</li> <li>• Reduced injuries from falls amongst older person</li> <li>• Frequency of programs and numbers attending</li> <li>• Incidence of falls following program attendance</li> </ul>







2003  
**Townsville**  
healthy city plan

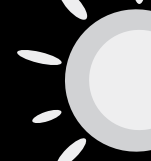


# Healthy Communities



# HEALTHY COMMUNITIES Issue: 3.1 Hospital Discharge Planning

Including young people, families and those with special needs



**Objective(s):**

- To develop, implement and evaluate an effective discharge planning policy for the Townsville Hospital

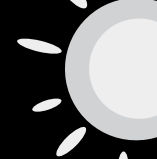
	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
3.1.1	Townsville Health Service District to host a forum to discuss discharge planning policy and the potential for improvements	<ul style="list-style-type: none"> <li>• THSD Hospital Discharge Planning Office</li> <li>• THSD Mental Health</li> <li>• Townsville Division of General Practice</li> </ul>	Short	<ul style="list-style-type: none"> <li>• Opportunity provided for all stakeholders to discuss issues</li> <li>• All discharged patients have appropriate support in place</li> </ul>
3.1.2	Implement Hospital Discharge planning to include: - <ul style="list-style-type: none"> <li>• discharge planning to commence at admission</li> <li>• discharge planning to be coordinated by the treating team</li> <li>• all discharged clients have discharge letter as minimum communication with GP</li> <li>• programs for specific client groups coordinated through Emergency Department to streamline admission and length of stay</li> <li>• client safety assessed before discharge</li> <li>• appropriate services arranged prior to discharge</li> <li>• home based follow up nursing and allied health services provided</li> </ul>	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care</li> <li>• TTH</li> <li>• Community Health</li> <li>• Medical Aids Subsidy Scheme</li> <li>• ACAT</li> <li>• Home Care</li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• General Practitioners</li> <li>• Blue Care</li> <li>• St Luke’s Nursing Service</li> <li>• St Vincent’s</li> <li>• ECCLI</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Clients/carer is satisfied with discharge planning</li> <li>• Number of complaints received</li> <li>• Hospital re-admissions rate (re-admit within 24 hours) improved</li> </ul>
3.1.3	Collaborate with all relevant agencies to develop a Hospital Discharge needs assessment process including : - <ul style="list-style-type: none"> <li>• needs assessment survey</li> <li>• proposal for hospital discharge strategy development and the formation of alliances</li> <li>• strengthen the link between discharge planning and community services</li> <li>• develop a ‘step-down’ facility for those without carers</li> </ul>	<ul style="list-style-type: none"> <li>• THSD Mental Health</li> <li>• Townsville Division of General Practice</li> <li>• Townsville City Council Community Services</li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• National Seniors Townsville Branch</li> </ul>	Short -Medium	<ul style="list-style-type: none"> <li>• Needs assessment completed</li> <li>• Agreed discharge planning policy in place</li> </ul>

Strategy		Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
3.1.3		<ul style="list-style-type: none"> <li>• Mental Illness Fellowship NQ</li> <li>• St Luke’s Nursing Service</li> <li>• TCAG</li> <li>• Blue Care</li> <li>• Green Nurses</li> <li>• Anglican Care</li> <li>• Department of Aboriginal and Torres Strait Islander Policy</li> <li>• TAIHS</li> <li>• Other service providers</li> </ul>		





# HEALTHY COMMUNITIES Issue: 3.2 Supportive Accommodation for People with Mental Illness



**Objective(s):**

- Increase supported accommodation for people with a mental illness

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
3.2.1	Developing a collaborative working party to address supported accommodation issues <ul style="list-style-type: none"> <li>• consult with key services and stakeholders</li> <li>• survey, research and review other models in Australia and New Zealand</li> <li>• investigate the suitability of models utilised for existing facilities in Townsville</li> <li>• identify resources and services currently available</li> <li>• lobby local politicians for support</li> </ul>	<ul style="list-style-type: none"> <li>• <b>TDHS Integrated Mental Health Services</b></li> <li>• <b>Townsville City Council Community and Cultural Services</b></li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Department of Housing</li> <li>• Disability Services Qld</li> <li>• Department of Families</li> <li>• TRCOTA</li> <li>• North Qld Indigenous Housing Ltd</li> <li>• Consumer groups</li> <li>• Mental Illness Fellowship</li> <li>• ARAFMI</li> <li>• Department of Aboriginal Torres Strait Islander Policy</li> <li>• TAIHS</li> <li>• Regional Disability Council of North Queensland</li> </ul>	Short	<ul style="list-style-type: none"> <li>• A range of supported accommodation options available</li> <li>• Services working collaboratively</li> <li>• Consumers satisfied with the range of options</li> <li>• Consumers lifestyles enhanced through appropriate accommodation and supports</li> </ul>

## Issue: 3.3 Men's Health Services

### Objective(s):

- Promote men's physical and emotional health
- Promote men's health through the establishment of men's health services

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>3.3.1</p>	<p>Develop a men's support group to facilitate improvements in men's physical and emotional health, targeting the following priority actions:</p> <ul style="list-style-type: none"> <li>• provision of a central facility for accessing information, resources and educational programs</li> <li>• identify and develop health promotion initiatives for men</li> <li>• develop a men's behavioural management group</li> <li>• increase men's health promotion material in doctors waiting rooms and work places</li> <li>• promote role models for men</li> <li>• identify men's health professional services in a directory</li> <li>• develop educational curriculum in primary schools that focuses on male behaviour</li> </ul>	<ul style="list-style-type: none"> <li>• Townsville City Council Community and Cultural Services</li> <li>• Townsville Division of General Practice</li> <li>• Department of Aboriginal Torres Strait Islander Policy</li> <li>• TAIHS</li> <li>• District Health Board</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• RSL</li> <li>• Prostate Cancer Support Group</li> <li>• Rotary</li> <li>• Lions Clubs</li> <li>• Service clubs</li> <li>• Workers Unions</li> <li>• St Vincent</li> <li>• Centacare Family Services</li> <li>• Vietnam Veterans Counselling Services</li> <li>• Domestic Violence Resource Service</li> <li>• Prisoners Aid Society</li> </ul>	<p>Short</p> <ul style="list-style-type: none"> <li>• Men's support group established with terms of reference</li> <li>• Anger management program available</li> <li>• Improved men's health (physical and mental)</li> <li>• Improved use of health promotion by men</li> <li>• Sustainable men's health service</li> <li>• Reduce costs associated with medical problems</li> <li>• An increase in material on specific men's health services</li> <li>• Baseline information on services available</li> </ul>





# HEALTHY COMMUNITIES Issue: 3.3 Men's Health Services

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
3.3.2	<p>Maintain and strengthen the 'Men's Health' focus within programs and services including the targeting of the following priority areas: -</p> <ul style="list-style-type: none"> <li>• indigenous men's health programs</li> <li>• early psychosis program</li> <li>• parenting program</li> <li>• sexual health programs</li> <li>• provision of urological service</li> <li>• provision of youth mental health services for individuals and groups</li> <li>• individual advice for clients about sexual health and sexuality</li> <li>• treatment for sexually transmitted infections</li> <li>• social group for older persons with physical deconditioning (Sunshine Group)</li> </ul>	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care               <ul style="list-style-type: none"> <li>• TTH</li> <li>• Child &amp; Youth Mental Health</li> <li>• Sexual health</li> <li>• Community Health</li> <li>• Child Health &amp; Integrated Mental Health</li> </ul> </li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Townsville Division of General Practice</li> <li>• Role models</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Number of referrals to TTH service</li> <li>• Number attending C&amp;YMHS groups and number on waiting list</li> <li>• Reporting of numbers attending Sexual Health Services over time</li> </ul>

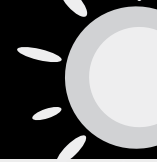
## Issue: 3.4 Social Isolation

### Objective(s):

- To reduce the social isolation experienced by individuals in the community

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>3.4.1</p>	<p>Increase the level of activity in the City to address social isolation and social connectedness through the following: -</p> <ul style="list-style-type: none"> <li>• conduct local research to examine the context of social isolation and highlight the impacts on the community and health agencies</li> <li>• provide a process that brings together isolated individuals in a social setting</li> <li>• develop safe community meeting places across the community</li> <li>• investigate funding opportunities to employ a community liaison officer to facilitate the identification and integration of isolated persons and the agencies that are funded to assist</li> <li>• develop a city based awareness campaign to engage socially isolated individuals using media facilities</li> <li>• develop a street welcoming program that is facilitated by a community committee to welcome and engage new residents</li> <li>• work with health agencies to enhance levels of knowledge and skills in servicing all aspects of social isolation</li> <li>• involve the community in a health enhancing competition to develop a slogan to promote discussion about social isolation</li> <li>• development of new residents kit</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council</b></li> <li>• <b>Community and Cultural Services</b></li> <li>• James Cook University</li> <li>• Townsville Division of General Practice</li> <li>• Women's Centre</li> <li>• Townsville Multicultural Support Group</li> <li>• TAIHS</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Department of Defence</li> </ul>	<p>Short</p> <ul style="list-style-type: none"> <li>• Increase in events with greater attendance</li> <li>• Number of meeting places developed by Council</li> <li>• Community usage of community garden</li> <li>• Greater use of existing services</li> <li>• Increased access/transport to activities</li> </ul>





	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
3.4.2	<p>Maintain local initiatives for addressing social isolation for at risk health groups, targeting the following priority areas: -</p> <ul style="list-style-type: none"> <li>• home visits for high risk families with a new baby to increase self management and parenting skills</li> <li>• child health home visiting program</li> <li>• provision of “New Mothers Group” to help mothers deal with personal and family issues related to motherhood</li> <li>• “Sunshine Group” which is a social group for older persons with levels of physical disability that inhibits their integration with other groups</li> <li>• stroke support groups</li> <li>• Parkinson’s support groups</li> <li>• Palm Lodge socialisation group (aims to improve individual’s confidence in interactions among residents)</li> <li>• “Family and Friends with Cancer” support group</li> <li>• home based care for older and disabled people with continence problems</li> <li>• “Breathing Ezy” group supports people with chronic obstructive pulmonary disease</li> <li>• Quinn Street Day Respite Centre for sufferers of mental health disorders</li> <li>• provision of community assisted transport</li> </ul>	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care</li> <li>• Child Health</li> <li>• Community Health</li> <li>• Integrated Mental Health</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Increased user satisfaction by at risk groups</li> </ul>

## Issue: 3.5 Resilient Families

### Objective(s):

- To assist families to develop resilience to minimise the impact of family crisis

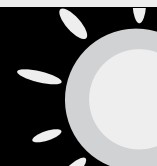
	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
3.5.1	Establish strong, collaborative relationships between agencies working with families and strengthen the effectiveness of the agency referral process for families in need regarding everyday challenges, including life transitions, times of cumulative stresses and significant adversity or risk	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Community and Cultural Services</b></li> <li>• Department of Families</li> <li>• THSD Community Health</li> <li>• Child Care Agencies</li> <li>• Townsville Division of General Practice</li> <li>• Relationships Australia</li> <li>• Red Cross</li> <li>• Tropical Public Health Unit Health Promotion</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Women's Infolink</li> <li>• MNYSP</li> <li>• Townsville Aboriginal Islander Health Service</li> <li>• Migrant Resource Centre</li> <li>• Lifeline</li> <li>• Women's Centre</li> <li>• DCC</li> <li>• DSG</li> <li>• Playgroup Associations</li> <li>• Mental Illness Fellowship North Queensland</li> <li>• James Cook University</li> <li>• Department of Defence</li> </ul>	Short - Medium	<ul style="list-style-type: none"> <li>• Meeting of key partners</li> <li>• Establishment of reference group</li> </ul>



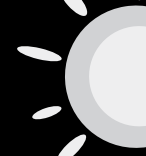


Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>3.5.2</p> <p>Improve the understanding staff in childcare centres have of the referral processes for children in crisis, child protection and the special needs of children, including: -</p> <ul style="list-style-type: none"> <li>• map all family and parenting services available in Townsville</li> <li>• raises awareness across the community on family and parenting services available and how these are accessed</li> <li>• identify gaps in family and parenting service provision</li> <li>• undertake a SWOT analysis of special needs including knowledge, attitude and practice</li> <li>• review and evaluate parenting programs developed for specific child age groups and cultural group needs</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Community and Cultural Services</b></li> <li>• Department of Families</li> <li>• THSD Community Health</li> <li>• Child Care Agencies</li> <li>• Townsville Division of General Practice</li> <li>• Relationships Australia</li> <li>• Red Cross</li> <li>• Tropical Public Health Unit Health Promotion</li> <li>• Lifeline</li> <li>• Women's Centre</li> <li>• DCC</li> <li>• DSG</li> <li>• Playgroup Associations</li> <li>• Mental Illness Fellowship North Queensland</li> <li>• James Cook University</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• MNYS</li> <li>• TAIHS</li> <li>• Migrant Resource Centre</li> <li>• Queensland Police Service</li> </ul>	<p>Short - Medium</p>	<ul style="list-style-type: none"> <li>• Gaps in services are identified</li> <li>• Pilot project to address gaps</li> <li>• Better collaboration with services to develop a holistic care plan for families</li> <li>• Understanding the effectiveness of different parenting programs</li> </ul>

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>3.5.3</p> <p>Maintain and strengthen family programs targeting the following areas: -</p> <ul style="list-style-type: none"> <li>• infant management and parenting skills (IMPS)</li> <li>• triple parenting program</li> <li>• Community Therapy Program for children with disabilities</li> <li>• early intervention for Families Program</li> <li>• member of SCAN program</li> <li>• school based nurse program</li> <li>• health education and promotion program for parents on nutrition, immunisation and healthy lifestyle</li> <li>• virtual parenting program</li> <li>• puberty program</li> <li>• teenage pregnancy programs</li> <li>• child and youth mental health</li> <li>• advisory program for accommodation, community services for Aboriginal and Torres Strait Islanders</li> </ul>	<ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care</li> <li>• Child Health Services</li> <li>• ATODS</li> <li>• Sexual Health</li> <li>• Integrated Mental Health Services</li> <li>• AHIP</li> <li>• TAIHS</li> <li>• Heart Foundation</li> <li>• Asthma Foundation</li> <li>• Pharmacies</li> <li>• Townsville City Councils</li> <li>• General Practitioners</li> <li>• Salvation Army</li> <li>• Centrelink</li> <li>• Department of Families</li> <li>• Education Queensland</li> <li>• Private Providers</li> </ul>	<p>Ongoing</p>	<ul style="list-style-type: none"> <li>• Percentage of participants completing programs</li> <li>• Programs are meeting participants needs</li> <li>• Percentage of referrals</li> <li>• Percentage of persons returning to education</li> <li>• Percentage of NESB accessing services</li> <li>• Percentage number of joint programs implemented</li> </ul>
<p>3.5.4</p> <p>Investigate the potential to develop ‘Hub’ models of care in childcare settings in Townsville</p>	<ul style="list-style-type: none"> <li>• Tropical Public Health Unit Health Promotion</li> <li>• Department of Families</li> </ul>	<p>Short -Medium</p>	<ul style="list-style-type: none"> <li>• Report on the potential for “hub” models within child cares in Townsville</li> </ul>
<p>3.5.5</p> <p>Build individual resilience on the ground including empowering communities and provide/research community development approaches: -</p> <ul style="list-style-type: none"> <li>• undertake case study research in building resilient families, including models used outside Australia</li> <li>• examine the suitability of these approaches</li> <li>• undertake pilot projects to trial suitable projects</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Community and Cultural Services</b></li> <li>• Department of Families</li> <li>• James Cook University</li> </ul>	<p>Short - Medium</p>	<ul style="list-style-type: none"> <li>• Research of models conducted</li> <li>• Pilot projects undertaken</li> </ul>







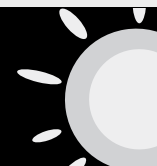
Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
3.5.6	Education on holistic approach, to primary health care and health promotion for all workers involved with families	<ul style="list-style-type: none"> <li>• Tropical Public Health Unit Health Promotion</li> <li>• Department of Families</li> </ul>	<ul style="list-style-type: none"> <li>• Education sessions undertaken</li> </ul>
3.5.7	Advocate for family friendly workplace policy and programs, including: - <ul style="list-style-type: none"> <li>• twelve months paid maternity leave</li> <li>• part time working options</li> <li>• job sharing working options</li> <li>• flexible hours</li> <li>• options for breast feeding</li> <li>• child care options</li> </ul>	<ul style="list-style-type: none"> <li>• Regional Managers Forum Stakeholders</li> <li>• Women's Infolink</li> <li>• Disability Services Qld</li> </ul>	<ul style="list-style-type: none"> <li>• Support from Regional Managers Forum</li> </ul>
3.5.8	Promote the role and image of parental care in the early developmental stages of childhood	<ul style="list-style-type: none"> <li>• Tropical Public Health Unit Health Promotion</li> </ul>	<ul style="list-style-type: none"> <li>• Promotion campaign undertaken</li> </ul>

## Issue: 3. 6 Special Needs

### Objective(s):

- To assist people with special needs

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
<p>3.6.1</p>	<p>Develop a strategy for improving health professional and client relationships including the targeting the following issues: -</p> <ul style="list-style-type: none"> <li>• develop trust mechanisms</li> <li>• culturally appropriate care</li> <li>• communication and information tailored to the special needs of older people, mental illness sufferers, non-English speaking and carers</li> </ul>	<ul style="list-style-type: none"> <li>• Townsville Division of General Practice</li> <li>• THSD Institute of Community Health and Ambulatory Care                             <ul style="list-style-type: none"> <li>• Community Health</li> <li>• PHCC</li> <li>• Medical Aids Subsidy Scheme</li> <li>• Child Health</li> <li>• Renal health</li> <li>• Aboriginal &amp; Islander Health</li> <li>• Integrated Mental Health</li> <li>• Child &amp; Youth Mental Health</li> <li>• ACAT</li> <li>• Home Care</li> <li>• HACC</li> <li>• Allied Health</li> <li>• TTH</li> </ul> </li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• General Practitioners</li> <li>• Community Children’s Therapy Service</li> <li>• Childcare Centres</li> <li>• Migrant Resource Centre</li> <li>• Townsville Multicultural Group</li> <li>• TAIHS</li> <li>• DVA</li> <li>• Senior Citizen Groups</li> </ul>	<p>Medium</p> <ul style="list-style-type: none"> <li>• Strategies developed</li> </ul>

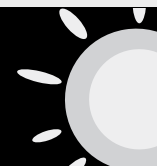


# HEALTHY COMMUNITIES Issue: 3. 6 Special Needs



3.6.2	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
	Advocate for improved accessibility to services provided by General Practitioners for residents on low incomes	<ul style="list-style-type: none"> <li>• Townsville District Health Advisory Committee</li> <li>• THSD</li> <li>• Townsville Division of General Practice</li> <li>• Department of the Premier</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Access to Bulk Billing</li> </ul>
	Maintain and attract allied health specialists and reduce waiting lists in the Townsville region	<ul style="list-style-type: none"> <li>• THSD</li> <li>• Townsville Division of General Practice</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Waiting times reduced</li> </ul>
	Conduct a transport needs assessment to assess needs to medical and health services for special need groups, including older people, people from non English speaking backgrounds in the City and residents of Magnetic Island	<ul style="list-style-type: none"> <li>• Townsville City Council Community and Cultural Services</li> <li>• Townsville City Council Disability Advisory Committee</li> <li>• Townsville City Council Women’s Advisory Committee</li> <li>• Magnetic Island Community Care</li> <li>• Queensland Transport</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Needs assessment completed</li> <li>• Linkage made to the Townsville ‘Safe Mobility for All for Life’ project</li> </ul>
	Conduct a youth mental health needs assessment and develop appropriate service levels	<ul style="list-style-type: none"> <li>• THSD Mental Health</li> <li>• Townsville City Council Youth Council</li> <li>• Mental Illness Fellowship NQ</li> </ul>	Short - Medium	<ul style="list-style-type: none"> <li>• Needs assessment completed</li> <li>• Improved youth mental health services</li> </ul>
	Develop a ‘Youth Development’ strategy to ensure that all strategies developed under the Townsville Healthy City Plan encompass youth development issues	<ul style="list-style-type: none"> <li>• Townsville City Council Community and Cultural Services</li> <li>• Townsville City Council Youth Council</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Youth Development issues are incorporated into all strategies and outcomes</li> </ul>

Strategy		Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
3.6.6		<ul style="list-style-type: none"> <li>• Department of Employment and Training</li> <li>• Education Queensland</li> <li>• Open Youth Project</li> </ul>		
3.6.7	<p>Advocate for improved residential and community support systems for those with a disability and their families</p>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Disability Advisory Committee</b></li> <li>• <b>Disability Services Qld</b></li> <li>• Magnetic Island Community Care Stakeholders</li> <li>• Independent Advocacy in the Tropics</li> <li>• Centacare</li> <li>• Department of Housing</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Raised awareness of the needs of those with a disability and their families</li> </ul>
3.6.8	<p>Develop a holistic approach to improving Indigenous health and wellbeing including the following priority areas of:</p> <ul style="list-style-type: none"> <li>• kidney disease prevention and treatment</li> <li>• diabetes prevention and treatment</li> <li>• homelessness eg People in the Parks</li> <li>• alcohol and substance abuse and related family problems</li> <li>• nutrition and weight control</li> <li>• unemployment</li> <li>• men's health</li> <li>• exercise of traditional rights by traditional owners</li> <li>• reducing social isolation of young and old</li> <li>• reducing racial vilification and racial attacks</li> </ul>	<ul style="list-style-type: none"> <li>• Regional Managers Forum</li> <li>• Department of the Premier</li> <li>• Department of Aboriginal Torres Strait Islander Policy</li> <li>• Joint Implementation Group/Joint Management Group</li> <li>• Townsville City Council Community and Cultural Services</li> <li>• Traditional Owner Groups</li> <li>• TAIHS</li> <li>• Department of Families</li> <li>• St Luke's Nursing Service</li> <li>• Townsville Division of General Practice</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Development of the Townsville Indigenous Public Health Working Group</li> <li>• Improved health outcomes for Indigenous populations</li> </ul>





	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
3.6.9	Advocate for improved aged respite and other medical services on Magnetic Island	<ul style="list-style-type: none"> <li>• THSD</li> <li>• Magnetic Island Community Care</li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Blue Care</li> <li>• St Luke’s Nursing Service</li> </ul>	Short	<ul style="list-style-type: none"> <li>• Improved respite services on Magnetic Island</li> <li>• Level of acute medical services on Magnetic Island</li> </ul>
3.6.10	Advocate for improved women’s health programs in the areas of: - <ul style="list-style-type: none"> <li>• emergency housing</li> <li>• violence against women</li> <li>• healthy aging</li> </ul>	<ul style="list-style-type: none"> <li>• Townsville City Council Women’s Advisory Committee</li> <li>• Department of Housing</li> <li>• Women’s Centre</li> <li>• Department of Families</li> <li>• North Queensland Domestic Violence Resource Service</li> <li>• Women’s Centre</li> <li>• Townsville Thuringowa Safe Community Personal and Safety Working Group</li> <li>• Women’s Infolink</li> </ul> <u>Stakeholders</u> <ul style="list-style-type: none"> <li>• Magnetic North Association of SAAP Services</li> </ul>	Short	<ul style="list-style-type: none"> <li>• Raised profile of issues</li> </ul>

Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
3.6.11	Advocate for increased places in nursing homes in Townsville	<ul style="list-style-type: none"> <li>• Townsville District Health Service</li> <li>• Department of Health and Aging</li> <li>• National Seniors Townsville Branch</li> <li>• Committee for the Aging</li> <li>• DVA</li> </ul> Stakeholders <ul style="list-style-type: none"> <li>• Good Shepherd Home</li> <li>• Service Providers</li> </ul>	<ul style="list-style-type: none"> <li>• Increased places in nursing homes</li> </ul>







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healthy city plan



# Healthy Partnerships





# HEALTHY PARTNERSHIPS Issue: 4.1 Agency Partnerships



**Objective(s):**

- To improve collaboration between Government and Non-Government agencies

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
4.1.1	Establish a Public Health Forum to improve collaboration between government and non government agencies and engage all stake holders to facilitate sustainable partnerships to drive the Townsville Healthy City Plan	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> </ul>	Medium - Long	<ul style="list-style-type: none"> <li>• Partnership group established through development of Public Health Forum</li> </ul>
4.1.2	Develop incentives to become involved in partnerships through joint grant writing	<ul style="list-style-type: none"> <li>• <b>Public Health Forum Members</b></li> <li>• Townsville Enterprise</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Increase in collaborative grants and funding</li> </ul>

## Issue: 4.2 Community Building

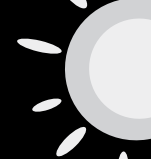
### Objective(s):

- To build the 'Townsville Sense of Community'

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
4.2.1	<p>Develop a community building campaign to progress strategies in the areas of: -</p> <ul style="list-style-type: none"> <li>• heritage issues, in particular the documentation of the history of Townsville</li> <li>• utilise sporting activities as an entry point to community building</li> <li>• implement a settings approach to community capacity building</li> <li>• build mechanisms to promote community ownership of health programs</li> <li>• rebuild community volunteers networks</li> <li>• investigate working with employment agencies to act as channels for volunteer programs</li> <li>• build family networks including increases in funding for family activities</li> <li>• develop a 'family first' policy</li> <li>• engage the community more in the Integrated Planning Act and the Town Planning Scheme</li> <li>• lobby for a shift in policy towards an approach utilising Social Determinants of Health</li> <li>• lobby agencies for a collaborative approach to a reduction in social isolated residents</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Public Health Forum</b></li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Increase in community capacity building activities</li> </ul>



# HEALTHY PARTNERSHIPS Issue: 4.3 Implementation of the Townsville Healthy City Plan



## Objective(s):

- To implement the strategies of the Townsville Healthy City Plan

	Strategy	Lead Agency and Key Partners	Timeframe	Performance Indicators/ Desired Outcomes
4.3.1	<p>Formation of a Townsville Healthy City Plan Implementation Committee that demonstrates: -</p> <ul style="list-style-type: none"> <li>• commitment of Townsville City Council Councillors and senior staff</li> <li>• commitment from agencies</li> <li>• commitment from the people of Townsville</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• <b>Townsville Healthy City Plan Implementation Committee</b></li> </ul>	Short	<ul style="list-style-type: none"> <li>• Letter of agreement from agencies</li> <li>• Policy and protocols to encourage sustainable action</li> <li>• Committed resources</li> <li>• Service agreements</li> <li>• Joint funding applications/funding</li> <li>• Formation of better linkages with existing framework and services</li> <li>• Improved health services</li> </ul>
4.3.2	<p>Integrate the Healthy City Plan strategies both vertically and horizontally into the business plans of other agencies</p> <ul style="list-style-type: none"> <li>• align and integrate planning activities with the State Government Regional Framework for Growth Townsville and Thuringowa Strategic Plan</li> <li>• complete annual gap analysis to update community needs</li> <li>• link with Health 2020 ‘Smart State’</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Townsville City Council Environmental Health</b></li> <li>• All appropriate agencies</li> </ul>	Ongoing	<ul style="list-style-type: none"> <li>• Townsville Healthy City Plan incorporates and refers to existing plans</li> <li>• Evidence of shared resources</li> <li>• Integration of the Townsville City Council Corporate Plan and Sustainable Townsville</li> </ul>
4.3.4	<p>Annual report on the Townsville Health City Plan progress and achievements</p>	<ul style="list-style-type: none"> <li>• <b>Townsville Healthy City Plan Implementation Committee</b></li> </ul>	Annual	<ul style="list-style-type: none"> <li>• Feedback to all stake holders and community</li> </ul>
4.3.5	<p>On an annual basis update the City Health Profile</p>	<ul style="list-style-type: none"> <li>• Townsville Healthy City Plan Implementation Committee</li> </ul>	Annual	<ul style="list-style-type: none"> <li>• Annual review completed</li> </ul>

ACAT	– Aged Care Assessment Team	NESB	– Non English Speaking Background
AIDS	– Acquired Immunodeficiency Syndrome	NHMRC	– National Health and Medical Research Committee
ARAFMI	– Association of Relatives and Friends of the Mentally Ill	NRM	– Natural Resource Management
ATODS	– Alcohol Tobacco and Other Drugs Service	P&C	– Parents and Citizens
C&YMHS	– Child and Youth Mental Health Services	P&F	– Parents and Friends
CBD	– Central Business District	PHCC	– Primary Health Care Clinic
CSIRO	– Commonwealth Scientific and Industrial Research Organisation	PROMPT	– Promoting Public Transport
COPD	– Chronic Obstructive Pulmonary Disease	QuAC	– Queensland Aids Council
CVD	– Cardiovascular Disease	RSL	– Returned Services League
DVA	– Department of Veterans Affairs	RSPCA	– Royal Society for the Prevention of Cruelty to Animals
DVD	– Digital Video Disks	SAAP	– Supported Accommodation Assistance Program
ECCLI	– Ethnic Community Care Links	SCAN	– Suspected Child Abuse and Neglect (team)
EHIA	– Environmental Health Impact Assessments	SEAL	– Supportive Environments for Active Living
HACC	– Home and Community Care	SoE	– State of Environment
HESROC NQ	– Health and Environmental Services Regional Organisation of Councils, North Queensland	SWOT	– Strengths, Weaknesses, Opportunities and Threats
HIV	– Human Immunodeficiency Virus	TAIHS	– Townsville Aboriginal Islander Health Service
IPA	– Integrated Planning Act	THSD	– Townsville Health Service District
LGAQ	– Local Government Association Queensland	TTH	– The Townsville Hospital
NaREF	– Natural Resource Environment Forum	TRCOTA	– Townsville Region Committee of the Ageing Inc
		WHO	– World Health Organisation



