

Fairfield City Plan Top 10 Priorities Issue Paper

Priority 3 - Better Health Services

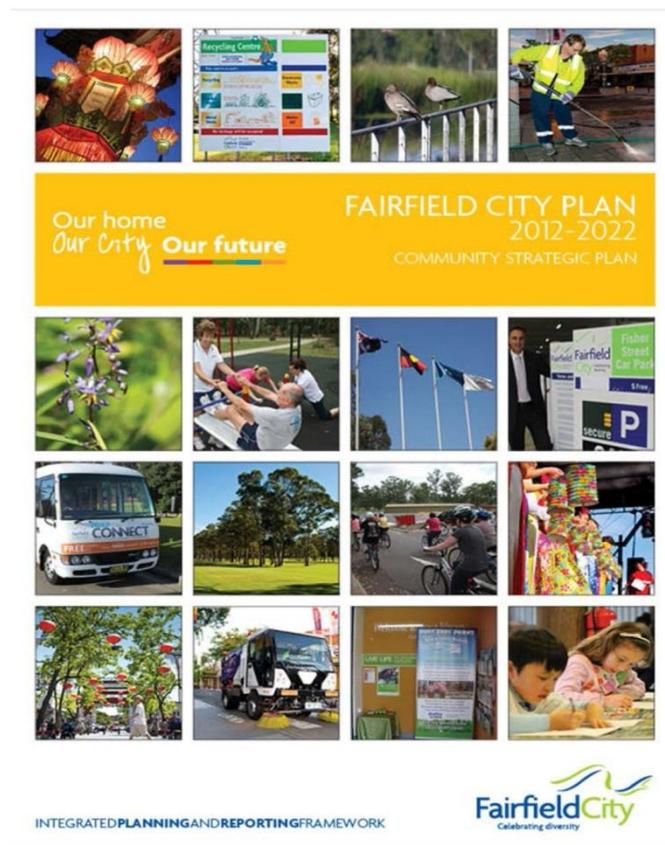


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INTRODUCTION

The Fairfield City Plan 2012-2022 is a compilation of the local community's vision, goals and priorities for Fairfield City over the next 10 years. It is important to stress that the City Plan is not the Council's plan – it belongs to the community and it summarises their views on what is important to them for the future of our City.

We all have an important role to play in delivering the future outcomes identified in the City Plan – all levels of government (Federal, State and Council), organisations, institutions, agencies as well as every local resident and business operator.

The community came together in 2010 and again in 2012 to share their ideas about the future, and the City Plan includes a summary of that feedback in "The Top 10 Things We Would Like to See in Fairfield City by 2022". Priority number 3 on that list is **Better Health Services**.

CITY PLAN GOALS & STRATEGIES

The City Plan defines Goal 2 – Being Healthy and Active in Theme 1 Community Wellbeing as:

We enjoy good health (physical, psychological, social and environmental), have access to high quality facilities and services and contribute to our own wellbeing through a healthy lifestyle.

- 2.1 *Accessible and affordable education services to support a healthy lifestyle*
- 2.2 *Opportunities to access active, creative leisure and recreational services*
- 2.3 *A healthy and safe environment*
- 2.4 *Education and access to good nutrition for health and wellbeing*

The City Plan identifies the following related strategies for achieving these goals –

- *Supply medical and other health services that are accessible to meet community needs*
- *Provide a range of parks, sporting fields and recreation facilities and programs*
- *Make available activities, information and facilities to enjoy hobbies and leisure pastimes*
- *Establish standards, routine inspections and maintenance programs to ensure clean, healthy and safe public places, goods and services*
- *Provide information and education about healthy lifestyle programs including being sunsmart, nutrition, exercise, tobacco, drug and alcohol use, gambling, risk taking behaviours and mental wellbeing*
- *Provide preventative health services and programs*
- *Ensure people have access to health and culturally appropriate food*

As we prepare to update the City Plan, it is timely to look back at what has changed with health services over the last 4 years and to look forward and seek to clarify the community's future priorities.

OUTLINE OF PRIORITY (DEFINITION)

Good health is necessary for participation in the workforce, education and community life. The necessity of good health is recognised at international, national, state and local levels. Health can be defined in a variety of ways and mean different things to different people. The World Health Organisation defines health as:

'Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'ⁱ

When discussing health generally it should include:

- Social determinants of Health – factors that can influence that ability to have good health, including housing, education, security and income, which can be outside the control of the individual.
- Community Based Services – health services including medical, allied health and clinical services provided in the community setting and not in hospital. E.g. General Practitioners, Community Health Centres.
- Hospital Based Services – all health services including medical, allied health and clinical services provided in the hospital setting.
- Preventive Health – Promotion of good health and the prevention of disease or injury to the broader population

While Australia has a well-developed and 'universal' health system that enables access to treatment, free of charge through the public health system, this relies on the prioritisation of services and treatment for an individual according to the needs of all people seeking services. Access to services can be impacted by assessed need compared to other individuals, emergencies and available resources. Overview of Priority in Fairfield

OVERVIEW OF PRIORITY IN FAIRFIELD

Fairfield City Council is active in advocating to State and Federal governments for programs, funding and services to enhance community safety. Council also has a range of partnerships aimed at increasing support for community safety programs in the area. This work includes CCTV, the Mayor's Crime Prevention and Community Safety Reference Group, regional disaster planning, road safety, flood planning and supporting the Community Drug Action Team.

There is a large range of health services in the Fairfield LGA including mental health, drug health, palliative care, rehabilitation and medical services within Fairfield hospital. Liverpool, Westmead and the Children's Hospitals all provide tertiary level medical and hospital services within a 15 kilometre radius of Fairfield. In addition to hospital based services, Fairfield LGA has a relatively high ratio of GPs to population and a large number of allied health and clinical support providers. A number of medical specialists are located in Fairfield City, although higher numbers of specialised clinical providers are located in the medical precincts adjacent to Parramatta and Liverpool hospitals.

It is recognised that there are many factors that affect the health of each individual. In Australia, many of these factors affect people who are disadvantaged or living in areas of high disadvantage. There is Australian evidence that clearly shows the relationship between socioeconomic status (SES) and health. People who are classified as "low" SES have higher mortality rates for most major causes of death and they generally experience more ill-health in each stage of their lives. Fairfield LGA is in the lowest SES Quintile of the South Western Sydney Local Health District (SWSLHD). In addition, Fairfield is the most disadvantaged in the Sydney metropolitan area and residents have poorer health than people in other areas.

In 2013, 22.1% of people in Fairfield aged 15 years and over assessed their own health as 'fair or poor' compared to only 13.7% of people in the rest of the Greater Sydney area. The main diseases that people in Fairfield have, and diseases experienced by Fairfield residents at a higher rate than people in other areas include diabetes, liver cancer, hepatitis B, respiratory diseases, high blood pressure, over weight and high cholesterol. Fairfield also has a significantly larger number of residents with disabilities, mental health conditions and mood disorders.

There are key behaviours which adversely affect personal health and wellbeing. These include not eating enough fruit and vegetables, smoking and the level of physical activity. These contribute to poorer health status and higher levels of chronic diseases such as cardiovascular and respiratory disease and cancer. The rate of smoking has decreased in Fairfield in recent years, although it remains at a higher rate than in other parts of Sydney. Participation in physical activity has also been increasing over time. People in Fairfield also have a lower consumption of vegetables than is considered necessary for good health. There is a higher level of people who are overweight or are obese than in other parts of Sydney.

The rate people visit GP's is much higher in Fairfield than other parts of Sydney and NSW, however, the number of primary health care services such as the 45 year health check and the 75 year health check is much lower than in other areas. The rate of "total service by GP's for Enhanced Primary Care Services" is also much lower in Fairfield than in other areas. There are fewer Practice Nurses in Fairfield. This suggests that many GP's operate in small or solo practices and while this may be traditional GP practice, it is not necessarily the best method to provide primary care to patients or the most efficient way of providing immunisations and advice.

It also appears that General Practitioners in Fairfield are not referring patients at the same rate to a range of services which are available to them. These include Mental Health and Social Work services as well as Occupational Therapy. There is a high demand and need for affordable dental health services due to the cost of private dentists, people from refugee background and the level of disadvantage.

A key issue to accessing health services faced by the residents in Fairfield is the ability to navigate the health system. The complexity of the health system creates difficulties for many patients and the high proportion of residents who have not grown up within the NSW health system, coupled with lower English language proficiency combines to increased difficulties with understanding how the health system works, the rights and responsibilities of patients and practitioners, cultural attitudes as well as understanding instructions and requirements for treatment and making appointments.

KEY STAKEHOLDERS

The health system is very large and complex. All levels of government have a role and various responsibilities. The system also includes private practitioners, commercial and not for profit organisations. In many situations the roles and services are the responsibility of, and are delivered, by one or more sectors.

The Commonwealth and State governments, along with the private sector are the key stakeholders in the provision of health services in NSW. While Council is not involved in the provision of health services, it is aware and involved in providing advice and information to local state run health services on the issues and needs of the Fairfield community. Council advocates for appropriate health services and programs to be delivered in the area. Council is also primarily responsible for developing and maintaining infrastructure to promote healthy lifestyles. The community sector assists in supporting individual's access to health and support services and to maintain healthy lifestyles.

The following details the services, programs and/or requirements of each stakeholder.

FEDERAL GOVERNMENT

Delivers the following:

- State/commonwealth Funding agreement
- Medicare rebates for medical practitioners
- Subsidy of prescription medication
- Funding of Medicare Locals
- Drug Health
- Mental Health
- "Safety net" for low income earners
- Aged Care – all services
- Preventive Health Funding and programs
- Research, innovation and monitoring
- Education and workforce management of medical practitioners
- Funding for social and affordable housing
- Rental assistance

STATE GOVERNMENT

Delivers the following:

- Health Care Services including Refugee Health
- Hospitals
- Health Promotion including tobacco and physical activity
- Public Health – regulations – water, food, notifiable disease,
- Detoxification Services
- Community Drug Health information and promotion
- Dental health – free clinics for children
- Community health including Multicultural Health
- Home support for non-aged

- Immunisation
- Data collection and reporting
- Built & natural environment
- Public and affordable housing programs
- School education and training opportunities

FAIRFIELD CITY COUNCIL

Delivers the following:

- Advocacy of community need
- Recreational and sporting facilities
- Physical activity Programs and support for community
- Public health (part) regulation
- Inspections of food, body piercing and cooling towers.
- Community Drug Action Team support and information
- Puff Free Parks
- Built environment
- Open space management
- Education of legislative requirements such as food and tobacco
- Early intervention programs
- Waste Management and recycling
- Health Promotion
- Emergency Service support and emergency management
- Early childhood educational settings
- Parent education
- Speech Therapy

PRIVATE SECTOR

Including delivering the following;

- Hospitals & medical services
- Aged care facilities & services
- Physical activity – facilities and activities
- Allied health professionals
- Detoxification programs
- Medical practitioners – medical, dental, mental health and specialists
- Peak advocacy bodies for medical and allied health
- Medicare Locals
- Research organisations
- Affordable housing products
- Seniors housing developments
- Tertiary education, traineeships and apprenticeships

COMMUNITY ORGANISATIONS

Including delivering the following;

- Peak bodies for sporting codes
- Delivery of services on behalf of governments
- Services: aged care; disability care, home care & support;
- Healthy lifestyle promotion
- Drug services and support
- Early intervention
- Job Networks and employment support
- Management of community and seniors housing
- English language classes

INDIVIDUALS

Undertaking the following;

- Lifestyle management
- Dietary and physical activity choices
- Choices regarding alcohol and tobacco
- Volunteers for organised sports
- In home aged care and family support for aged people
- Participation in research programs
- Participation in education

WHAT HAS BEEN IMPLEMENTED OVER PAST FOUR YEARS?

NSW STATE GOVERNMENT

The NSW State Government's Plan, NSW 2021, included some specific goals and actions aimed at achieving the goals set out below.

NSW 2021

Goal 11: Keep People Healthy and Out of Hospital

***Objective**

Reduce overweight and obesity rates of children and young people (5-16 Years) to 21% by 2015.

***Priority Action**

Over the next four years, invest in child health promotion programs, such as Munch and Move, a program to educate early childhood professionals and families about appropriate physical activity and foods for preschool-aged children.

Goal 12: Provide world-class clinical services with timely access and effective infrastructure

- Cutting waiting times for planned surgeries
- Increase on-time admissions for planned surgery, in accordance with medical advice
- Cutting waiting time is an essential part of reducing the burden of disease and injury on patients and their carers.
- With more than 215,000 planned surgeries undertaken each year, waiting times are an important indicator of the overall performance of our public hospital system. We are continuing to improve the management of all aspects of the patient journey to further increase our on-time admissions, and reduce waiting times for planned surgery.

In September 2015 the NSW State Government released *NSW Making It Happen* which identifies State and Premier's priorities. State Government support for activities for children and young people is now focussed on reducing childhood obesity.

PREMIERS PRIORITIES

Tackling Childhood Obesity

In 2014, more than one in five children were estimated to be overweight or obese. Children who are overweight or obese are more likely to have poor health and wellbeing outcomes, compared with healthy children. They are also more likely to carry their excess weight into adulthood, placing them at increased risk of developing chronic disease later in life. Reducing the rate of overweight or obese children by 5% over the next 10 years will result in at least 62,000 fewer children being overweight or obese.

Improving service levels in hospitals

- 81% of patients through emergency departments within four hours.
- Timely access to care in emergency departments can lead to better health outcomes for patients and reduce or avoid hospital stays.
- Every year, the number of people accessing emergency departments increases, with more than one in five adults and one in four children presenting at least once a year.
- We are expanding our Whole of Hospital and Integrated Care Programs to ensure that more people receive appropriate treatment within four hours of presenting to hospital in NSW, while maintaining the safety of patients and staff.

The South Western Sydney Regional Action Plan sets out key actions to achieve the Key NSW priorities.

Return Quality Services – Health

Improve access to quality health services

Priority Actions

- ‘New Directions’ program
- Strengthen Outreach community paediatric clinic – Villawood
- Provide a nurse-led model of health assessments for newly arrived refugees in Fairfield

FAIRFIELD CITY COUNCIL

After the current Council was elected in September 2012, it adopted its Delivery Program 2013-2017 with commitments on what it would deliver over its 4 year term in office. This included how it would contribute to the community’s “Top Ten” priorities.

NEW FACILITIES AND PROGRAMS

There have been significant improvements in and development of new, Council's facilities and programs over the past four years including:

- Gyms in Parks Program – providing instructors to encourage residents to make use of the facilities in their local park to increase physical activity and use of gym equipment.
- Education and promotion of new smoking legislation that prohibits smoking in food premises, public transport stops, entrances to public buildings and playgrounds. Production of material in community languages.
- Avenal Tennis Court - Upgrade the four tennis courts to an improved standard to increase physical activity and social capital.
- Installation of gym equipment, paths and landscaping at Horsley Park Reserve.
- Emerson Reserve Upgrade - new exercise equipment.
- Circuit Walking Paths in Parks constructed as a cost effective way to assist the community in getting fit and healthy.

- Flying fox and play equipment suitable for ages 8 to 14 years at Bonnyrigg Town Centre Park. Equipment includes a double flying fox, small climbing wall, soft fall and slide to encourage physical activity by children and young people.
- Fairfield Youth and Community Centre - Fairfield District Park This project includes a new Centre with 2 sports courts, program rooms and amenities.
- Construction of Fairfield Adventure Park to provide a range of challenging exercise equipment including a giant climbing net, sky bridge and flying fox.
- Construction of the Waterpark at Prairiewood Leisure Centre to incorporate multiple water features for children of various ages.
- Planning and design of an active play area that accommodates young people including an obstacle course, foosball court in Fairfield Park adjacent to the Fairfield Youth and Community Centre, Fairfield Leisure Centre and Adventure Park. Elements of the obstacle course include a tree-top walk and flying fox, monkey bars, rope crossing, hurdles, mound and balance beam.
- Environmental & public health education sessions for industrial and commercial operators to promote healthy environments and work practice.
- Wetherill Park - Identification, design and works to reduce the risk of major flooding within the catchment, including water quality improvements.
- Cycleway Shared Path Extension Program - Construction of additional shared path network and enhancements to the existing network. Improvements include 6 to 8 new destinations with family areas and play and exercise equipment.
- Fairfield City Centre - Connect City Centre footpaths to new residential areas.
- Sportsgrounds renovation and upgrade throughout the Local Government Area, increasing the standard of sporting facilities to residents and visitors.
- Upgrades to ensure the drainage system meets the needs of the City by reducing potential flooding and contributing to cleaner streets and waterways.
- Pedestrian Access and Mobility Plan Program (PAMP) - Provide an integrated network of pedestrian pathways with strategically located pedestrian facilities which will provide a safe and efficient network for community use.
- Install solar pool heating for the outdoor swimming pools at Prairiewood and Fairfield Leisure Centre's to supplement the existing gas heating system.

SERVICES AND PROJECTS

- Fairfield Health Partnership brings together Council and Population Health of South Western Sydney Local Health District to influence policy and programs to improve the built environment, levels of physical activity, improve nutrition and reduce the harm from tobacco use.
- Nutrition programs for seniors to assist wellbeing through improve nutrition.
- Footpath Replacement Program - Upgrade footpaths that are below current service levels as identified in Council's Asset Management Plan.
- Fairfield Leisure Centres provide physical activities including gyms, specialist programs for rehabilitation patients, aqua programs and pools.
- Western Sydney Cycling Network provides community rides and recycles used bikes for permanent loan to residents.
- Promotion of the shared cycle and walking paths through the erection of large signs in parks and production of cycleway maps for Liverpool and Fairfield in 17 community languages. .
- Public transport maps have been produced in 17 community languages

- Coordination of the Community Drug Action Team to identify emerging needs coordination of services and implementation of joint initiatives to provide education and information on services to community organisations and parents.
- Advocacy for services and programs to address the health needs and issues facing the community.
- Provision of parks and sporting fields.
- Support sporting clubs to ensure organised sport continues to be available.
- Environmental services promote clean environments including natural environments such creeks and waterways.
- Waste services ensure the safe and timely removal of rubbish.
- Asbestos register and response to illegal dumping of contaminated rubbish.
- Regulatory services to ensure safety in food and body piercing premises as well as clean water cooling systems.
- Assist in the decontamination of premises used to manufacture illegal drugs.
- Assist in the coordination of clean ups to address premises in squalor and hoarding.
- Advice and responses to health policy, strategy and plans.
- Provision of early intervention for children requiring speech therapy.

QUESTIONS FOR FUTURE ENGAGEMENT

What do you think are the three main reasons people in Fairfield cannot access health services?

1. -----
2. -----
3. -----

What are the main health services that are difficult to access for Fairfield residents? People?

1. -----
2. -----
3. -----

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