

Kingborough

HEALTH AND WELLBEING STRATEGY ENGAGEMENT REPORT

PREPARED BY
Kingborough Council

February 2024

Public Consultation

Background

Kingborough Council is committed to encouraging an active and healthy community. To develop a Health and Wellbeing Strategy for the community, Council conducted a public engagement with the community.

The engagement involved:

- community survey,
- consultation with health professionals,
- community workshops and events

Through this engagement Council investigated future ways of increasing opportunities for preventative health, social inclusion, connectivity and learning.

This engagement report is to inform the development of a Kingborough Health and Wellbeing Strategy 2024-2029.



Community Engagement Tools

A community survey was open from 21 August to 27 October 2023 and was available either online or completed in hardcopy from sites located at Kingborough Civic Centre, Kingston Library, Kingston Neighbourhood House and Westwinds Community Centre. The survey received 491 responses.

A survey of local service providers received 14 responses.

Council looked at ways to facilitate connection with those who are isolated and/or not currently participating in health/wellbeing programs. This included four low impact exercise sessions held at Kingston Park and four healthy cooking on a budget sessions held at Kingston Neighbourhood House. These classes attracted 10-12 people to each session.

Mini Health Check Roadshow was held from 25 September to 28 October where 64 mini health checks were completed (28 males and 36 females), including blood pressure measurement, Type 2 diabetes risk assessment and discussion regarding sleep and hearing quality. At the end of each session, participants received a personalised assessment form to share with their General Practitioner.

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Community Workshops

Low impact exercise classes

These classes were held weekly through September at Kingston Park Outdoor Exercise space. These four classes were facilitated by a qualified instructor from the Kingborough Fitness Centre. Approximately 10-12 people attended each class and those who attended completed the community survey.



Healthy Meals on a Budget

These workshops were held once a week for 4 weeks in September at Kingston Neighbourhood House in partnership with a dietitian from the Tasmanian Department of Health.

There were 12 participants at each session, many of whom attended all 4 sessions. Participants learned to cook healthy recipes where a family could be fed for less than \$10 per meal. Vegetarian meals that were made included Pumpkin and Chickpea Curry with naan bread, Okonomiyaki (Japanese Pancakes made with Wombok), Quesadillas with Black Beans and Rice Paper rolls with vegetables and tofu.



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Feedback from participants was extremely positive with almost all requesting that the cooking sessions be continued. Many participants reported that the classes introduced them to new foods that they had never tried before including chickpeas, black beans, tofu and wombok.

Access to affordable healthy food was raised by a number of respondents to the online survey, including the need for more community gardens for growing food and responding to food insecurity. Community gardens were seen as a place for capacity building, creating resilience, exercise, social connections and shared learning around the areas of gardening, meal planning and cooking.

Kingston Neighbourhood House supports the community in many ways. One of the most important of these is the provision of basic food relief. Some of the participants (4/12) of the weekly cooking class already attended the Neighbourhood House to collect bread, fruit and vegetables or to access the Eating with Friends program. The Eating with Friends program was discussed as an example of “a good meal” where you get a soup, main meal and a dessert for \$8.



Barriers to home cooking included not having the ingredients needed, not feeling motivated to cook ‘for one’ and having physical difficulties in preparing food such as needing assistance to chop vegetables. Other barriers also mentioned include fatigue; thinking of things that others in the house want to eat; affordability of healthy food; portions being sold are too big for one person and physical barriers to get to the places needed to get ingredients; not having the cooking facilities due to living in a van.



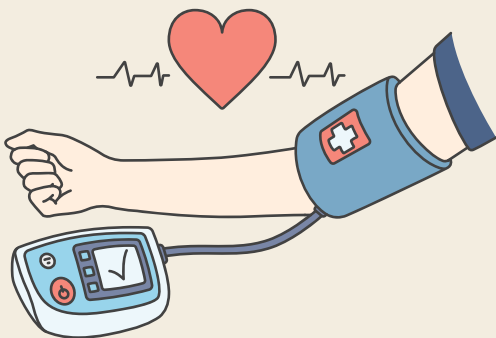
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Mini Health Check Roadshow

A Mini Health Road Show was as part of the community engagement activities for the development of this plan.

The roadshow included engaging individuals in the completion of the Health and Wellbeing Survey and mini health assessments conducted by a local Diabetes Educator and Nurse, Heather Kennett.

A total of 64 mini health checks were completed (28 males and 36 females), employing tools such as the Diabetes Risk Assessment Tool (DRISK) to evaluate the risk of developing Type 2 Diabetes; blood pressure measurement and discussion regarding sleep and hearing quality. At the end of each session, participants received a personalised assessment form to share with their General Practitioner (GP).



Outreach efforts extended to various community locations, including:

- Kingston Library
- The Really Free Market at the Kingborough Community Hub
- West Winds Community Centre, Woodbridge
- Dementia Friendly Cafe, Kingston Beach
- Channel Men's Shed, Margate
- Blackman's Bay Community Association
- Kingborough Community Hub
- Kingborough Fitness Centre
- Kingston Neighbourhood House

The community response to the mini health checks exceeded expectations, with a notable level of enthusiasm and engagement from the attendees. The success of the road show provided individuals with an affordable and convenient opportunity to check their health and to then address health concerns further with their GPs.

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Mini Health Check Roadshow

This community initiative proved highly successful, highlighting the significance of offering regular preventative health checks. By providing support and guidance, individuals can take proactive steps to enhance their health, making this initiative a valuable service for the community, particularly in addressing issues related to chronic disease.

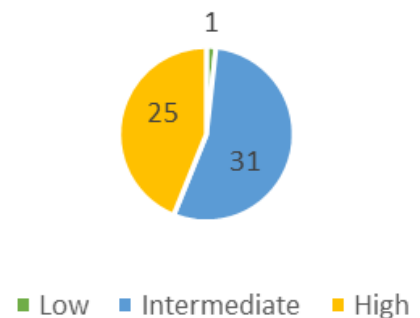
Using the Diabetes Risk assessment Tool 25 people had a high risk of developing Type 2 diabetes within 5 years, 31 people had an intermediate risk and just 1 person was considered a low risk.

The following presented with diabetes:

Pre Diabetes	1
Type 2 Diabetes	6

34 out of 64 participants were above the recommended blood pressure.

Diabetes Risk Assessment Tool Results



Consultation with service providers



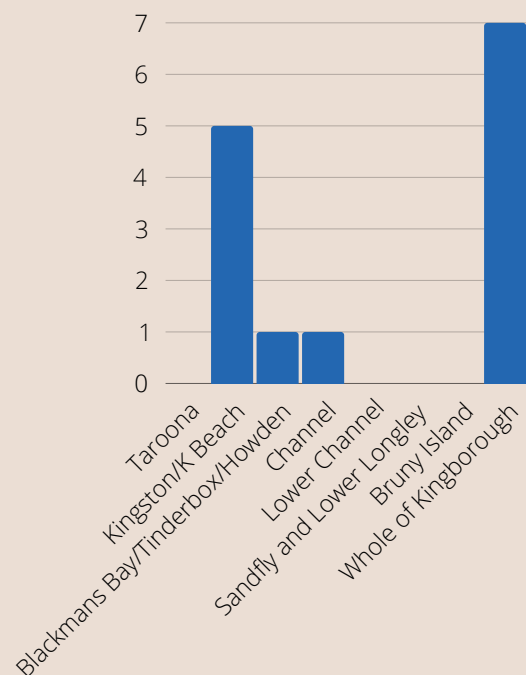
Survey responses and submissions

Q1. What type of health related service do you provide in Kingborough?

- Yoga Teacher x 2
- Art therapy
- Dementia cafes and information sessions
- Community Nutrition - support for organisations in Kingborough
- General Education, reading resources and community space
- Community education
- Chiropractic, remedial massage, Xray, sports medicine, concussion assessment
- Aged Care & Home Care
- Mental health addictions chronic pain chronic illness
- Fitness Centre
- End of Life Services
- Employment support
- Diabetes Education

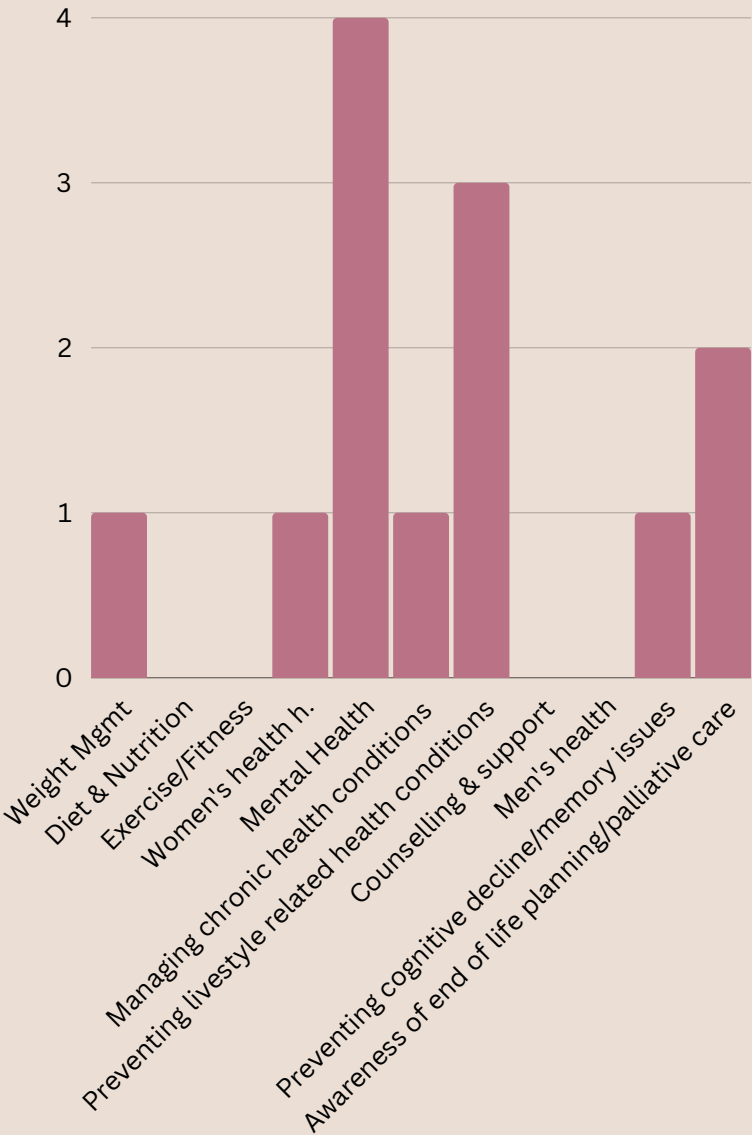
Q2. Which areas of Kingborough do you provide your services?

- Taroona
- Kingston/Kingston Beach
- Blackmans Bay/Tinderbox/Howden
- Channel area (Margate to Kettering)
- Lower Channel area (Woodbridge to Gordon)
- Sandfly and Lower Longley
- Bruny Island
- Whole of Kingborough



Q3. Which health area do you see as a priority to address?

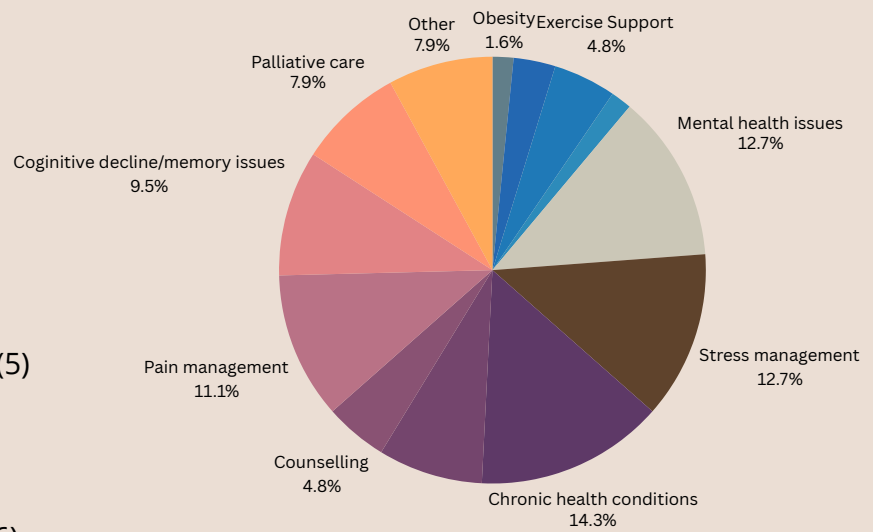
- Weight Management
- Diet and Nutrition Education
- Exercise and Fitness support
- Women’s Health
- Mental Health issues
- Managing stress
- Managing chronic health conditions
- Preventing lifestyle related health conditions
- Counselling and support
- Men’s Health
- Preventing cognitive decline/memory issues
- Awareness of end of life planning and palliative care



Q4.

What are the main health related issues you see through your work?

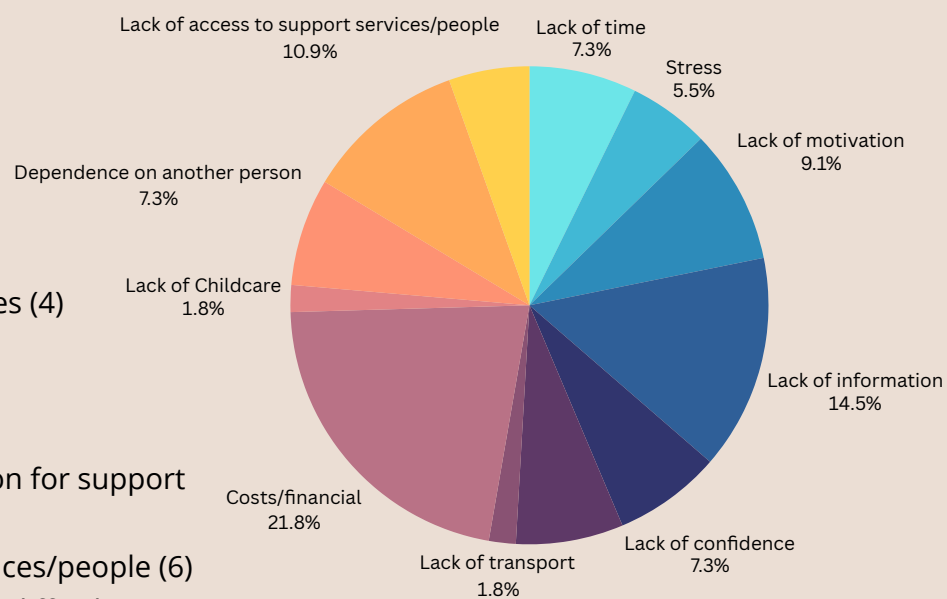
- Obesity (1)
- Diet and Nutrition support (2)
- Exercise and fitness support (3)
- Weight management (1)
- Mental health issues (8)
- Stress management (8)
- Chronic health conditions (9)
- Lifestyle related health conditions (5)
- Counselling (3)
- Pain management (7)
- Cognitive decline/memory issues (6)
- Palliative care (5)
- Other - grief and loss support, lack of awareness of services available, food insecurity, malnutrition in older adults, sleep trauma.



Q5.

What do you think are the main barriers for your clients to improving their health and wellbeing?

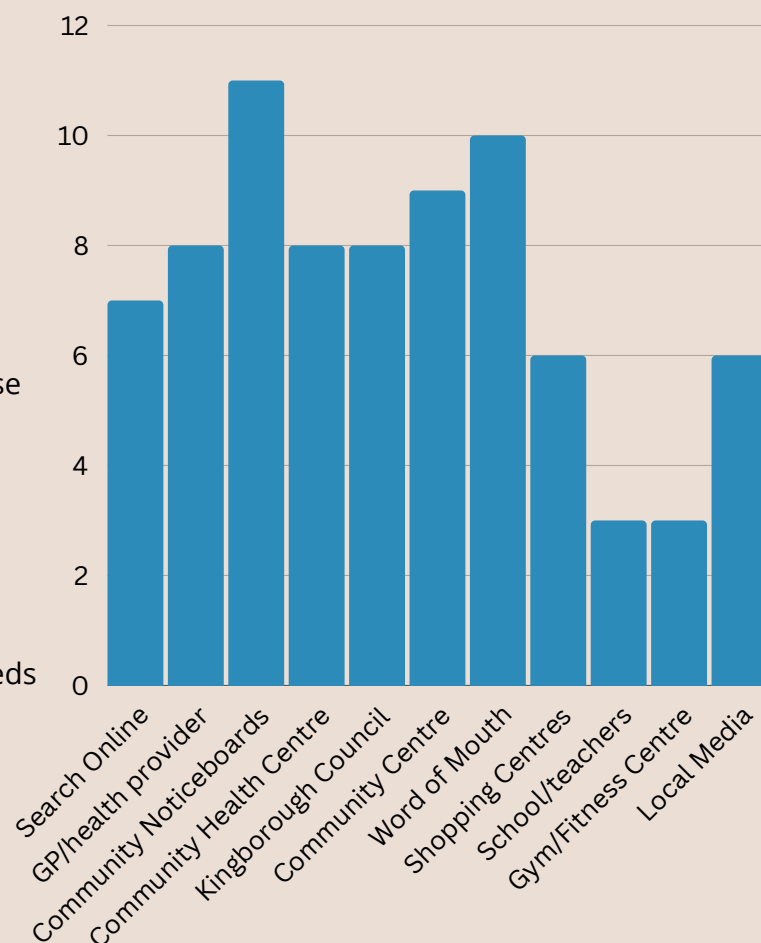
- Lack of time (4)
- Too much stress (3)
- Lack of motivation (5)
- Lack of information (8)
- Lack of confidence (4)
- Physical or mental health issues (4)
- Lack of transport (1)
- Costs/financial (12)
- Lack of childcare (1)
- Dependence on another person for support (4)
- Lack of access to support services/people (6)
- Other - structural barriers, e.g. difficulty navigating systems, poor GP referral and generational patterns



Q6.

Where are the best places to promote services/information on activities to support health and wellbeing?

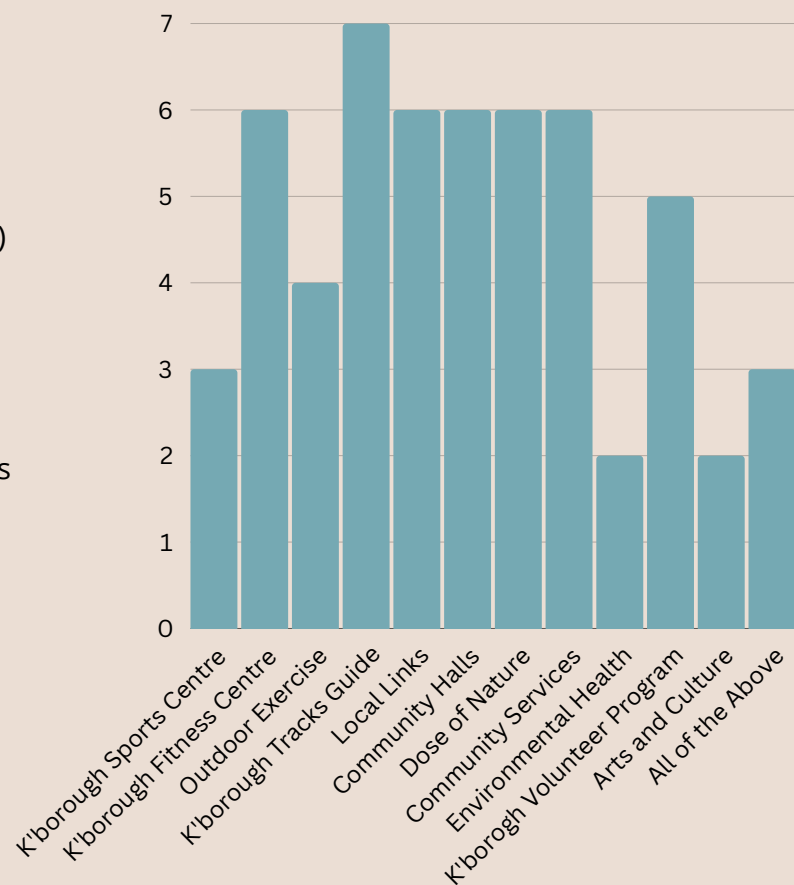
- Search online
- GP or health care provider
- Community notice boards
- Community Health Centre
- Kingborough Council
- Kingston Library
- Community Centre of Neighbourhood House
- Family and friends/word of mouth
- Shopping centres
- School/teachers
- Gym or fitness centre
- Kingborough Chronicle or Kingston Classifieds



Community will access information where they live work and play, and their previous experiences with different services or organisations will impact on whether they trust that information source or whether they will access it. The more places that information is available, the more people you will reach. But ideally information should be tailored to the person. Would suggest working with all of these places and training 'community champions' (e.g. staff and volunteers in the neighbourhood house, school staff, librarians) to know what services and information are available in the Kingborough area so they can connect people with the services which might suit them best.

Q7. Which current Kingborough Council may be of interest to you or your clients?

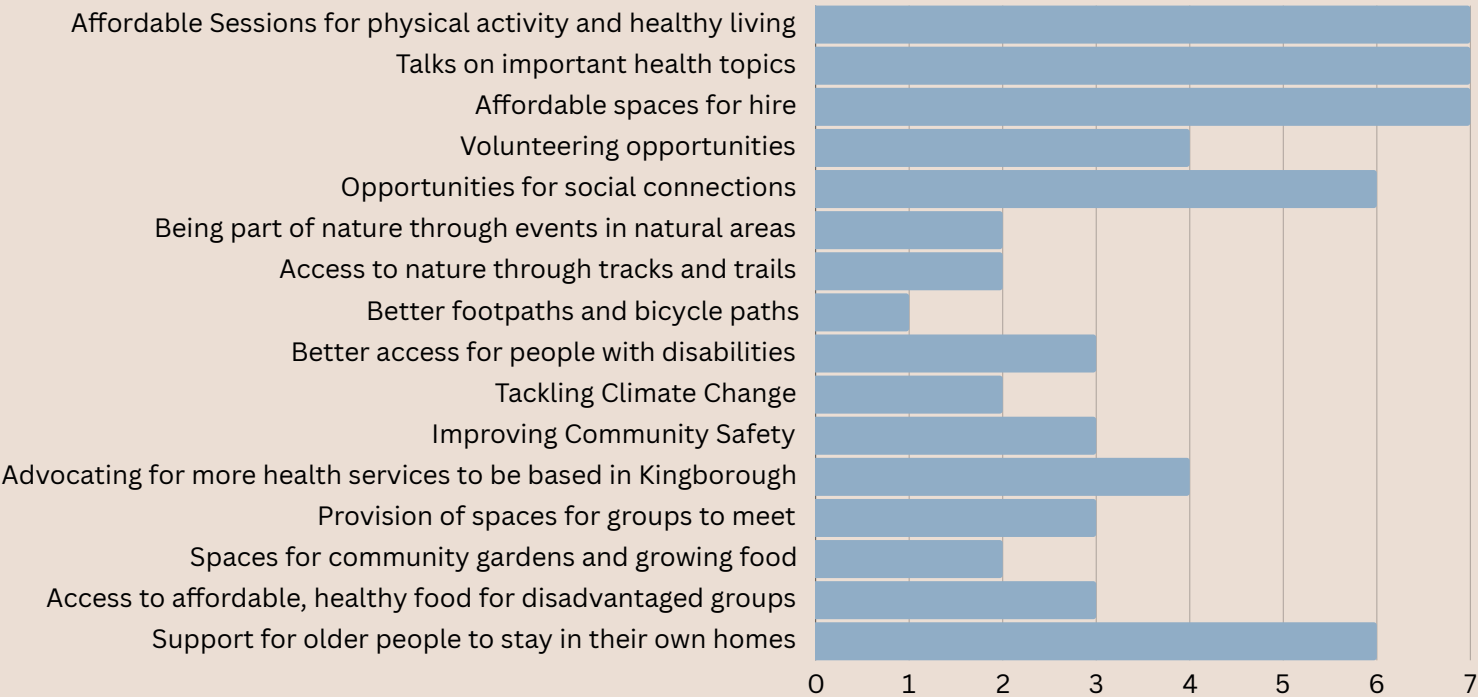
- Kingborough Sports Centre
- Kingborough Fitness Centre (gym and fitness classes with childcare hours provided and special classes for seniors)
- Outdoor Exercise Equipment
- Kingborough Tracks Guide
- Local Links
- Provision of community halls and spaces for health and wellbeing activities
- A dose of nature - socially prescribed mindfulness walks in Kingborough's nature reserves
- Community Services programs such as health talks, films, events, positive ageing, youth and children's programs
- Environmental Health - climate change resilience, bushfire preparedness, food safety and child immunisations
- Kingborough Volunteer Program - supporting older people to remain in their own homes
- Arts and Cultural events and KIN Creative Space
- All of the above



Q8. How would you rate Kingborough as a place that supports health and wellbeing?
(5 stars being excellent)



Q9. Which priorities should Council focus on to support improvements in health and wellbeing in Kingborough?

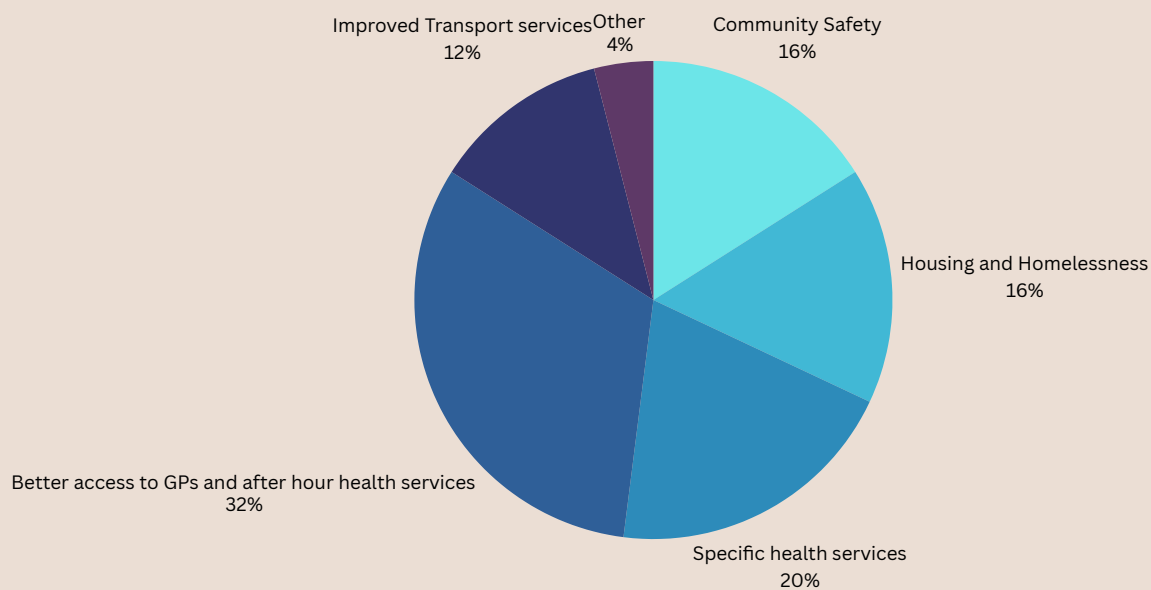


Have an annual Kingborough Health Expo

Q10

Kingborough Council has a defined role under the Local Government Act and we have opportunities to raise issues to other levels of government. What issues should Kingborough Council raise to improve the health and wellbeing of the community?

- Community Safety e.g. police (4)
- Housing and Homelessness (4)
- More specific health services e.g. mental health, LGBTIQA+, Aboriginal health, multicultural etc (5)
- Better access to GP's and after hours health services (8)
- Improved transport services e.g. buses, wheelchair accessible taxis etc (3)
- Other - A multidisciplinary urgent care centre after hours which includes nurse practitioners, chiropractor, physiotherapist and social worker

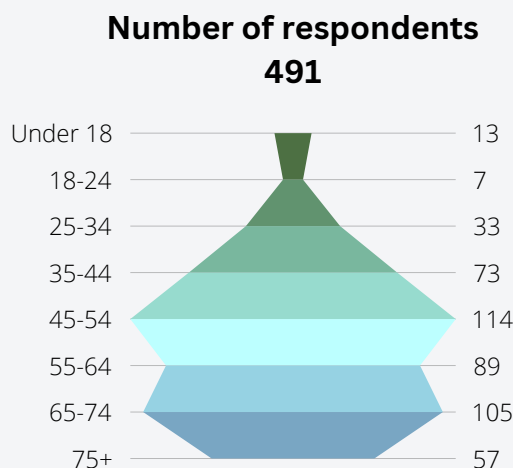


Community Survey responses

Demographic Information

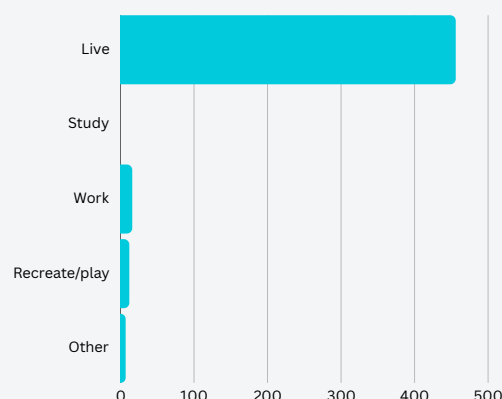
Q1. What is your age?

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75+



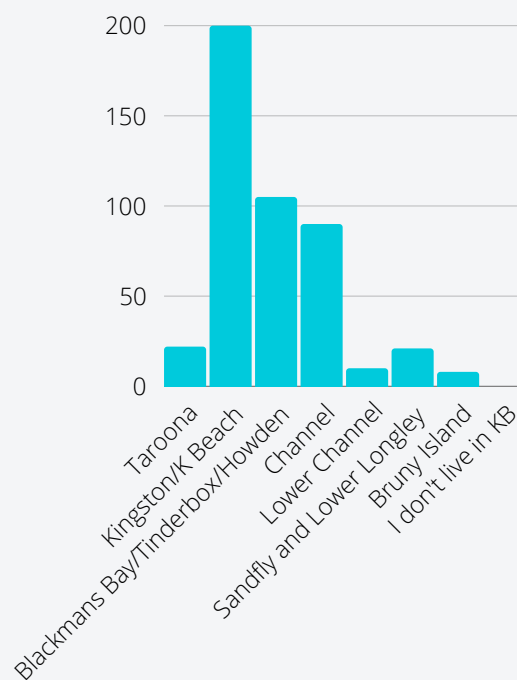
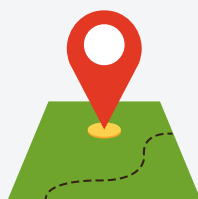
Q2. What is your primary connection to Kingborough?

- I live in Kingborough
- I study in Kingborough
- I work in Kingborough
- I recreate/play in Kingborough
- Other



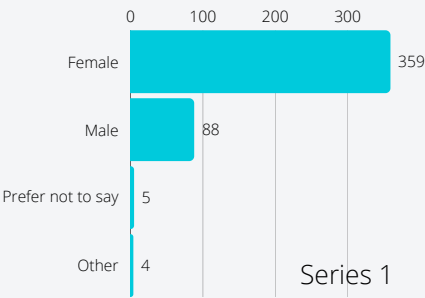
Q3. In which area of Kingborough do you live?

- Taroona
- Kingston/Kingston Beach
- Blackmans Bay/Tinderbox/Howden
- Channel area (Margate to Kettering)
- Lower Channel area (Woodbridge to Gordon)
- Sandfly and Lower Longley
- Bruny Island
- I don't live in Kingborough



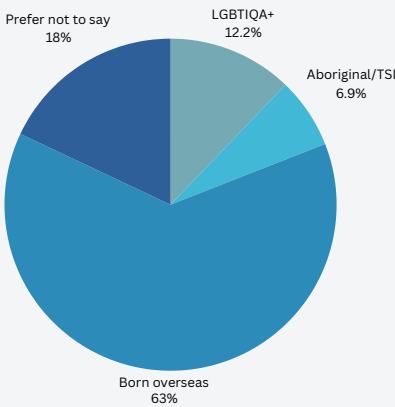
Q4. How do you describe your gender?

- Male
- Female
- Prefer not to say
- Other (please specify)



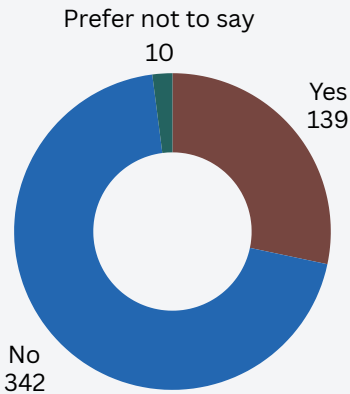
Q5. Do any of the following apply?

- Identify as LGBTIQ+
- Aboriginal and/or Torres Strait Islander
- Born overseas
- Prefer not to say



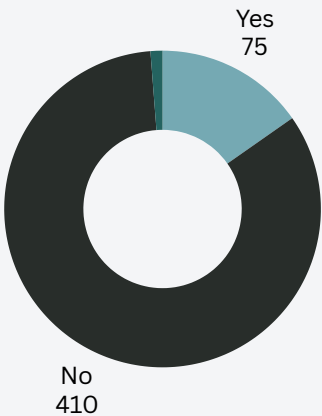
Q6. Are you a person living with a disability, chronic illness or age-related condition?

- Yes
- No
- Prefer not to say



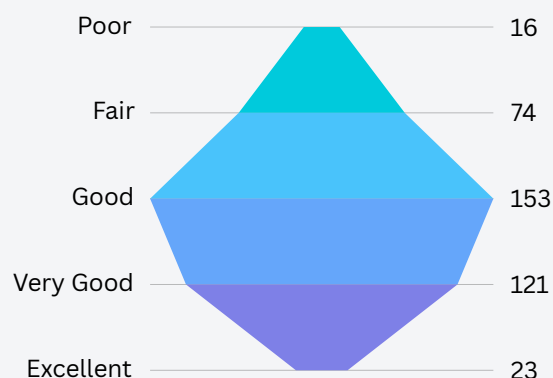
Q7. Are you a carer of a person living with a disability, chronic illness or age-related condition?

- Yes
- No
- Prefer not to say



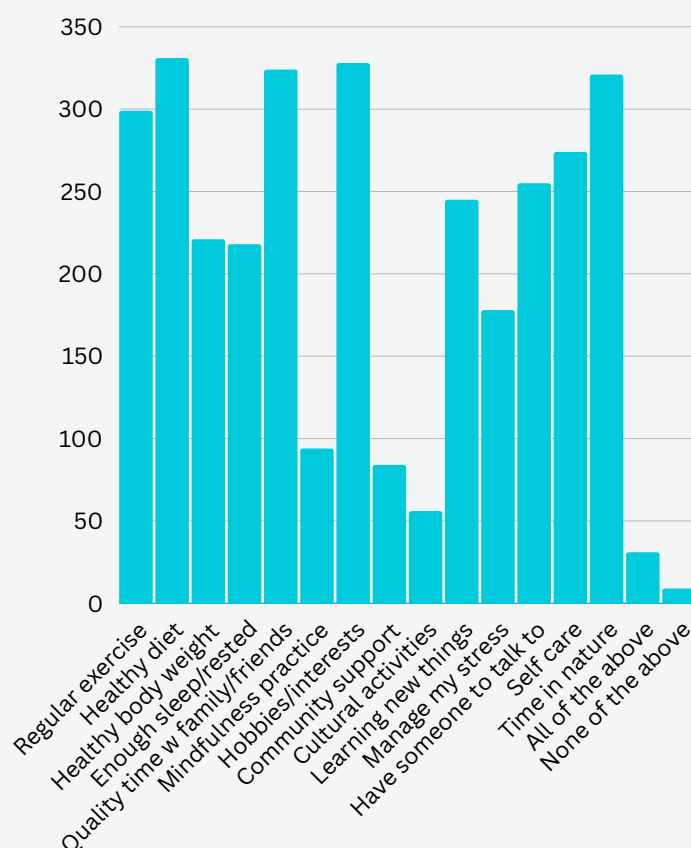
Q8. How would you rate your general health and wellbeing?

- Poor
- Fair
- Good
- Very Good
- Excellent



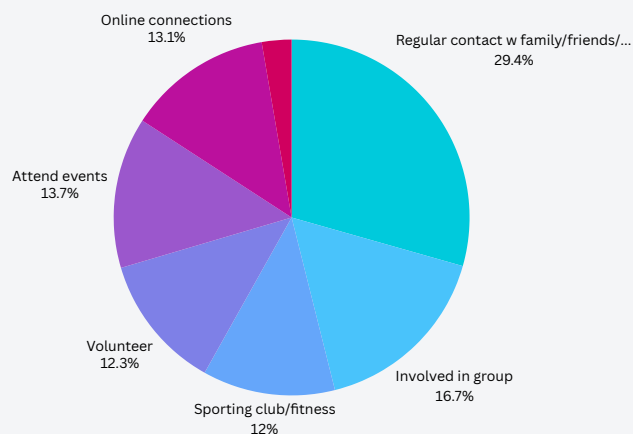
Q9. In what ways do you actively look after the health of your mind and body? Tick all that apply.

- I exercise regularly
- I have a healthy, balanced diet which includes eating fresh fruit and vegetables daily
- I maintain a healthy body weight
- I get enough sleep and feel rested
- I spend time in nature
- I spend quality time with family and friends
- I have a mindfulness/meditation practice
- I have hobbies and interests
- I seek out support from my community
- I am involved in activities that support my culture
- I keep myself interested in learning new things
- I have ways to manage my stress
- I have someone to talk to/confide in if I need support
- I do things for my own self care
- All of the above
- None of the above
- Other



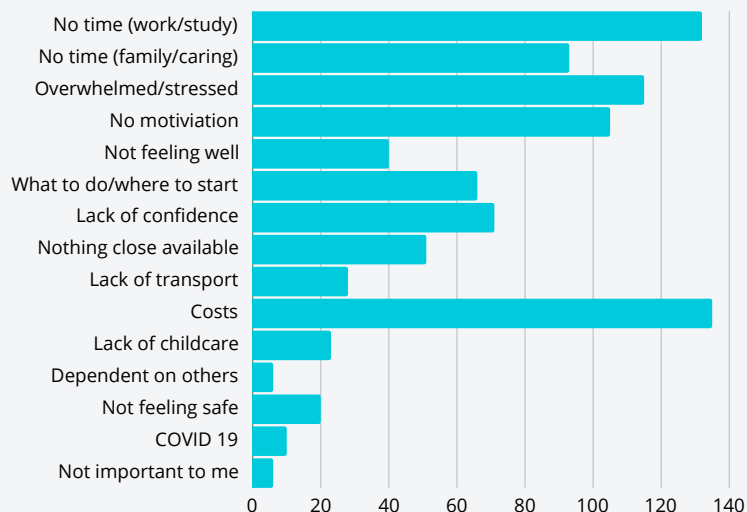
Q10. In what ways do you build healthy connections in your community?

- I am in regular contact with family, friends, neighbours
- I'm involved in a group e.g. church, hobbies, youth group, walking group, book club, U3A, Men's Shed, Landcare etc
- I'm involved in a sporting club or fitness centre
- I volunteer in my community
- I regularly attend events in the local community
- I have online connections
- None of the above



Q11. What are your main barriers to looking after your health and wellbeing?

- No time due to work/study commitments
- No time due to family/caring commitments
- Feeling overwhelmed, stressed or anxious
- Not feeling motivated in general
- Not feeling well enough to attend
- Not knowing what to do or where to start
- Lack of confidence to start something new
- Nothing available near me
- Lack of transport
- Costs/financial
- Lack of Childcare
- Depending on another person to support me
- Not feeling safe
- COVID 19
- Not important to me



Q12. Where would you look to find information on activities to support your health and wellbeing?

73%	Search online
61%	Family and Friends/Word of mouth
36%	Community Noticeboards
30%	Kingborough Chronicle or Kingston Classifieds
28%	Ask GP or health care provider
27%	Kingborough Council
27%	Kingston Library

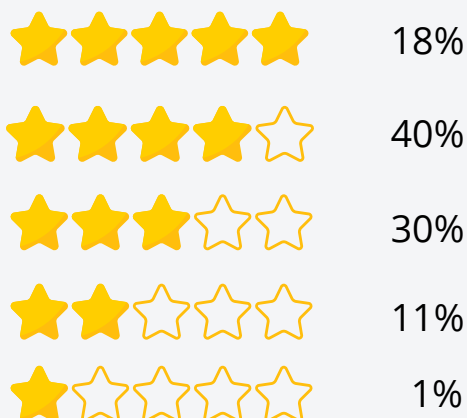
18%	Work colleagues
16%	Gym or Fitness Centre
11%	Community Centre or Neighbourhood House
7%	Community Health Centre
5%	Social Media
4%	School/Teachers
1%	Other



Q13. Kingborough Council contributes to health and wellbeing in a number of ways through the provision of parks, playgrounds, sporting facilities, tracks and trails, bushland reserves and local events. Some things Council does are not well known. Please tick items from the list below that may be of interest to you.

65%	Kingborough Tracks Guide - Booklet and Online
60%	Local Links - walking footpath links through the suburbs
42%	Provision of community halls and spaces for health and wellbeing activities e.g. yoga, dance, martial arts
41%	A Dose of Nature - mindfulness walks in Kingborough's nature reserves
34%	Community Services programs such as health talks, Learning for Life, Youth programs, Positive Ageing programs and events
34%	Kingborough Fitness Centre (gym and fitness classes with childcare hours provided)
32%	Arts and Cultural events and KIN Creative Space
31%	Environmental Health - water monitoring, landcare, climate change resilience, food safety and child immunisations
28%	Outdoor Exercise Equipment
22%	Community Resilience - bushfire and flood preparedness
20%	Kingborough Sports Centre (basketball, netball, gymnastics, martial arts etc)
19%	Kingborough Volunteer Program
6%	All of the above

**Q14. How would you rate Kingborough as a place to live that supports your health and wellbeing?
(5 stars being excellent)**

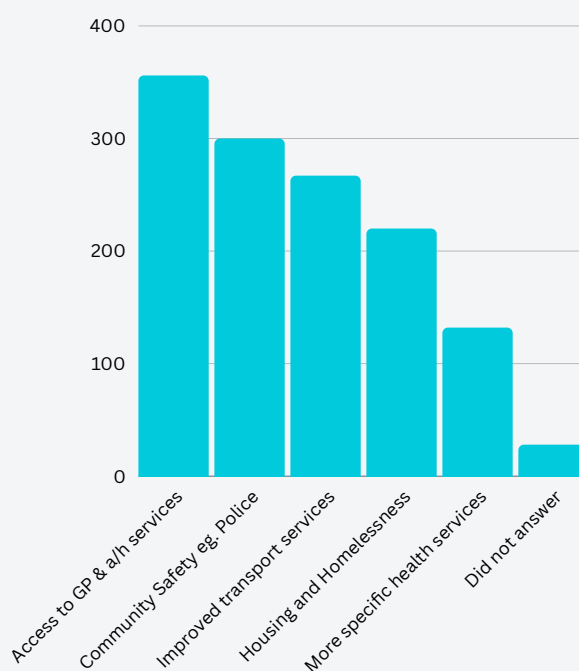


Q15. Which priorities should Council focus on to support you to improve your health and wellbeing in Kingborough? (Please tick the 5 most important)

63%	Affordable health talks and activities
62%	Improved access to nature
48%	Better footpaths and bicycle paths
33%	Advocating the state government for more health services to be based in Kingborough
29%	Improving community safety
28%	Opportunities for social connections e.g. craft groups, coffee and chat etc.
27%	Tackling climate change and its impact on health
25%	Provide spaces for community gardens and growing food
21%	Support access to affordable, healthy food for disadvantaged groups
16%	Better access for people with disabilities
12%	Provide spaces for groups to meet e.g. youth groups, cultural groups etc.
11%	Opportunities to volunteer and serve the community
2%	Did not respond

Q16. Kingborough Council has a defined role under the Local Government Act and we have opportunities to raise issues to other levels of government. What issues should Kingborough Council raise to improve the health and wellbeing of the community?

- Community Safety e.g. Police
- Housing and Homelessness
- More specific health services e.g. mental health, LGBTIQA+, Aboriginal health, multicultural etc
- Better access to GPs and afterhours health services
- Improved transport services e.g. buses, wheelchair accessible taxis etc



Q17. Is there anything that you would like to add that hasn't been covered by this survey?

Quotes randomly selected in themes

Active Transport

"Connect Kingston Beach to Kingston with shared bike path."

"More dedicated bike paths encouraging active travel for all."

"Please continue Local Links program and improve condition of the connection from Redwood road to coffee creek trail."

Food Security

"Community gardens should be a way of supporting good access to food. They provide physical exercise, social connections, learning, sharing, gardening and cookery knowledge."

"Access to healthy food is a major issue. Fresh fruit and vegetables are in dire need at Kingston Neighbourhood House."

Targeted Support Services - Parents

"As a mum, it's impossible to join in on activities if there's no child care provided. Mums & Bubs activities would be fantastic or classes where there is a child minder provided. More activities for babies would also be great so that parents could interact and meet that way."

"Affordable exercise classes and workshops/talks are brilliant but I often find I can't attend because I have a baby. I think new mums or parents with young babies/toddlers get forgotten a lot of the time."

Targeted Support Services - New Migrants

"For new residents a welcome to community package."

"Could Council provide a way for 'native' English speakers to have conversations with newcomers, perhaps in small groups, without having to get 'working with vulnerable people' certificates."

"Improve cultural integration. More events like Day in the Park etc."

Targeted Support Services - Carers and Older People

"It would be easier for me to participate in the community, if there was a (dementia specific) support group of people who were prepared to sit with him on an ad hoc, short term basis."

"Groups that support older people in the evenings, especially with loneliness. More information on End of life choices and paperwork and planning."

"I am a community carer and would be great to have a council program for clients living with dementia to meet and enjoy activities."

"Focus on policies that support people with their companion animals/pets (dogs and cat) so older people have emotional connection and support to moderate loneliness. Ensure explicit discussion on loneliness and how to reduce it."

Accessible and Inclusive

"Having Council provided activities is awesome, only thing I've noticed with those on offer is that the times are typically during the day, not after hours or on the weekend. This makes it hard to attend when working full time."

"Many of the community based activities are during week day work hours, I would love to see more classes, aimed at workers looking to connect more with the community and improve their health outside of normal work hours."

Healthy and Active

"Low cost exercise eg fitness instruction at Kingston Park; outdoor exercise classes; yoga for people who can't afford \$20 sessions; other preventive health activities."

"Subsidised Pilates classes and yoga classes."

"Outdoor yoga during summer would be wonderful."

Community Safety

"Kingborough doesn't feel as safe as it used to be. Need better solutions for teenagers and young adults who have struggles."

"We need a 24 hour police station and greater Police presence."

"I don't feel safe anymore to even walk my dog round area."

"Please more focus on our elderly. They don't feel safe getting out in our area any longer."

Advocacy for Medical Facilities

"More mental health services - the closure of St Helen's and mother/baby unit has left huge gaps."

"Access to specialist services such as mental health services, pediatricians, child mental health services (there are no services for under 12 year old suicidal kids e.g. autistic who don't fit into our school system)."

Spaces and Places

"I think the Council does an excellent job at promoting and allowing its residents to access services and talks that promote better health. One area to improve is for the youth that are causing some disruptions to the Blackmans Bay Hall. The BBQ and Beats are great but need to be more frequent."

"Sporting activities for youth e.g. basketball, netball, soccer in a community comp which affordable for all. Club based sports are expensive."

"We need to provide more safe, recreational spaces for our teenage community to hang out. A skate park (or two) in Kingston would be a great investment."

Climate Change Mitigation

"Better management of risks of fire. Get kids and youth involved in preparing for a different future. Help young people's mental health by providing support for their initiative and involvement in their council decisions, activities."

"Climate change needs to be a major focus. 1 No health on a dead planet. 2 climate change is affecting people badly already."

