



*5th Healthy Cities: Working
Together to Achieve Liveable Cities*
Conference

Name : **Sharon Peters**

Position:

Service Development Officer

Organisation:

Population Health, SWSLHD

Housing and Health Working Together

Current Approach to Health

- a mix of broad whole of population focussed strategies
- programs targeting key risk factors
- targeted equity focussed programs aimed at reaching the most disadvantaged and the most at risk, populations.
- One of the key ways to reach these populations has been by working in areas of concentrated social disadvantage, social housing estates being one of the key locations.

Why have a Partnership?

- Housing clients are amongst the most disadvantaged and vulnerable people in the community
- Disadvantaged people have poorer health outcomes
- Housing and health share a priority group within the population

Why have a Partnership?

- Recognition that housing is a key determinant of health
- Population Health has expertise in healthy urban development
- Made sense that we work together
- The Partnership brought decision makers together

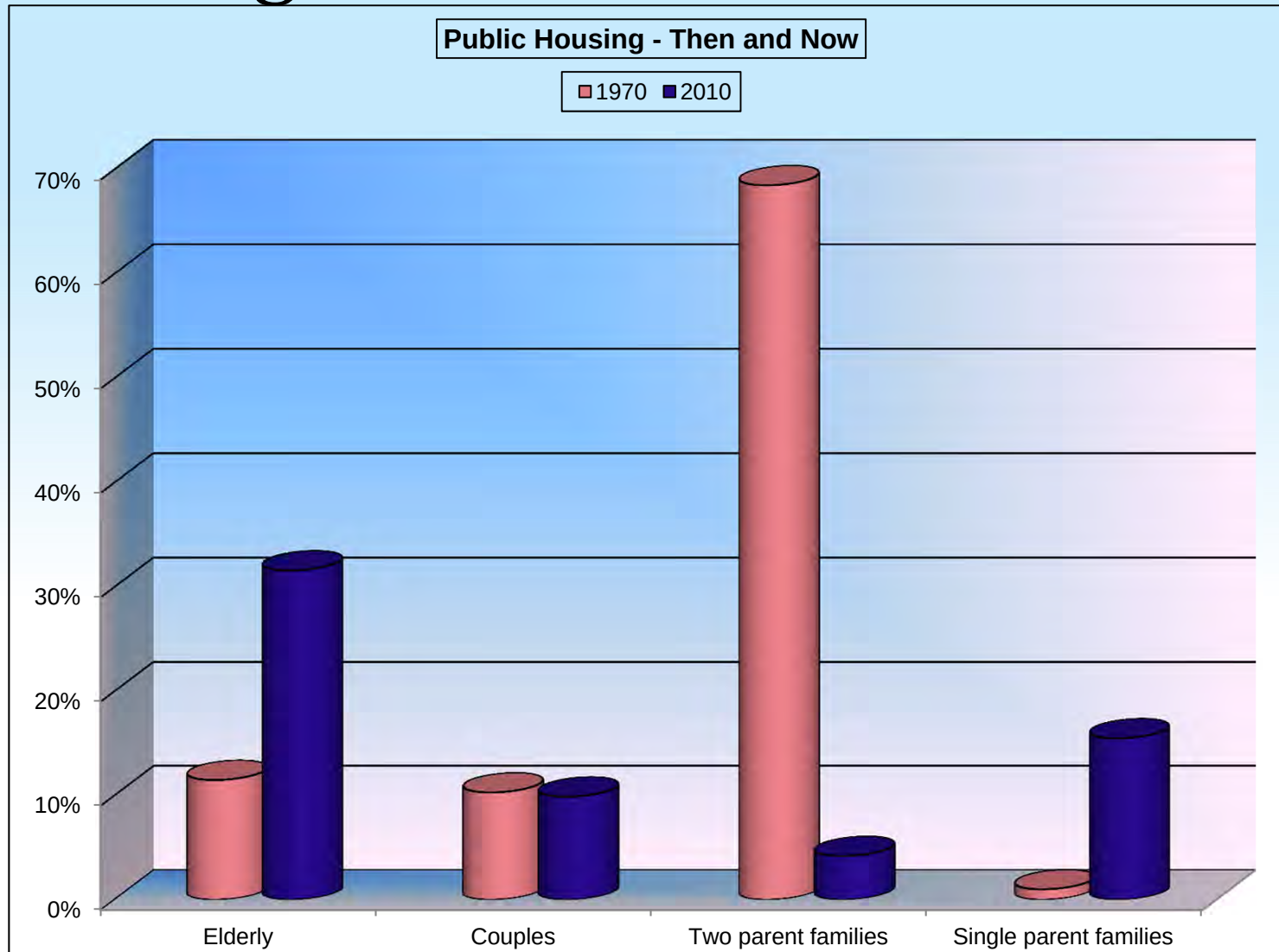
Housing NSW

- One of the largest Social Housing landlords
- Assists approximately 420,000 people a year
- Manages over 146,400 properties for the Social Housing Sector
- Receives over 680,000 calls to the Housing Contact Centre per annum
- Has approx 43,000 households on the housing register
- Operates 85 offices throughout NSW



5th Healthy Cities: Working Together to Achieve Liveable Cities Conference

Housing Clients – Then and Now



Issues in Social Housing Areas

- Concentrations of people on low incomes on estates
- Poor housing & urban design in some locations
- Asset reconfiguration
- Areas often isolated - limited access to support services e.g. transport

Greater Western Sydney Profile

- 48,000 social housing properties
- 13 Local Government Areas
- 30,000 (60%) properties on superlots & not tradeable
- 16,250 social housing properties in South Western Sydney across Campbelltown, Camden, Fairfield & Liverpool LGA's
- South Western Sydney has 6 of the most concentrated and disadvantaged estates in greater western Sydney

Health Status of Residents

- Residents of south western Sydney have higher smoking rates than that of the general NSW population
- Chronic conditions such as asthma affect around 10% of young people and diabetes affects about 4%, both higher than for NSW
- Cancer rates to increase by 25% over 10 years in line with population projections
- 17% of people are 65 years of age or older



5th Healthy Cities: Working Together to Achieve Liveable Cities Conference

Economic Appraisal Process

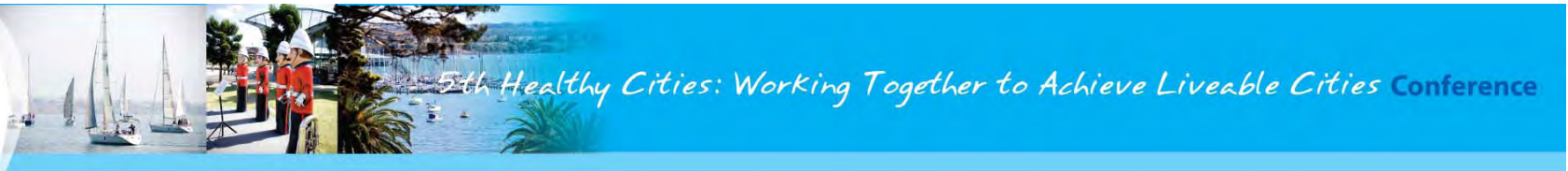
- For all larger programs or projects Housing NSW is required to undertake Economic Appraisals
- Impacts were traditionally evaluated in economic terms only.
- Currently impacts are quantified in Financial, Environmental and Social terms
- Traditionally an internal HNSW process using HNSW staff from various disciplines within Housing
- Population Health invited to participate as a result of the Health/Housing partnership and because health outcomes generally align with social outcomes

A Partnership Develops

- Health Impact Assessment
- Literature review
- Workshop
- Steering Committee
- Planning meeting
- Partnership Agreement
- Implementation Plan

Decision-makers

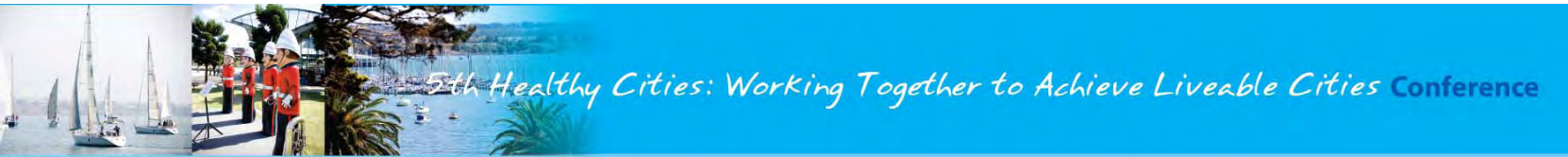
- Composition of Steering Committee
- Partnership Agreement
- Implementation Plan
- Business Plans of all organisations
- Advocacy in new structures and with new management



Activities

Research study: Impact of urban renewal on the health and wellbeing of disadvantaged communities





Activities

Seniors Living Health Impact Assessment



- Access to healthy, affordable food
- Physical activity
- Affordable, reliable and safe transport
- Social cohesion
- Access to appropriate health services

Activities

NitBusters – A whole of Community Approach

- Baseline Survey
- NitBusters Day
- Post-Survey



Activities

Health has a regular column in Housing NSW's *Your Home* newsletter

Tips for a healthy summer

From Population Health, Sydney South West Area Health Service

The weather is warming up, daylight hours are getting longer and most people will be spending more time outside. Here are some tips for a healthy summer for you and your family.

> Be sun smart

wear a hat that shades your face and neck, appropriate clothing and sunglasses to protect your eyes. Use a SPF 30+ sunscreen when outdoors and seek out shady places.

> Drink water

two litres every day. It's the best drink to keep us healthy and it's free from the tap.

> Check your smoke alarm

make sure there is a green light visible and a blinking red light. Report any faults or missing detectors to 1300 HOUSING (1300 468 746).

> Alcohol care

in hot weather drinking alcohol can lead to dehydration. Healthy men and women should have no more than two standard drinks a day.

> Keep active

look for opportunities to keep fit everyday such as walking to the shops, exercising with your family or taking the dog for a walk. Make sure you avoid the heat of the day.

> Neighbourhood watch

older people can suffer from heat stress easily, so keep an eye out for older neighbours, particularly on hot days.

> Quit smoking

any season is the right time to quit. Phone the Quitline on 137 848 or visit <http://www.13quit.org.au/>.

> Healthy eating

summer is a great time to eat healthy food such as fresh fruit and salads.

> Water safety

Drowning is one of the major causes of death for NSW children under the age of five. In NSW, all backyard pools must have a safety fence. Here are some safety tips for young children.

- Always supervise young children near water.
- Never leave young children alone, even in a paddle pool – they can drown in a few centimetres of water.
- Check that all gates are shut in case children 'escape' into an area with a pool.
- Always swim between the flags.

Activities

- Integrated Social Sustainability and Health Impact Assessment – Airds/Bradbury
- Health input into Housing NSW Master planning process
- Further research opportunities



5th Healthy Cities: Working Together to Achieve Liveable Cities Conference

Annual Partnership Showcase

- Projects / activities / achievements are presented
- Stakeholders and partners from across Greater Western Sydney attend
- Guest speakers
- Networking
- Partnership Agreement reaffirmed for the next 12 months

Achievements and Outcomes

- Working groups and projects established
- Practical opportunities
- Outcomes for residents
- Emphasis on research and evaluation
- More people involved
- Access to professional relationships
- Health representation on committees
- Community awareness of broader health issues

Progressing the Partnership

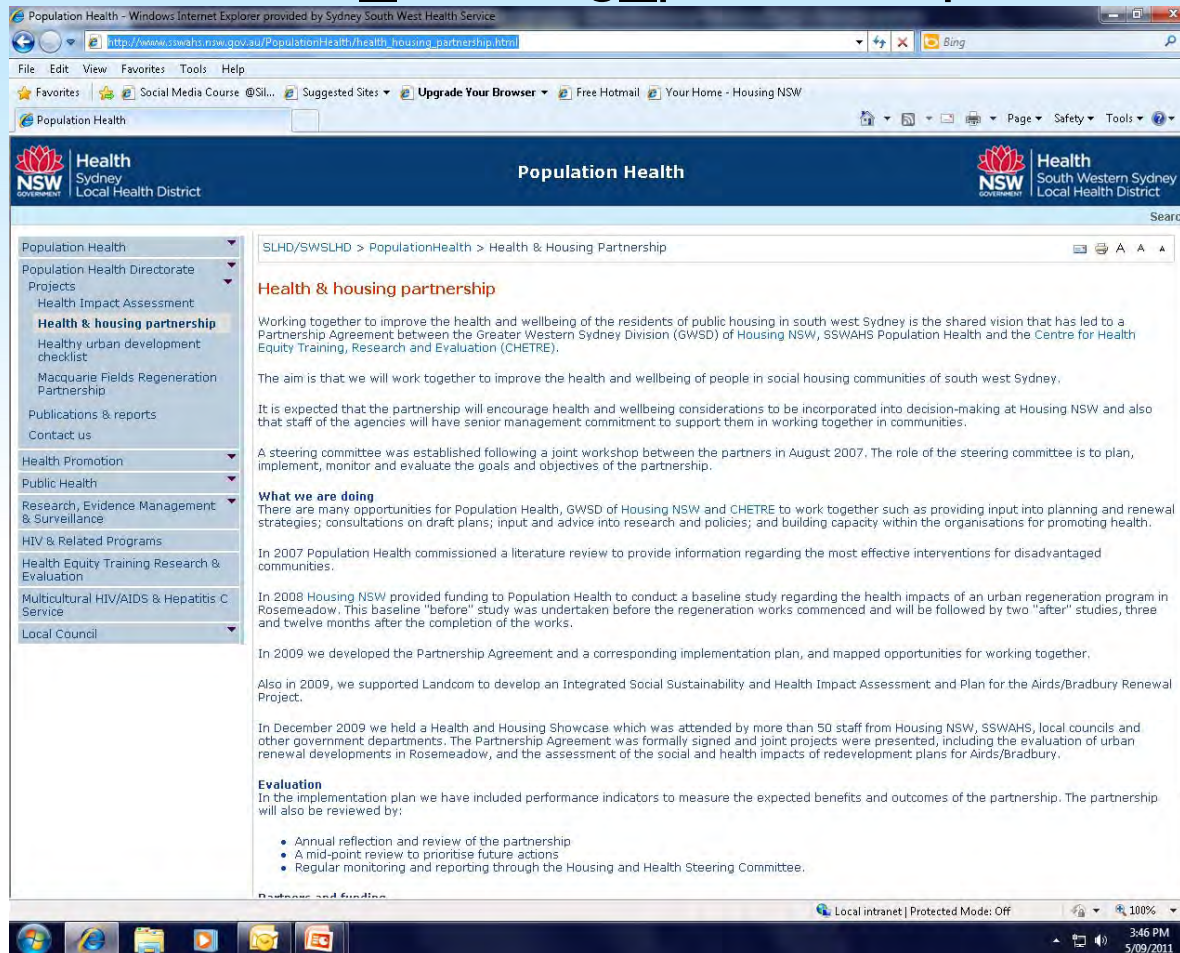
- Research and evaluation
- Dissemination of results
- Addressing challenges of restructures
- Renewing the partnership agreement
- Training opportunities
- Long-term funding
- Awards



5th Healthy Cities: Working Together to Achieve Liveable Cities Conference

Website:

http://www.sswahs.nsw.gov.au/PopulationHealth/health_housing_partnership.html





5th Healthy Cities: Working Together to Achieve Liveable Cities Conference

Acknowledgements

Housing and Health Partnership Steering Committee



Family &
Community Services
Housing NSW



Health
South Western Sydney
Local Health District



Health
Sydney
Local Health District

UNSW



Centre for Health Equity Training Research and Evaluation (CIHETRE)
Part of UNSW Research Centre for Primary Health Care & Equity