Northern Beaches

Community Wellbeing Framework

Active, inclusive and safe

Well served

Well connected

Housing and built environment

Environmentally sensitive

Fair for everyone

Thriving economy

Well run

Healthy
- Healthy Environments
- Social Health
- Mental Health
- Physical Health

Participatory
- An engaged community
- Equipped for the future
- Inclusive Economy
- Business diversity

Connected
- Connected to services
- Connected to community
- Connected to culture
- Connected to destinations

Liveable
- Safe
- Affordable
- Appealing places & spaces
- Sustainable recreation

Individual and Community Wellbeing

northern beaches council

Acknowledgement of Country
We acknowledge the Traditional Custodians and their Country on which we gather today. By these words we show our respect to all Aboriginal people. We acknowledge Elders past, present and emerging and the spirits and ancestors of the Clans that lived in this area.

Contents

The Framework
Introduction - why measure community wellbeing?

Our community has told us that being healthy in mind and body, feeling connected with where you live and being able to participate are critical to a good quality of life.

That's why we have introduced our Community Wellbeing Framework - a way to measure how our community is tracking on the things that matter most.

The Community Wellbeing Framework ('the Framework') is the Northern Beaches framework for monitoring and evaluating collective impact towards wellbeing. The selected outcomes and indicators provide a holistic overview of wellbeing for the Northern Beaches that will measure change over time.

The Framework underpins Council's commitment to focusing resources and strategic decision making on wellbeing in recognition that:

Wellbeing is a common aspiration.	Economic and environmental factors don't tell the whole story.	Having information on wellbeing measures makes for better strategic decisions.	A wellbeing focus pays off by reducing the need for government and community services.

The core indicators identified will allow us to measure and track change over time at the community level.

The Framework supports the work of existing strategies and plans by providing clarity and direction on what wellbeing means for our community, and how we measure our progress towards improving it.

Image: Mackenzie Wolfe

5   ### How we developed the Community Wellbeing Framework

A clear vision was defined in Shape 2028 emphasising how important wellbeing is to our local community:

> *"Northern Beaches - a safe, inclusive, and connected community that lives in balance with our extraordinary coastal and bushland environment."*

In 2016/17 when Council developed the Shape 2028 Community Strategic Plan (CSP), we talked to more than 2,000 people exploring how to live well and create a sense of balance in an increasingly pressured world. This led to the creation of the CSP vision.

In 2020/21 we checked back in with the community regarding the key themes of being safe, inclusive, and connected as we developed the Better Together Social Sustainability Strategy. Over 1,000 community members then helped build a complete picture of what being safe, connected, and inclusive means to them and why these values are still essential components of achieving wellbeing, both for individuals and their communities.
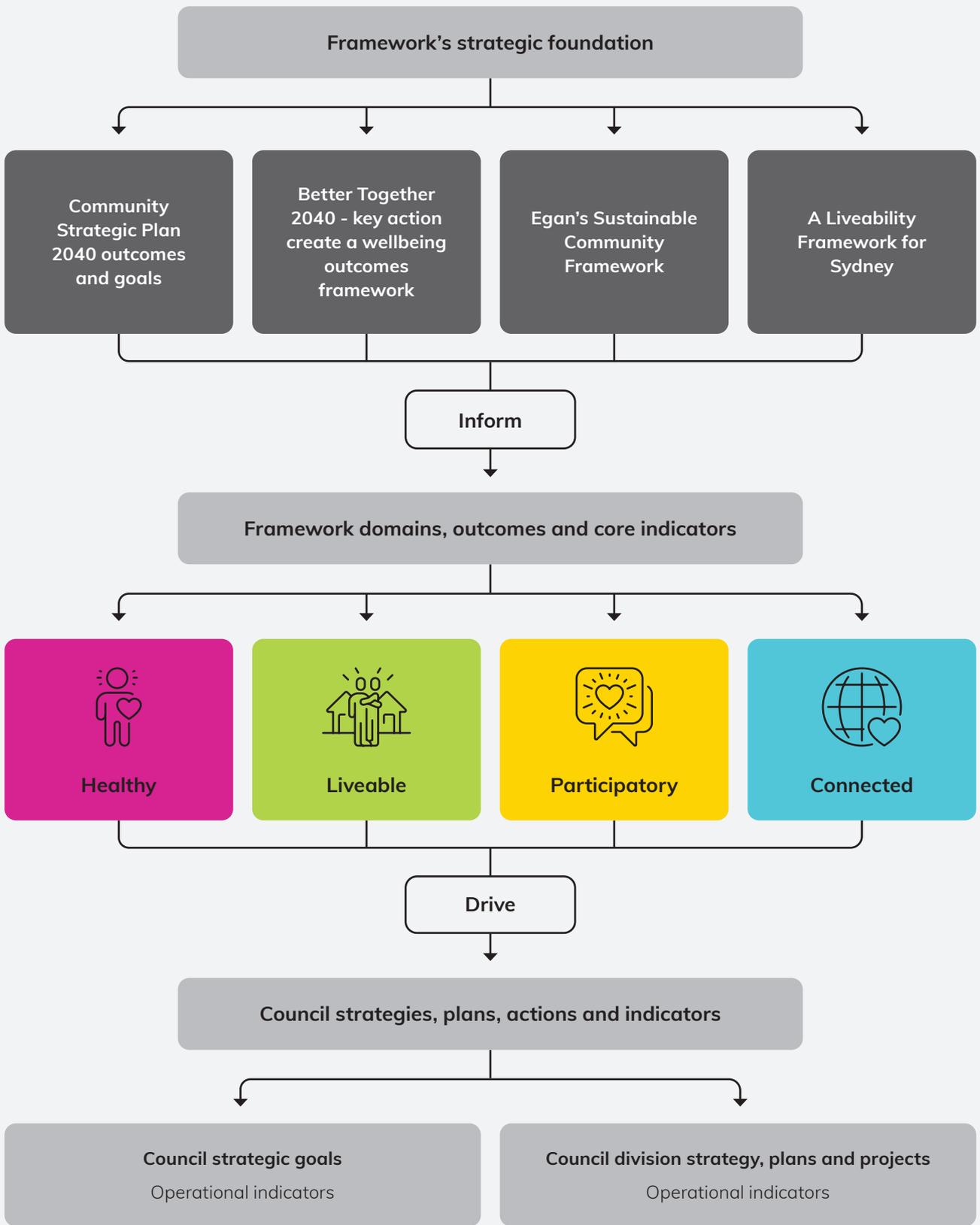
In 2021/22, Council engaged with the community to review Shape 2028 and develop a new Community Strategic Plan 2040. This consultation confirmed the key themes of safe, inclusive and connected, adding an additional them of diversity.

We've taken what we heard from the community and further developed this into the Community Wellbeing Framework, by making sure we incorporate best practice approaches to wellbeing and applying it to a local context.

The Framework is built upon, and designed to bring together the insights, strategic direction and policy goals set by:

1. Northern Beaches Community Strategic Plan 2040

2. Better Together 2040 key action "create a Wellbeing Outcomes Framework for the Northern Beaches"

3. A Liveability Framework for Sydney

4. Egan's Sustainable Community Framework

5. The existing commitments and directions in other relevant strategies and plans that support the delivery of wellbeing initiatives and outcomes to the Northern Beaches.

The relationship between the strategic foundation, the framework and other Council strategy and plans is shown in the graphic below.

Framework's strategic foundation

Community Strategic Plan 2040 outcomes and goals

Better Together 2040 - key action create a wellbeing outcomes framework

Egan's Sustainable Community Framework

A Liveability Framework for Sydney

Inform

Framework domains, outcomes and core indicators

Healthy

Liveable

Participatory

Connected

Drive

Council strategies, plans, actions and indicators

Council strategic goals
Operational indicators

Council division strategy, plans and projects
Operational indicators

The Framework is organised around four domains that represent the different aspects of wellbeing for the community. Each domain has a statement of intent which defines what we want to achieve through delivery of the identified outcomes.

Healthy
We have high levels of individual mental, physical, and social health and prioritise creating a natural environment that supports good health.

Liveable
We live in a safe, appealing, affordable and sustainable place.

Participatory
We have an inclusive, resilient, and stable local economy that allows everyone to participate in education, employment and decision making.
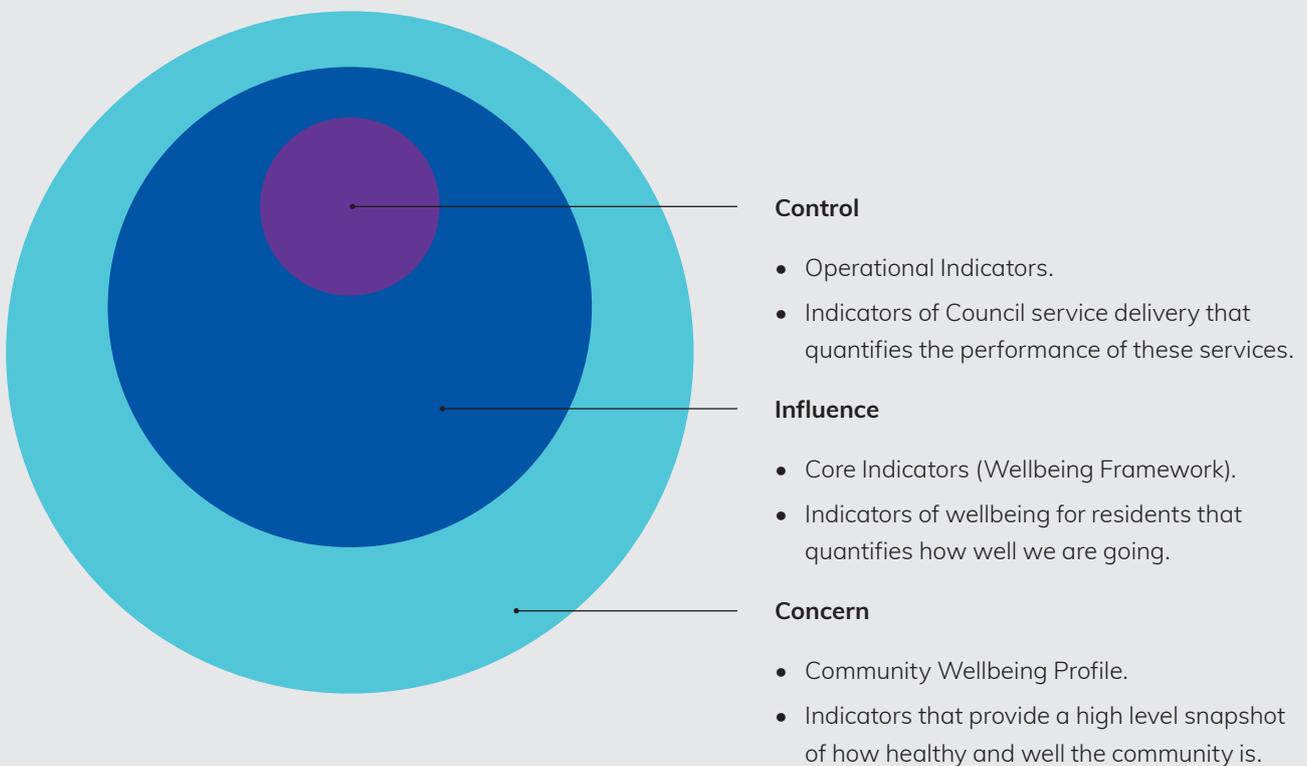
Connected
We have strong relationships and are connected to culture, community and place.

Indicators

Indicators allow us to create a robust picture of wellbeing, both collectively and individually. There is a role for both subjective and objective measures of wellbeing.
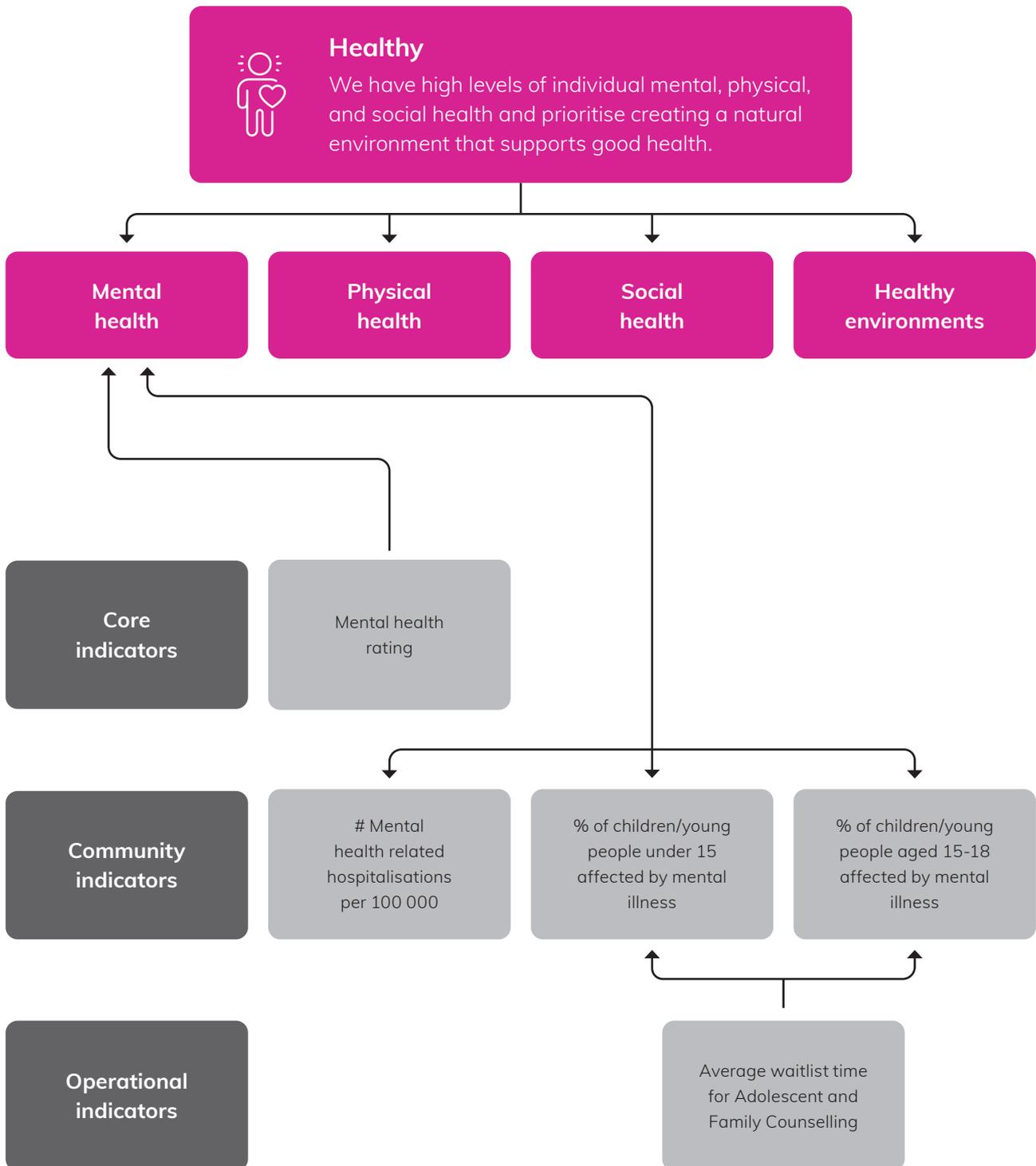
- **Subjective** measures focus on individual perceptions of wellbeing and how people rate their quality of life.

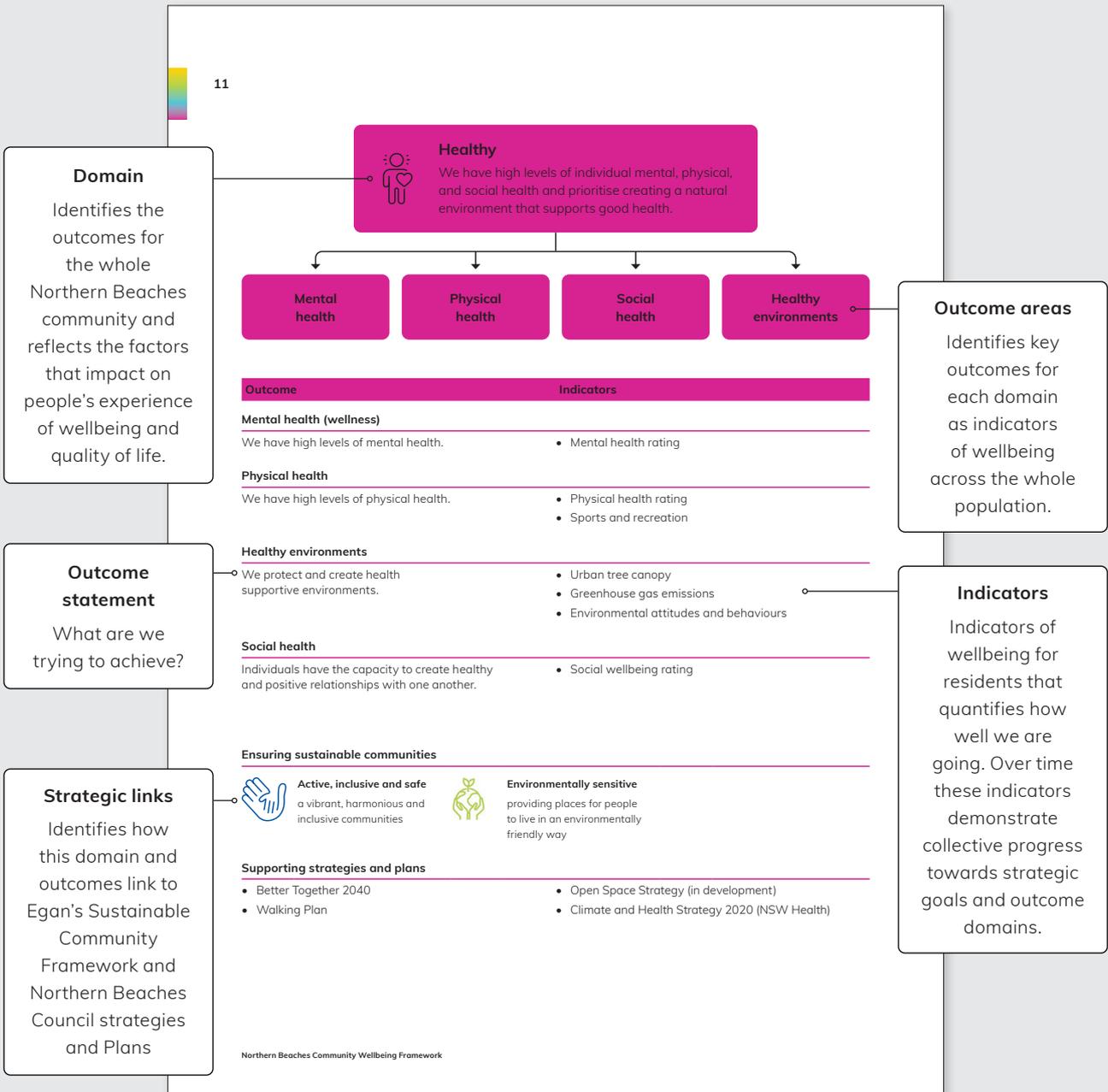- **Objective** measures provide insights into our collective experience that are impartial and quantifiable.

Control

- Operational Indicators.
- Indicators of Council service delivery that quantifies the performance of these services.

Influence

- Core Indicators (Wellbeing Framework).
- Indicators of wellbeing for residents that quantifies how well we are going.

Concern

- Community Wellbeing Profile.
- Indicators that provide a high level snapshot of how healthy and well the community is.
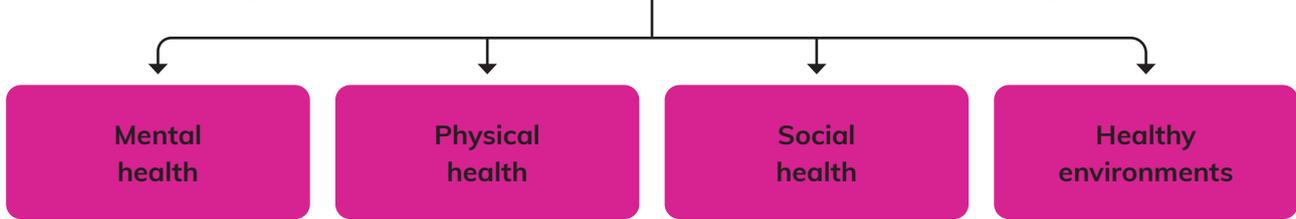
Seeing the big picture
Community wellbeing

The three levels of indicators work together to develop a complete picture of community wellbeing and collective impact.

Healthy
We have high levels of individual mental, physical, and social health and prioritise creating a natural environment that supports good health.

| Mental health | Physical health | Social health | Healthy environments |

Core indicators

Mental health rating

Community indicators

Mental health related hospitalisations per 100 000

% of children/young people under 15 affected by mental illness

% of children/young people aged 15-18 affected by mental illness

Operational indicators

Average waitlist time for Adolescent and Family Counselling

Reading the framework

Let's look at an example of how to read the framework

Healthy
We have high levels of individual mental, physical, and social health and prioritise creating a natural environment that supports good health.

Mental health	Physical health	Social health	Healthy environments

Outcome	Indicators
Mental health (wellness)	
We have high levels of mental health.	• Mental health rating
Physical health	
We have high levels of physical health.	• Physical health rating • Sports and recreation
Healthy environments	
We protect and create health supportive environments.	• Urban tree canopy • Greenhouse gas emissions • Environmental attitudes and behaviours
Social health	
Individuals have the capacity to create healthy and positive relationships with one another.	• Social wellbeing rating

Ensuring sustainable communities

Active, inclusive and safe
a vibrant, harmonious and inclusive communities

Environmentally sensitive
providing places for people to live in an environmentally friendly way

Supporting strategies and plans

- Better Together 2040
- Walking Plan
- Open Space Strategy (in development)
- Climate and Health Strategy 2020 (NSW Health)

Northern Beaches Community Wellbeing Framework

Domain
Identifies the outcomes for the whole Northern Beaches community and reflects the factors that impact on people's experience of wellbeing and quality of life.

Outcome statement
What are we trying to achieve?

Strategic links
Identifies how this domain and outcomes link to Egan's Sustainable Community Framework and Northern Beaches Council strategies and Plans

Outcome areas
Identifies key outcomes for each domain as indicators of wellbeing across the whole population.

Indicators
Indicators of wellbeing for residents that quantifies how well we are going. Over time these indicators demonstrate collective progress towards strategic goals and outcome domains.

Healthy

We have high levels of individual mental, physical, and social health and prioritise creating a natural environment that supports good health.

Mental health	Physical health	Social health	Healthy environments

Outcome	Indicators
Mental health (wellness)	
We have high levels of mental health.	• Mental health rating
Physical health	
We have high levels of physical health.	• Physical health rating • Sports and recreation
Healthy environments	
We protect and create health supportive environments.	• Tree canopy • Greenhouse gas emissions • Environmental attitudes and behaviours
Social health	
Individuals have the capacity to create healthy and positive relationships with one another.	• Social wellbeing rating

Ensuring sustainable communities

Active, inclusive and safe

a vibrant, harmonious and inclusive communities

Environmentally sensitive

providing places for people to live in an environmentally friendly way

Supporting strategies and plans

- Better Together 2040
- Walking Plan
- Open Space Strategy (in development)
- Climate and Health Strategy 2020 (NSW Health)

Liveable
We live in a safe, appealing, affordable and sustainable place.

| Affordable | Safe | Sustainable recreation | Appealing places and spaces |

Outcome	Indicators
Affordable	
We have a community that people can afford to live and work in.	• Affordable decent housing • Rental affordability index
Safe	
We maintain a community who feel safe and are free from abuse and violence.	• Feeling safe • Rate of major crime categories per 100,000 people
Sustainable recreation	
We maintain our ecosystems for a sustainable future.	• Access to the natural environment • Beaches water quality • Public outdoor recreation space
Appealing places and spaces	
We have increasingly appealing, well-planned spaces.	• Liveability Index • Wellbeing Index

Ensuring sustainable communities

Well designed and built
a vibrant, harmonious and inclusive communities

Environmentally sensitive
providing places for people to live in an environmentally friendly way

Active, inclusive and safe
a vibrant, harmonious and inclusive communities

Supporting strategies and plans

- Towards 2040
- Protect. Create. Live.
- Housing Strategy

- Better Together 2040
- Community Safety Plan
- Open Space Strategy

Participatory

We have an inclusive, resilient, and stable local economy that allows everyone to participate in education, employment and decision making.

| Inclusive economy | Business diversity | Equipped for the future | Engaged community |

Outcome	Indicators
Inclusive economy	
We have an inclusive economy with financial opportunities for all.	• Financial Wellbeing Rating • Good job prospects
Business diversity	
We have a diverse and adaptive local business community.	• Diverse range of shopping, leisure, and dining experiences • A prosperous economy • Trends in local spend data
Equipped for the future	
We are equipped for the future through education and a culture of life-long learning.	• High quality education opportunities
Engaged community	
We engage with democratic processes and community engagement opportunities.	• Opportunity for all

Ensuring sustainable communities

Well run
effective and inclusive participation, representation and leadership

Fair for everyone
people of all ages, genders, abilities, races, sexes and cultures are given access to services, jobs and education in the community

Thriving local economy
a flourishing and diverse local economy

Supporting strategies and plans

- Towards 2040
- Better Together 2040
- Economic Development Strategy (under development)

Connected
We have strong relationships and are connected to culture, community and place.

| Connected to services | Connected to destinations | Connected to culture | Connected to community |
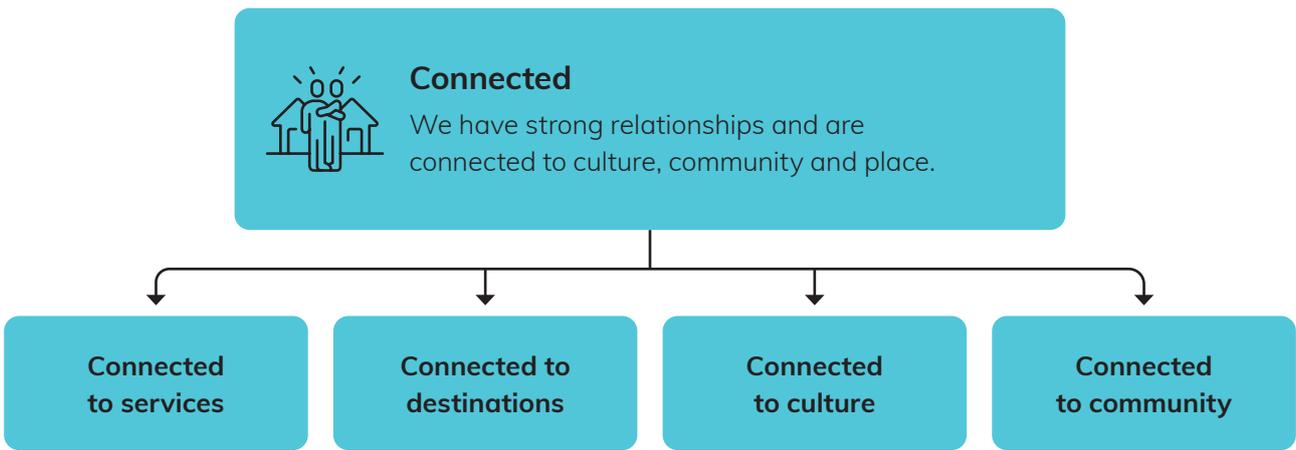
Outcome	Indicators
Connected to services	
We have responsive services that adapt to meet changing community needs.	• High quality health services • Mobility to and from services • Do people know where to go to access services?
Connected to destinations	
We can move easily in and around the community to access the places and spaces we want to.	• Reliable and efficient public transport • Lack of road congestion • Road traffic volume on major arteries
Connected to culture	
We feel connected to place through celebrating diverse meanings of culture.	• Social cohesion • Delivery of cultural facilities
Connected to community	

Ensuring sustainable communities

Well connected
provision of good transport services and communication linking people to the services they need

Well served
provision of a complete range of services that are appropriate and accessible to all

Active, inclusive and safe
a vibrant, harmonious and inclusive communities

Supporting strategies and plans

- Move 2036
- Connected through Creativity 2029
- Towards 2040
- Better Together 2040

Glossary of terms

Population-level framework	An outcomes framework that articulates outcomes for the whole population. In this instance the whole population is the Northern Beaches.
System (Strategy) level framework	An outcomes framework that articulates outcomes for a service system. In the Council context this could be considered the outcome frameworks adopted by leading strategies and plans.
Domain	The categories of wellbeing used to organise connected outcomes
Outcome (Northern Beaches population level)	Aspirational improvements in wellbeing for the whole of the Northern Beaches community
Indicator	A measurable attribute that demonstrates current state for each outcome at a point in time. Analysing the direction of change and trends over time will identify what action is needed to progress towards an outcome. It answers the question "how will we know if we are progressing towards the outcome?"
Output	A statement of what is delivered (e.g., milestone, product, or service)

Image: Isabelle Stapf-Giannakis

Appendix 1
Core indicator explanations

Domain	Outcome	Indicator		Indicator Description	Trend	Why it has been selected as an indicator	Data set
Healthy	Physical Health	The ability to view and participate in sports and recreation	S	How people rate the local area for ability to view and participate in sports and recreation (scale 0-10)	↑	Benefits of participating in sports and recreation delivers benefits beyond the physical. Engaging in sports and recreation increases the chance of incidental social contact, brings cognitive benefits, and often serves as places where the community can connect across social, cultural, and generational lines.	Living on the Northern Beaches
Healthy	Physical Health	Physical health rating	S	How people rate their physical health (scale 0-10)	↑	Self-reported health assessments are simple and global. They have been found to be a very powerful predictor of future morbidity, health care use and mortality, independent of other medical, behavioural, or psychosocial risk factors. Self-reported physical health correlates with the overall subjective Wellbeing Index.	Living on the Northern Beaches
Healthy	Mental Health	Mental health rating	S	How people rate their mental health (scale 0-10)	↑	Satisfaction with mental health is an important predictor of a person's wellbeing. Self-reported mental health correlates with the overall subjective Wellbeing Index.	Living on the Northern Beaches
Healthy	Healthy environments	Tree Canopy	O	The % of the LGA that has tree canopy	↑	A healthy tree canopy will play a critical role in maintaining the health and liveability residents expect. The urban forest is the 'engine room' for urban ecosystems contributing to our ability to provide clean air, oxygen shade and habitat.	Council data
Healthy	Healthy environments	Greenhouse gas emissions	O	Community greenhouse gas emissions measured in tonnes per person	↓	An indicator of the negative contribution the city is making to climate change. A decline in emissions per person may indicate that emissions are being better managed	Kinesis Dashboard

Key

↑ Increase ⊖ Maintain ↓ Decrease S Subjective O Objective

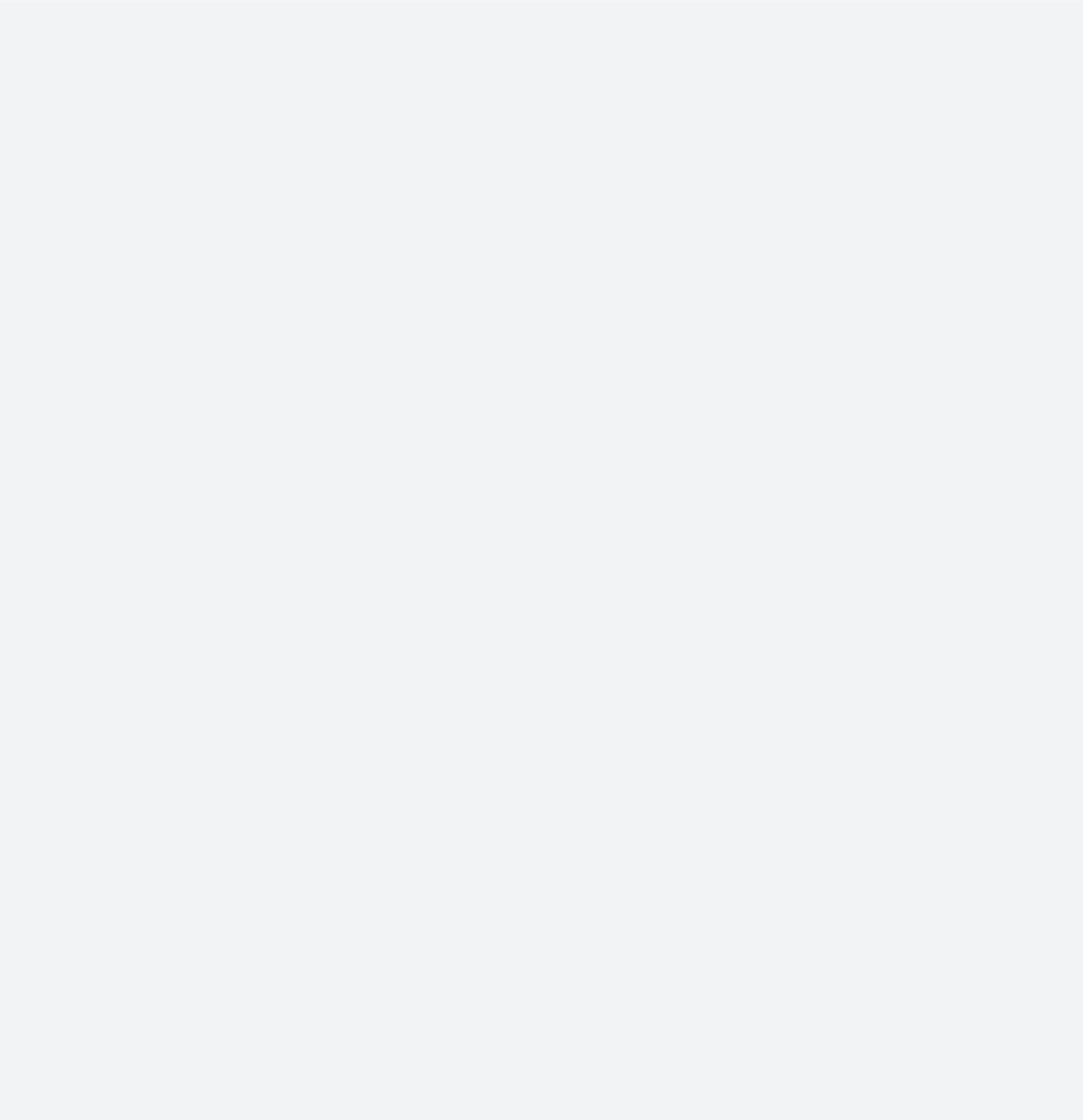| Domain	Outcome	Indicator		Indicator Description	Trend	Why it has been selected as an indicator	Data set
Healthy	Healthy environments	Environmental attitudes and behaviour	S	% falling in the lost and doubting segments that measure climate change attitudes and sustainability behaviour.	↓	This indicator demonstrates segmentation of respondents by attitude towards climate change and the behaviours they participate in. Decreases in the lost (believe climate change is less likely and do not perform sustainable behaviours often) and doubting (believe climate change is less likely but perform sustainable behaviours often) segments indicate overall improvement in climate change attitudes	Environmental Perceptions Survey
Healthy	Social health	Social wellbeing rating	S	How people rate their social wellbeing (scale 0-10)	↑	Social wellbeing is an important indicator of a person's ability to connect and form personal relationships with others. Close relationships have benefits for individuals and society overall.	Living on the Northern Beaches
Liveable	Affordable	Affordable decent housing	S	How people rate the local area for affordable decent housing (scale 0-10)	↑	Understanding the provision of affordable decent housing goes well beyond the dwelling. This indicator seeks to contextualise the community's view on 'housing' with two additional features - perception of value (represented as affordable) and quality (represented as decent).	Living on the Northern Beaches
Liveable	Affordable	Rental affordability index (RAI)	O	Rental affordability calculated using the following equation RAI= (income/qualifying income)*100	↓	The RAI demonstrated rental affordability relative to household incomes. It quantifies the rental affordability and highlights experiences of disadvantaged households. This is particularly important in a place like the Northern Beaches where this story is not always demonstrated through typical statistical data sets such as ABS.	SGS Economics
Liveable	Safe	Feeling safe	S	How people rate the local area for feeling safe (scale 0-10)	⊖	Feeling safe and secure has been described as the bedrock upon which our more social and aspirational needs can be met. It's been argued that if we do not feel safe and secure, we simply cannot participate to our fullest extent.	Living on the Northern Beaches

Domain	Outcome	Indicator		Indicator Description	Trend	Why it has been selected as an indicator	Data set
Liveable	Safe	Rate of major crime per 100,000 people	O	Collective rate across major crime categories per 100 000	⊖	The rate of crime is an indicator of feelings of personal safety. It is considered a benchmark for overall levels of safety in the city and the degree of protection to citizens. The rate of offences per 100,000 allows comparisons to be made across geographical areas and across times, because the population size is considered.	BOCSAR
Liveable	Sustainable	Access to the natural environment	S	How people rate the local area for access to the natural environment (e.g., Rivers, beaches, forests, parks, green spaces) (scale 0-10)	⬆	Epidemiologists tell us that spending time in the natural environment on a regular basis makes a serious positive contribution to our wellbeing and resilience. This is an indicator that we want to experience and protect at the same time. It is often cited as amongst one of the most important liveability indicators.	Living on the Northern Beaches
Liveable	Sustainable	Public outdoor recreation space	O	Hectares of public outdoor recreation space per person	⊖	The quantity and quality of outdoor recreation space can influence the health of residents.	Council data
Liveable	Sustainable	Beach water quality	O	Water quality of beaches for swimming (32 beaches monitored)	⊖	Recreational water quality provides insight into resident's ability to access recreational waters which include ocean beaches, lake and lagoon swimming and ocean baths. Beach water quality indicates the impact of pollution sources on the body of water which can pose significant health risks, especially to certain groups of more vulnerable users such as children, the elderly, people with compromised immune systems, tourists, and people from culturally and linguistically diverse backgrounds.	Enterocci data - NSW Dep Planning, Industry and Environment
Liveable	Appealing	Liveability Index	S	Derived from scores across the 16 critical liveability attributes	⬆	The overall Liveability Index identifies which specific attributes Northern Beaches residents believe need to be maintained and improved to advance quality of life.	Living on the Northern Beaches

Domain	Outcome	Indicator		Indicator Description	Trend	Why it has been selected as an indicator	Data set
Liveable	Appealing	Wellbeing Index	S	Derived from scores across three domains of wellbeing	⬆	Drawn from the WHO definition of 'health' "a state of complete physical, mental and social wellbeing and not merely the absence of disease and infirmity." The Wellbeing index measures a person's collective experience of the three facets of wellbeing: physical, mental and social. Wellbeing is the state of feeling comfortable, healthy and contented. Subjective wellbeing is a self-rated measure of the fit between a person's hopes and expectations and their present experience.	Living on the Northern Beaches
Participatory	Inclusive economy	Financial Wellbeing Index	S	Derived from response to "how would you rate your personal financial circumstances?"	⬆	Self-rated measurement of economic security and likely future opportunities. It measures a person's collective experience of their financial circumstances.	Living on the Northern Beaches
Participatory	Inclusive economy	Good job prospects	S	How people rate the local area for good job prospects (scale 0-10)	⬆	Understanding resident perspectives on the provision of 'good job prospects/in their local area shines a light on how the community views the labour market opportunities now, and into the future. Considered highly important to younger people when they're thinking about what makes somewhere a good place to live this indicator is clearly an attractor quality for local areas to grow and retain working age people, such as the Northern Beaches.	Living on the Northern Beaches
Participatory	Inclusive	Trends in local spend data	O	% of categories that have increased spend over the previous period 14 expenditure categories	⬆	Trends in local spend data provide us with an objective understanding of the types of businesses people are spending their money at and the distribution across different business types for example household goods, hospitality, accommodation, construction	Spend map data

Domain	Outcome	Indicator	Indicator Description		Trend	Why it has been selected as an indicator	Data set
Participatory	Business diversity	Diverse range of shopping, leisure, and dining experiences	S	How people rate the local area for a diverse range of shopping, leisure, and dining experiences (scale 0-10)	↑	Understanding the relative value, the community places on this indicator and how they experience it in their local area is important to understand the role, function, and future of our places.	Living on the Northern Beaches
Participatory	Business diversity	A prosperous economy	S	How people rate the local area for a prosperous economy (scale 0-10)	↑	An indicator for how the community views the financial wellbeing of the local area. Understanding 'a prosperous economy' across small areas provides a platform for us to explore the relative distance between places perceived to be the most and least prosperous, whether we are becoming economically prosperous overall or in pockets and whether the gap between the most and least prosperous local areas are expanding or contracting.	Living on the Northern Beaches
Participatory	Equipped	High quality education opportunities	S	How people rate the local area for high quality education opportunities (scale 0-10)	↑	This indicator is often selected by younger Australians when asked to consider what makes somewhere a good place to live. As how we learn, and work continues to change - the ability to access and participate in high quality education across all ages and employment sectors will only become more important to our personal social progress, collective economic security and overall wellbeing.	Living on the Northern Beaches
Participatory	Engaged	Opportunity for all	S	How people rate the local area for opportunity of all (scale 0-10)	↑	It has been well documented that if people are treated fairly and without prejudice, they will have a far greater chance of making social and economic progress. Monitoring the value, the community places on opportunity for all and how well they believe their local area delivers in that regard is an important metric to informing our understanding of how well we are progressing as a society.	Living on the Northern Beaches

Domain	Outcome	Indicator		Indicator Description	Trend	Why it has been selected as an indicator	Data set
Connected	Services	High quality health services	S	How people rate the local area for high quality health services (scale 0-10)	↑	Delivering high quality health services is crucial to our public and economic health. With an ageing population, an ever-increasing share of our GDP is spent on service delivery. Understanding and monitoring views on health is critical to local prosperity. This indicator is often more important to older Australians.	Living on the Northern Beaches
Connected	Services	Making your way to and from services with relative ease	S	How people rate making their way to and from services such as employment, education, and healthcare with relative ease (scale 0-10)	↑	This indicator allows us to better understand how the community views their ability to access essential services such as employment, education, and healthcare with relative ease.	Living on the Northern Beaches
Connected	Services	Do people know where to go to access services	S	% of residents who say they know where to get help when they need it	↑	The ability to access services when they are needed correlates to residents' feelings of connection.	Living on the Northern Beaches
Connected	Destinations	Reliable and efficient public transport	S	How people rate the local area for reliable and efficient public transport (scale 0-10)	↑	The ability to access reliable and efficient public transport provides a way for us to connect with work, education, social opportunities, and other critical services that make for a good life.	Living on the Northern Beaches
Connected	Destinations	Lack of road congestion	S	How people rate the local area for a lack of road congestion (scale 0-10)	↓	Studies have shown the relationship between road congestion and lower levels of wellbeing, productivity and other barriers that stop us from having a more full and prosperous life.	Living on the Northern Beaches
Connected	Destinations	Road traffic volume on major arteries	O	% Change in traffic volume on five major arterial roads	↓	Objective measure of road congestion on five major arterial roads: Mona Vale Road, Pittwater Road, Warringah Road, Forest Way, Spit Bridge	NSW Roads traffic volume counts

Domain	Outcome	Indicator		Indicator Description	Trend	Why it has been selected as an indicator	Data set
Connected	Culture	Social cohesion	S	How people rate the local area for social cohesion (e.g. inclusion of multiculturalism, religious groups living in harmony, etc.) (scale 0-10)	⬆	Studies show that societies with high levels of social cohesion tend to be more prosperous, economically competitive and resilient. To this end, residents are a tremendous resource for informing our understanding as to how cohesive our local communities are and whether there are some communities that are becoming more or less cohesive over time.	Living on the Northern Beaches
Connected	Culture	Cultural facilities and events such as libraries, museums, galleries and festivals	S	How people rate the local area for cultural facilities and events such as libraries, museums, galleries and festivals (scale 0-10)	⬆	The delivery of cultural infrastructure forms an essential part of our economic prosperity, liveability, and wellbeing. While it can be overlooked by residents for its importance and contribution to what makes a good place to live, understanding the community's views on cultural facilities and events makes an important contribution to our overall understanding of place and community.	Living on the Northern Beaches
Connected	Community	Strong sense of community	S	How people rate the local area for a strong sense of community (scale 0-10)	⬆	Countless studies report the positive correlation between residents' connection to place/community with higher levels of self-reported wellbeing and optimism.	Living on the Northern Beaches
Connected	Community	Levels of volunteering	O	% of people that participated in voluntary work through an organisation or group in the last 12 months	⬆	The voluntary work sector is an important part of Australia's economy. The level of volunteering can indicate the cohesiveness of the community and how readily individuals are able to contribute to their community.	Census data presented by .id