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### RE: Measuring What Matters – The National Wellbeing and Progress Framework

Thank you for the opportunity to comment on the National Wellbeing and Progress Framework indicators.

Northern Sydney Local Health District (NSLHD) Health Promotion is committed to creating conditions that enable our entire population to be healthy and well. Our focus areas are those which contribute most to population health and wellbeing, including:

- healthy eating & active living
- smoking & vaping reduction
- alcohol harm reduction
- social wellbeing
- planetary health

A reciprocal relationship exists between wellbeing and health. That is, health influences wellbeing and wellbeing influences health<sup>1</sup>. Indeed, the World Health Organisation inextricably links the two concepts in its definition of health:

*Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity<sup>2</sup>.*

The circumstances in which people grow, live, work, play, age and connect with their surroundings, play a pivotal role in determining their health and wellbeing<sup>3</sup>. Healthy environments support people to be well. Similarly, a sense of community and belonging within the places where people live, work and travel are influential determinants of mental and physical health<sup>4</sup>. Measuring these broader socio-ecological conditions that impact population health will provide a more comprehensive assessment of wellbeing at a national level.

The following section recommends additional indicators within the existing themes of the OECD Framework and proposes *Health* as a separate theme with associated measures.

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<sup>1</sup> Department of Health, A compendium of factsheets: Wellbeing across the lifecourse – The relationship between wellbeing and health. Canberra ACT, 2014.

<sup>2</sup> World Health Organisation website, Constitution. Available at: <https://www.who.int/about/governance/constitution> (cited 20 January 2023).

<sup>3</sup> Department of Health, National Preventive Health Strategy 2021-2030. Canberra ACT, 2021.

<sup>4</sup> Kent, J., Thompson, S.M., and Jalaludin, B., Healthy Built Environments: A review of the literature, Sydney: Healthy Built Environments Program, City Futures Research Centre, UNSW

## Social

### Recommended Indicators:

Theme	Indicator	Description
Social	Homelessness	The rate of homelessness based on census data
	Gambling	The Problem Gambling Severity Index provides a measure of at-risk behaviour in problem gambling during the previous 12-month period.
	Crime victimisation	National and state and territory victimisation crime rates for assault, threat, robbery, break-in, theft or stealing, property damage and police reporting rates.
	Sense of belonging	The percentage of people who report a strong sense of belonging in The Australian Unity Wellbeing Index

## Environment

### Recommended Indicators:

Theme	Indicator	Description
Environment	Walkability	A 'walkability index' has been created by the Centre for Urban Research, which combines dwelling density, daily living destinations and street connectivity
	Active Travel	The percentage of people who commute to work via active travel
	Water Quality	Indicators used to assess water quality include pH, salinity, colour, clarity and the presence of contaminants such as metals, dissolved gases and trace elements
	Air Temperature	Australia's national mean temperature
	Transport	The Public Transport Accessibility Level (PTAL) measures the frequency and reliability of public transport services at the mesh block level
	Placemaking	The NSW Movement and Place Framework provides a range of indicators to measure whether places are human-scaled and celebrates its distinct features (expand to the national level)
	Food and Drink Environment	Average distance to supermarkets and alcohol outlet density

	Housing Diversity	A measure of the diversity of dwellings within the six residential land zones.
	Local Employment	Percentage of employed persons living and working in the same SA3
	Tree Canopy	The percentage of tree canopy coverage
	Liveability	The <i>Australian Urban Observatory's</i> Liveability Index is a composite score based on measures related to aspects of liveability including Social Infrastructure, Walkability, Public Transport, Public Open Space, Housing Affordability, and Local Employment
	UV Radiation	The UV index is a measurement of UV radiation that causes skin cancer. Data is measured and collected by The Australian Radiation Protection and Nuclear Safety Agency (ARPANSA)

## Health

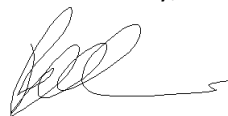
### Recommended Indicators:

Theme	Indicator	Description
Health	Self-Assessed Health Status	A measure of how people self-assess their own health
	Risky drinking	The proportion of adults exceeding the Australian Guidelines to Reduce Health Risks from Drinking Alcohol (NHMRC)
	Smoking	The percentage of people aged over 14 who smoke daily
	E-cigarettes	The percentage of people aged over 14 who use e-cigarettes daily
	Physical activity	The percentage of children and adults meeting the recommended physical activity guidelines
	Diet	The percentage of children and adults meeting the recommended daily serves of fruit and vegetables
	Intentional self-harm hospitalisations	The National Hospital Morbidity Database (NHMD) provides information on patients admitted to hospital for self-poisoning or self-injury, with or without suicidal intent—and therefore includes both suicide attempts and non-suicidal self-harming behaviours.

	Mental Health	The percentage of Australians who report they have a mental or behavioural condition
	Overweight and Obesity	Percentage of the child and adult population who are either overweight or obese
	Falls	Percentage of the population who present to hospital with a fall.
	Breastfeeding	Proportion of children aged 0-3 years who received breast milk for at least 4, 6, and 12 months
	Sleep	Proportion of children and adults meeting the national recommended sleep guidelines

We appreciate the opportunity to provide comment on the National Wellbeing and Progress Framework indicators. Should you have any queries about this submission please contact Jonathon Noyes on 02 8797 7311 or via email at [jonathon.noyes@health.nsw.gov.au](mailto:jonathon.noyes@health.nsw.gov.au)

Yours sincerely,



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