



Draft Public Health Plan 2026-2031

Community Insights Snapshot

Local governments in WA play an important role in keeping communities healthy and supporting wellbeing. To do this, they create Public Health Plans that respond to local needs and align with the State Public Health Plan. The City of Cockburn has developed a draft Public Health Plan 2026–2031, building on its Strategic Community Plan. It outlines how the City’s programs and services support better health outcomes. Community feedback was gathered in April and May 2026, to help understand local needs, barriers to participation, and seek new ideas, which will shape the final plan before it is adopted by Council.

How we promoted the consultation



Comment on Cockburn page with online survey, quick polls, gather tool, and colouring in competition



Flyers at libraries, community centres, and health precincts



E-newsletters to Comment on Cockburn subscribers and key stakeholders



Community health pop-ups at events

Who we heard from



781

visits to Comment
on Cockburn



69

people provided
feedback via our online
survey or via email



158

contributions received via the
online quick polls, gather tool,
and colouring in competition*

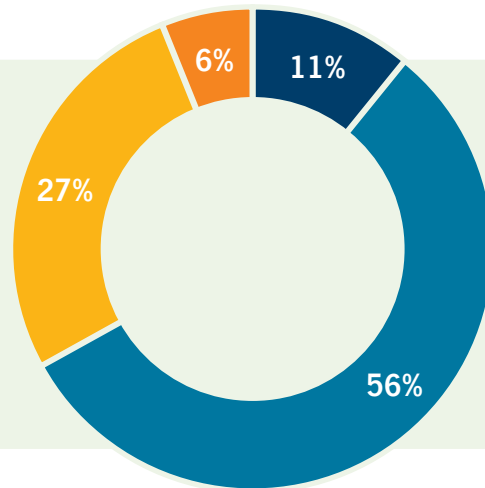
*Participants could use multiple tools



Key Findings

Online survey respondents answered that their overall health and wellbeing was

- Excellent
- Good
- Fair
- Poor



22%

of online survey respondents were aware of the existing local health programs and services delivered by the City of Cockburn Health Promotion team. This presents an opportunity to improve awareness and promotion.

The programs with the highest awareness were:



Free preventative health check pop-ups at Bunnings etc.



SWSPHN HEAL™ healthy eating program



Free preventative health check pop-ups at City events



Beach and Sunset Yoga

Healthy Eating



Cost and affordability were the biggest barriers to eating enough vegetables.



Convenience and time-saving solutions were identified as factors that could support healthier eating habits.



Meal kits were the most referenced way to help respondents eat more vegetables.

Physical Activity



Community members commonly identified lack of time as a barrier to physical activity.



Busy lifestyles, work, caring responsibilities, and household commitments make it difficult for many people to be active.



More affordable activities along with safer walking and cycling infrastructure rated high in terms of assisting respondents to be more active.

Respondents mentioned reducing availability and access to alcohol, and reducing advertising could support healthier choices around alcohol in the community.



Mental health and wellbeing in community



Social connection and accessible community activities were important to respondents.



Better access to affordable mental health services was also mentioned.



Respondents also noted safe, inclusive, and well-designed environments, both social and physical, could support mental wellbeing.

Improving access to health information and services



Clearer promotion of available services and more accessible, centralised information across multiple communication channels.



Time of activities and having childcare or flexible options available.



Affordability and locations with connected transport options would also make it easier for community to access services.



- Respondents noted they would participate in fitness or wellbeing programs, family friendly activities, and health screenings
- Weekends suited most respondents
- A high majority of people want to receive information via email or newsletter, with social media receiving the second highest number of responses.

- To stay healthy, respondents preferred physical activity and exercise, particularly outdoors
- Healthy eating and nutrition factored highly
- Social connection and strong relationships also helped respondents stay healthy in their daily life.



Health issues community would like to see more support for or focus on included:



Mental health and emotional wellbeing



Substance abuse



Obesity



Nutrition



Social connection



Homelessness



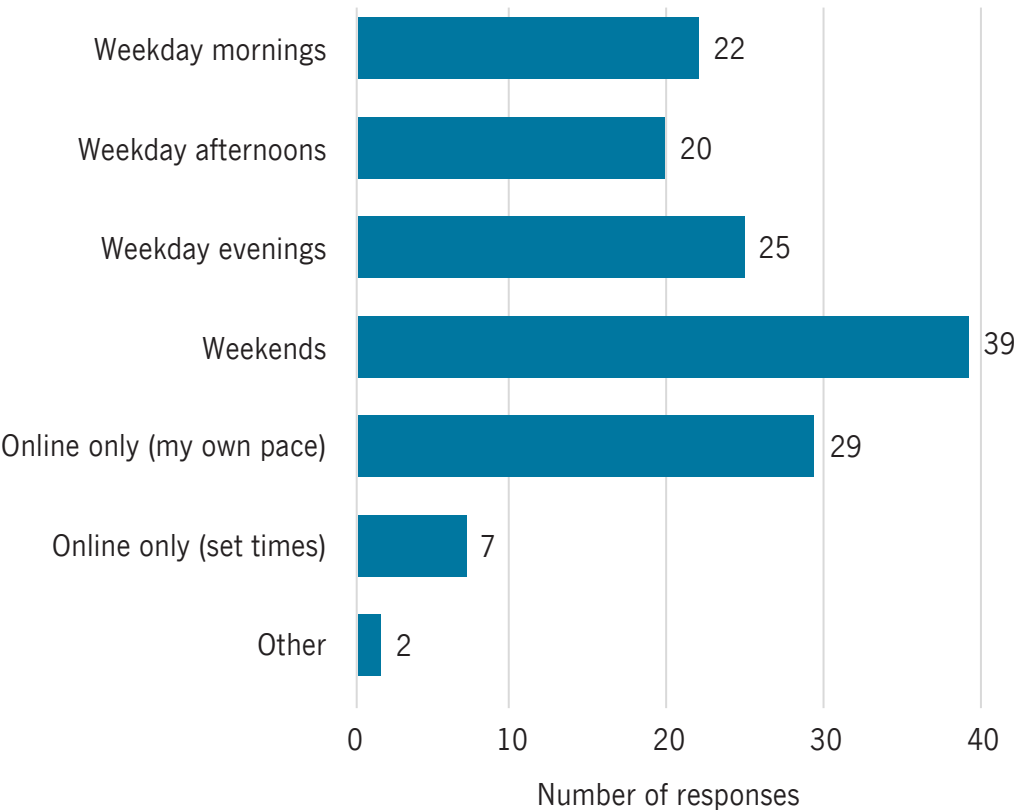
Environmental health



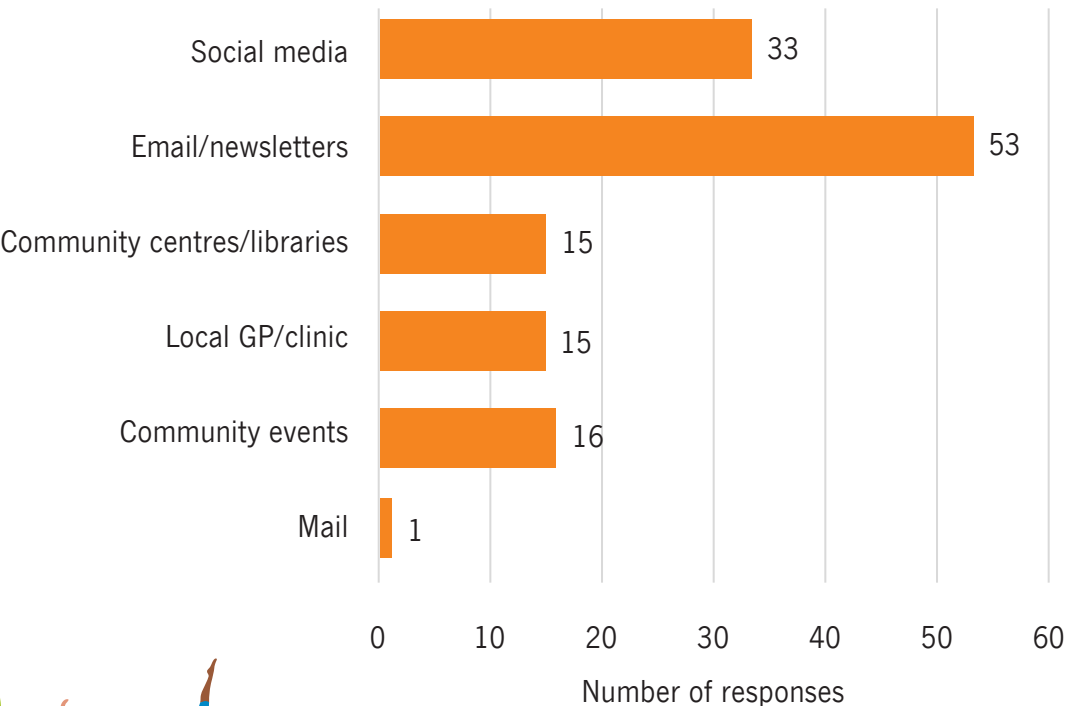
Preventative health

Additionally, community told us

What times or days would work best for you to attend health-related activities?

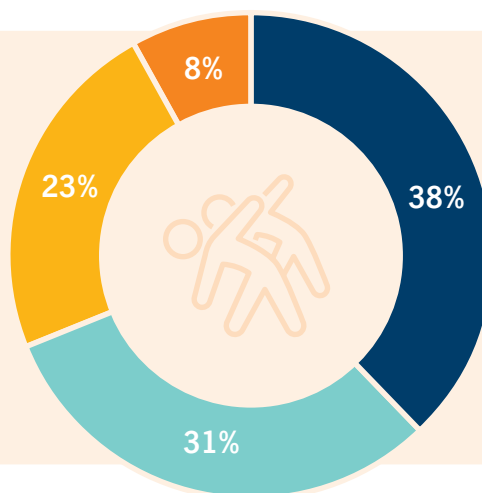


How do you prefer to receive information about health programs or services

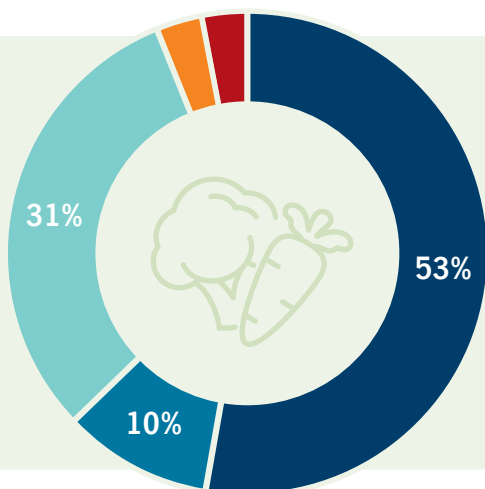


What prevents you from getting your 30 minutes of daily physical activity?

- Gym/exercise classes too expensive
- Lack of knowledge/don't know where to start (0%)
- Not enough time
- Too tired/lack motivation
- Mobility limitations
- I don't see exercise as important (0%)



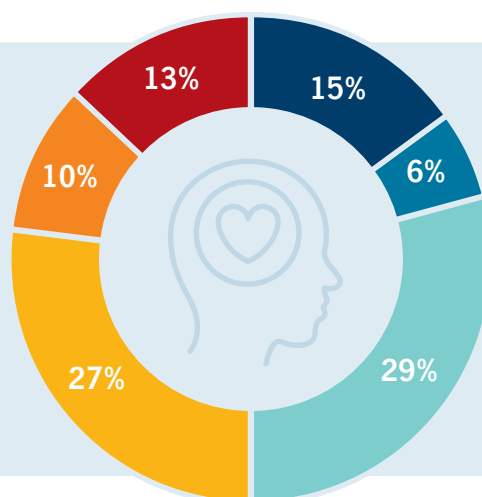
What stops you from eating five vegetables a day?



- Too expensive/not always available
- Don't enjoy the taste or texture
- Too busy to prepare or cook
- I don't see eating vegetables as important (0%)
- Not sure how to prepare (3%)
- Household or family won't eat (3%)

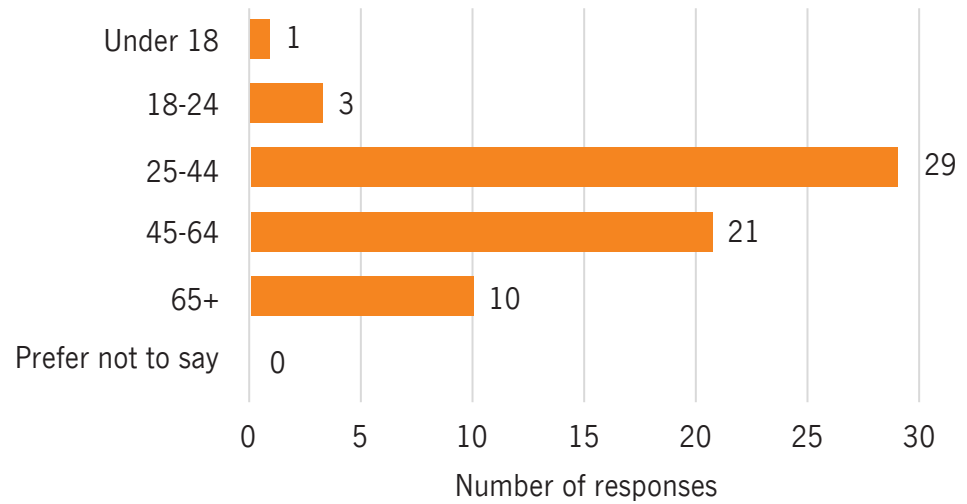
What do you think is the biggest challenge to your mental wellbeing?

- Lack of mental health services available
- Lack of education around how to improve my mental wellbeing
- Feeling alone/lacking social connection
- Work related stress/feeling overwhelmed
- Relationship/family troubles
- Money/financial worries

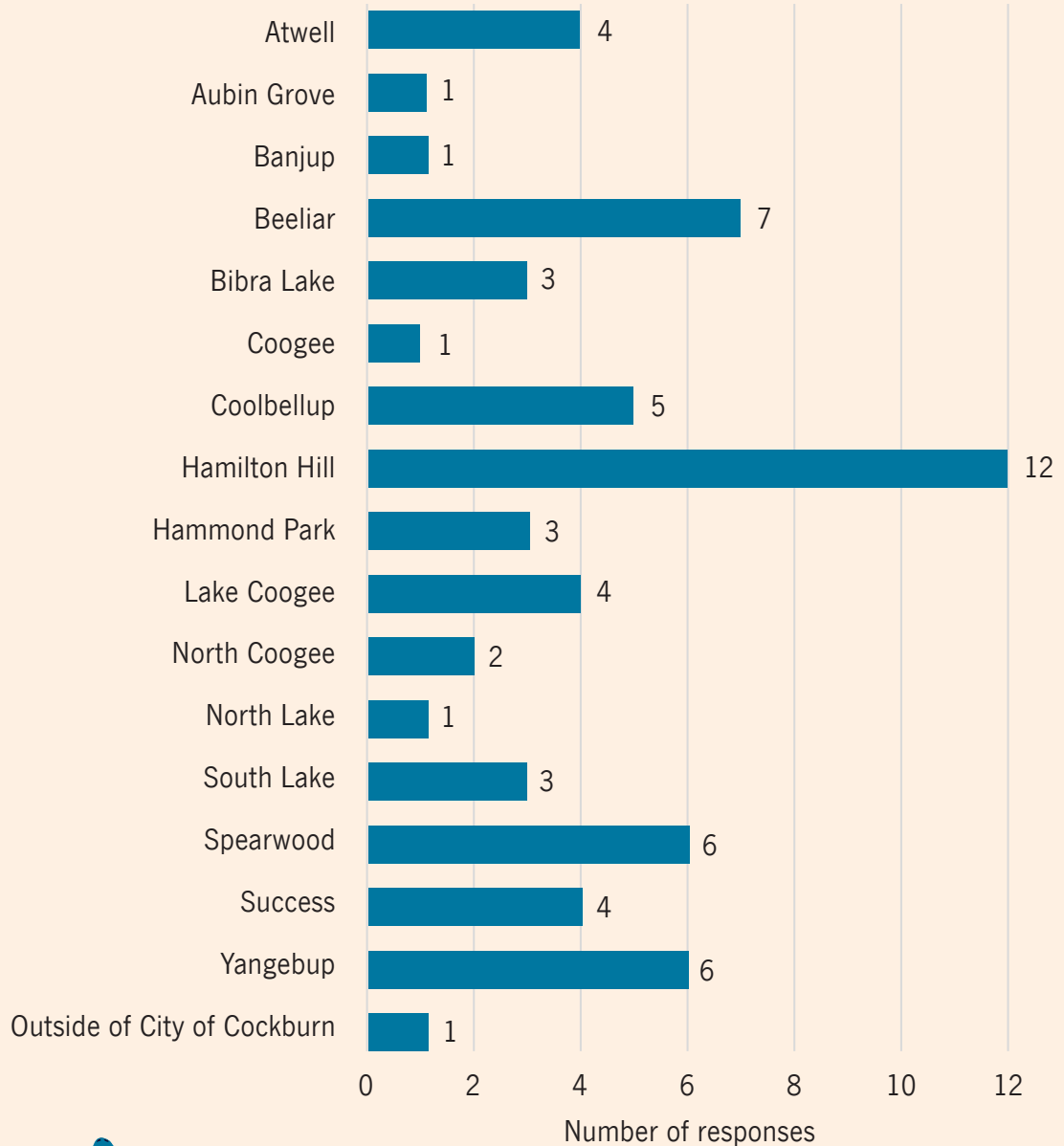


Survey Respondent Demographics

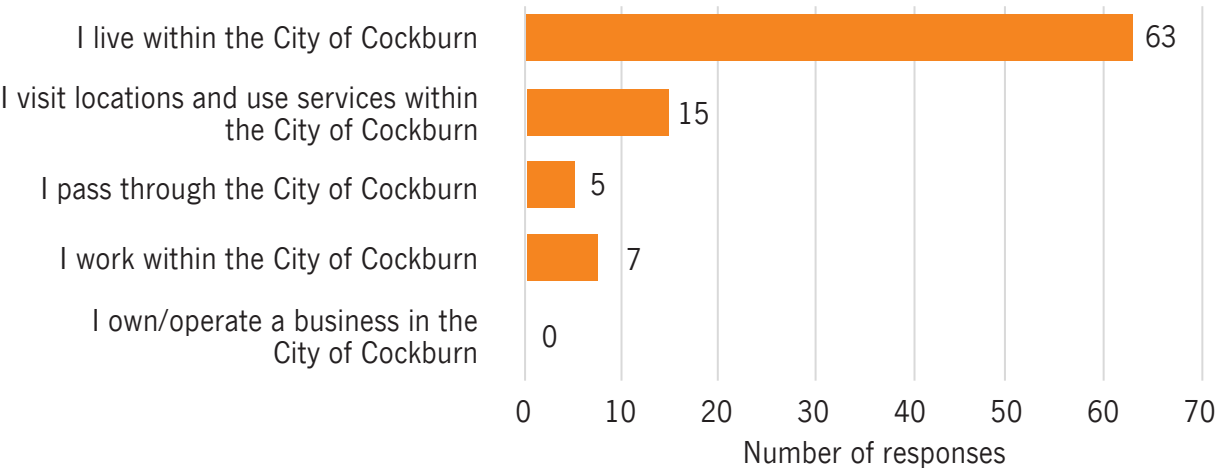
Age Group



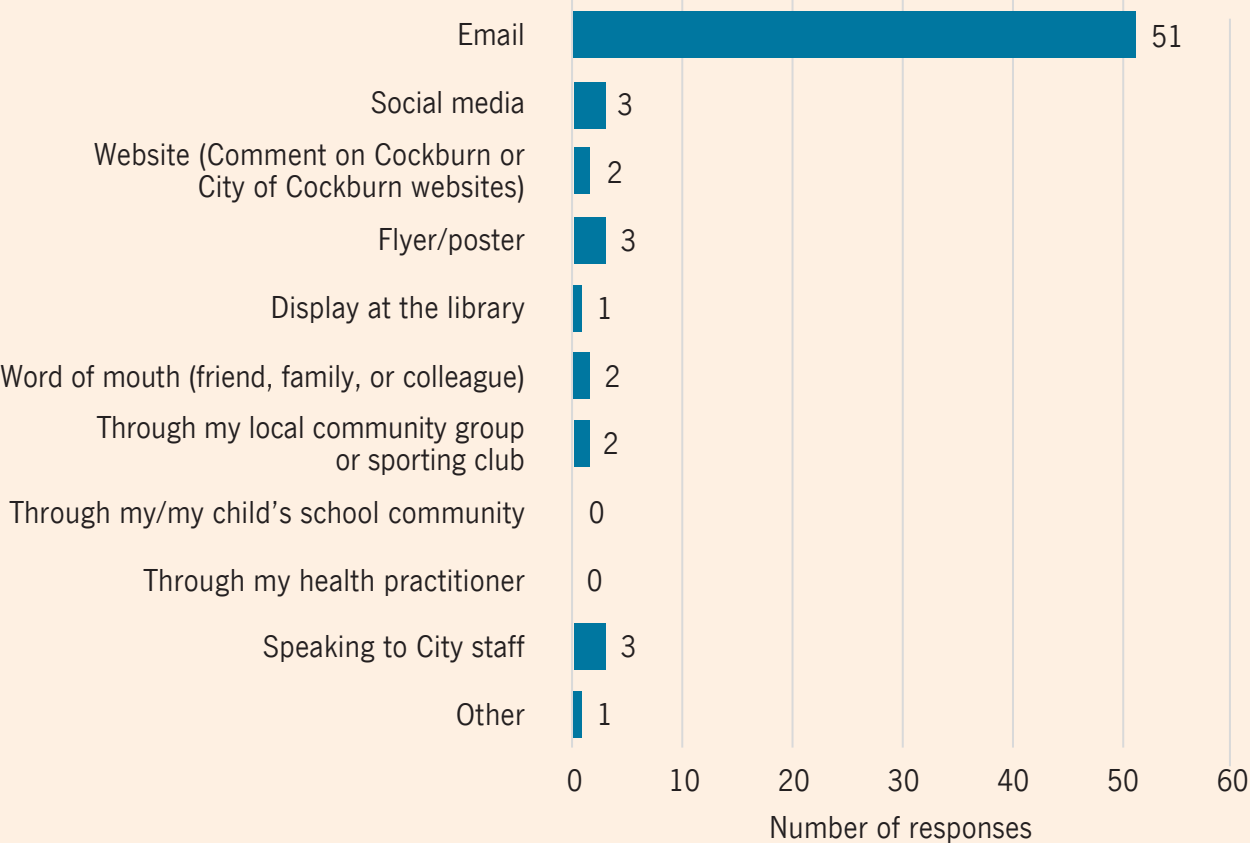
Suburb



Connection to the City of Cockburn



How did you find out about this project?



Next Steps

Thank you to community members who were involved in the community consultation process for the City’s draft Public Health Plan 2026-2031. Community feedback will be taken into consideration, with next steps, as well as any outcomes or decisions about this project published on the Comment on Cockburn website when available.

For further information, please contact the City of Cockburn **08 9411 3444** or email **comment@cockburn.wa.gov.au**

