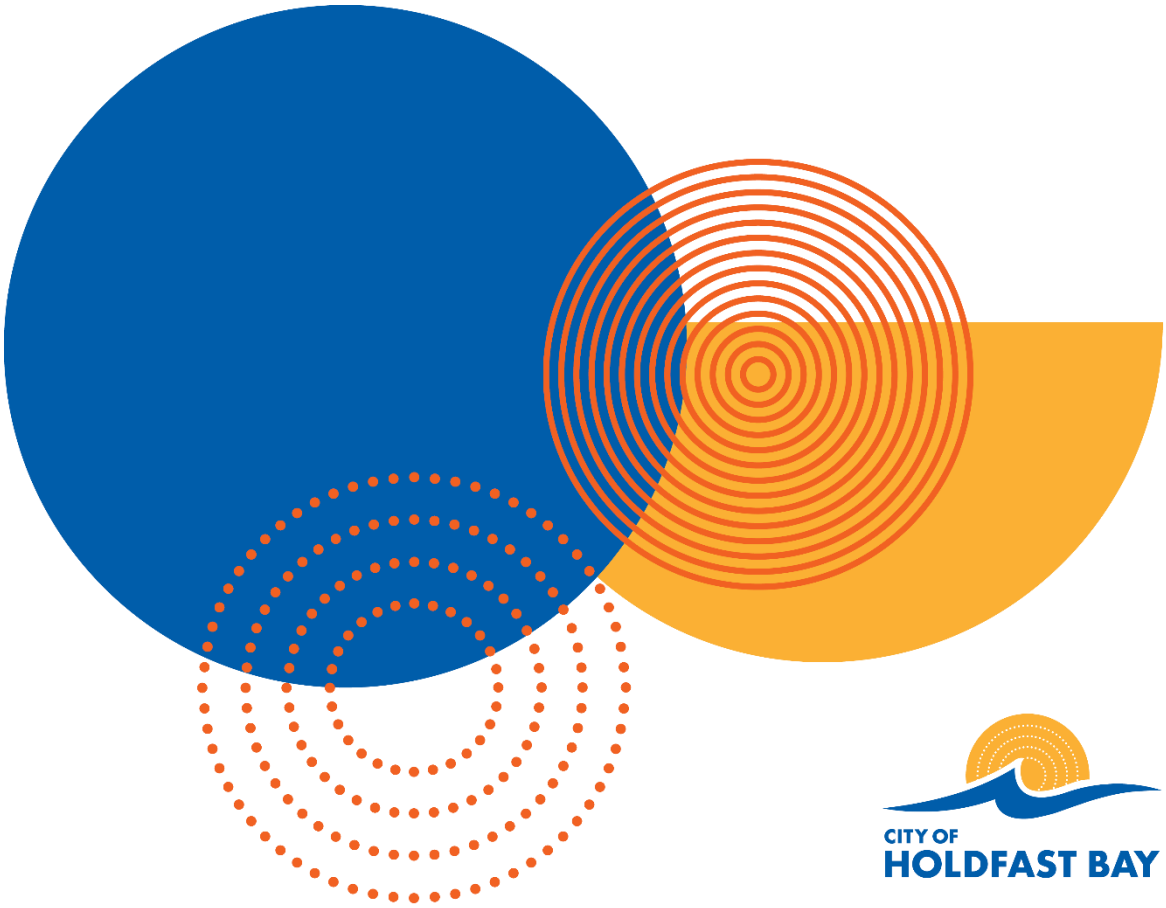
Background Paper
DRAFT
Community Wellbeing Strategy
2027 - 2036



CITY OF
HOLDFAST BAY

Living Well in Holdfast Bay

Background Paper for the Community Wellbeing Strategy
Draft for Community Consultation

1. Purpose of this Paper

This paper explains the thinking behind the Living Well in Holdfast Bay: A Community Wellbeing Strategy.

It brings together research, local evidence, community insight and practical experience to explain why the strategy focuses on the conditions that help people and communities thrive, rather than on individual issues, services or programs alone.

It also provides transparency about how the strategy has been shaped, how it aligns with Council's broader strategic direction and how it responds to community needs and Council's legislative planning responsibilities.

The strategy sets the long-term direction. This paper provides the supporting evidence and context, while rolling action plans will translate that direction into practical priorities and initiatives over time.

2. Why a Community Wellbeing Strategy

Holdfast Bay has many of the ingredients that help people and communities thrive.

Our coastline, neighbourhoods, public spaces and active community life create opportunities for people to connect, participate, move, belong and enjoy everyday life. Together, these strengths create many of the conditions that support wellbeing in everyday life.

However, the conditions that support wellbeing are not experienced equally across the community and cannot be assumed into the future.

People experience different opportunities and challenges throughout their lives, and the conditions that support wellbeing need to respond to those changing circumstances. Holdfast Bay is also changing. Population growth, demographic shifts, housing and cost-of-living pressures, changing patterns of participation, technological change and

environmental pressures are reshaping how people experience everyday life and what they need to live well.[1]

These changes highlight the need for a more deliberate, coordinated and long-term approach to supporting wellbeing.

The Community Wellbeing Strategy provides that direction. It offers a place-based framework for strengthening the conditions that help people and communities thrive, recognising that lasting change depends on shared effort across the whole community.

3. What We Know

Understanding wellbeing requires looking beyond individual issues or services to the broader influences that shape everyday life.

Wellbeing is not created by any one program, service or organisation. It emerges through the interaction between people, place and the everyday conditions that enable individuals and communities to thrive. Contemporary Australian research similarly points to the importance of moving beyond reactive responses towards prevention, stronger community connections and the social, economic and community conditions that protect mental health and wellbeing.[2]

A growing body of research shows that health and wellbeing are shaped by the conditions in which people are born, grow, live, work and age[3]. These conditions, often referred to as the social determinants of health, include housing, education, employment, social connection, transport, the built environment and access to nature. This understanding underpins contemporary public health and wellbeing policy internationally and helps explain why local governments are placing greater emphasis on creating the conditions that enable people and communities to thrive.[4]

This approach is reflected in South Australia's State Public Health Plan 2026, which identifies the determinants of health and equity as underpinning considerations for public health action.[5]

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[1]Holdfast Bay Demographic & Economic Profile (2024); CSIRO & Beyond Blue. *The Future We Choose – Mental Health Support in Australia Through the Next Decade of Change*. 2026.
[2] CSIRO & Beyond Blue. *The Future We Choose – Mental Health Support in Australia Through the Next Decade of Change*. 2026.
[3] World Health Organization. Closing the Gap in a Generation: Health Equity Through Action on the Social Determinants of Health (2008); World Health Organization. Healthy Cities: Effective Approach to a Rapidly Changing World (2020).
[4] WHO Healthy Cities (2020); National Preventive Health Strategy (2021)
[5] Government of South Australia. *State Public Health Plan: Healthy | Liveable | Connected (*2026).

South Australian guidance also reinforces the important role of the built environment in shaping health and wellbeing. *Healthy Active by Design* highlights how neighbourhood design, access to everyday destinations, connected walking and cycling networks, public transport, public open space and healthy food environments can create opportunities for physical activity and social connection as part of everyday life. This shifts the focus from encouraging individuals to make healthier choices towards creating places that make healthy, connected living easier.6

These conditions are experienced differently throughout people's lives and circumstances. The evidence considered in developing this strategy — bringing together local data, community insight, practical experience and contemporary research — points to a consistent conclusion: Holdfast Bay has many of the strengths that support wellbeing, but the opportunities to benefit from them are not shared equally across the community.

As Holdfast Bay continues to change, protecting and strengthening these conditions — and reducing the barriers that prevent people from benefiting from them — will become increasingly important.

4. Wellbeing in Holdfast Bay Today

Overall, wellbeing outcomes in Holdfast Bay are strong, reflecting many of the qualities that make the city a healthy, connected and attractive place to live.

Compared with South Australian averages, residents report better outcomes across a range of indicators, including self-reported health, psychological wellbeing, sleep quality and food security.[7] Levels of social isolation and loneliness are also lower than the state average.[8] Many residents also report strong social connection and high levels of participation in community life.

These outcomes reflect many of Holdfast Bay's existing strengths, including walkable neighbourhoods, valued public spaces, access to nature and strong community connections.

However, overall averages do not tell the whole story.

While many people experience the benefits of living in Holdfast Bay, others face barriers that affect their health, connection and participation. Experiences of loneliness, social isolation, housing insecurity, financial pressure, disability, caring responsibilities and

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[6] Heart Foundation. *Healthy Active by Design for South Australia* (2026).
[7] Preventive Health SA. City of Holdfast Bay: A population health profile (2024).
[8] Preventive Health SA. Isolation and Loneliness Profile – Holdfast Bay (2025).

other life circumstances can influence whether people are able to access the conditions that support wellbeing.

Local health data also highlights opportunities to improve wellbeing through prevention. Despite generally positive health outcomes, many residents continue to experience preventable health risks such as physical inactivity, overweight and obesity, and risky alcohol consumption[9]. These factors are shaped by more than individual choices—they are influenced by the environments, opportunities and supports available in everyday life.[10]

These findings highlight that maintaining strong wellbeing outcomes requires more than responding when problems emerge. It means continuing to strengthen the conditions that help people stay healthy, connected and able to participate throughout life.

What this tells us

Holdfast Bay has many of the conditions that support wellbeing, but overall averages can mask important differences in people's everyday experiences.

Protecting what is already working well, while ensuring more people can experience the conditions that support health, connection and participation, is central to a long-term wellbeing approach. This is both one of Holdfast Bay's greatest strengths and one of its greatest opportunities.

5. A Changing Community

Holdfast Bay will continue to change over the coming decade. Population growth, changing household structures, housing affordability, cost-of-living pressures, climate impacts and evolving patterns of participation will all influence how people experience everyday life. These changes will be experienced differently across the community and at different stages of life, creating new opportunities as well as new challenges.

Holdfast Bay has a median age of 48 years (compared with 41 across South Australia). More than one-third of households consist of a single person, and a higher proportion of residents are aged over 70, retired and living without children at home. Together, these trends reflect changing patterns in how people live, connect and participate, while

[9] City of Holdfast Bay. Demographic and Economic Profile. (2024)
[10] Australian Government. National Preventive Health Strategy 2021–2030 (2021); World Health Organization. Ottawa Charter for Health Promotion (1986).

population projections indicate continued growth across the community, particularly among older age groups.[11]

Research shows that as communities change, neighbourhoods, public spaces, community infrastructure and everyday opportunities for participation become more important in supporting connection, independence and wellbeing throughout life.[12] These changes create opportunities as well as increasing demand for places, infrastructure and services that enable people to connect, participate and remain active and feel part of their community throughout life.

Why this matters

Communities thrive when the places, opportunities and relationships that support everyday life evolve alongside changing community needs. Planning for wellbeing means responding not only to population change, but to changing patterns of how people live, connect and participate throughout life.

6. What Will Shape Wellbeing Over the Next Decade?

Wellbeing is shaped by more than individual circumstances. The places people live, the relationships they build and the opportunities they have to participate continue to evolve over time.

Research and local evidence point to several emerging trends that are likely to influence how wellbeing is experienced in Holdfast Bay over the coming decade. These trends help explain why the strategy focuses on strengthening the conditions that enable people and communities to live well.

Everyday Places Shape Wellbeing

Wellbeing is experienced in the places people use every day. Parks, streets, libraries, beaches, neighbourhood centres, walking trails and local destinations all influence how people connect, move, participate and feel part of their community.[13] These everyday places are among Holdfast Bay's greatest assets, supporting movement, recreation, access to nature and opportunities for connection throughout life.

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[11] City of Holdfast Bay. Demographic and Economic Profile (2024); OECD. How's Life? 2024: Measuring Well-being (2024).
[12] Banwell, C., & Kingham, S. Living Well in Your Local Neighbourhood: The Value of Bumping and Gathering Spaces (2023; Project for Public Spaces. Healthy Places (2023); World Health Organization. Healthy Cities: Effective Approach to a Rapidly Changing World (2020).
[13] Project for Public Spaces. Healthy Places (2023); UN-Habitat. Public Space and Urban Health (2024).

At the same time, Holdfast Bay's coastline, parks and public spaces attract visitors from across metropolitan Adelaide and beyond. This reinforces the city's role as a destination for wellbeing while increasing demand on the places and infrastructure that support everyday community life.

As climate, population and patterns of use change, ensuring these places remain welcoming, resilient, accessible and well maintained will become increasingly important to the health, resilience and liveability of the city.

Why this matters

Everyday places do more than support activity—they create opportunities for connection, participation and wellbeing. Protecting and strengthening these places will become more important as Holdfast Bay grows and changes.

Connection is Changing

Social connection remains one of the strongest contributors to wellbeing[14], yet the ways people connect continue to evolve.

Cost-of-living pressures, changing patterns of work, increased digital engagement and shifting participation in community life are influencing how people build relationships and spend time together. While technology creates valuable opportunities for communication and access to information, emerging evidence suggests that many people are experiencing fewer opportunities for informal face-to-face connection and everyday participation.[15]

Traditional pathways into community life remain important, but they now sit alongside a broader range of ways that people connect, participate and contribute. Alongside volunteering, sporting clubs and community groups, people also connect through local events, creative activities, libraries, community gardens, walking groups, neighbourhood initiatives and other opportunities that fit around changing work, family and lifestyle commitments.

These broader social changes have implications for how people experience connection and belonging. Where opportunities to participate are limited, difficult to access or do not reflect people's circumstances and interests, some people may find it harder to build relationships and feel part of community life.

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[14] Ending Loneliness Together. Ending Loneliness Together Evidence Paper (2020); Holt-Lunstad et.al Social Relationships and Mortality Risk: A Meta-analytic Review (2010).
[15] Australian Institute of Health and Welfare. Social Isolation, Loneliness and Wellbeing (2023); Ending Loneliness Together. Ending Loneliness Together Evidence Paper (2020).

Why this matters

Communities are strengthened when there are many pathways into participation. Creating the conditions for those pathways to remain visible, welcoming and accessible will become more important to community wellbeing over the coming decade.

Social Infrastructure

Research shows that wellbeing is shaped not only by formal services, but by the places where people connect, participate and experience everyday life.[16]

The strategy uses the term place broadly to include public spaces, community facilities, cultural places and the wider network of social infrastructure—including libraries, sporting clubs, community centres, places of worship, schools, local businesses, neighbourhood destinations, walking trails, beaches, community gardens, cafés, arts and cultural venues, markets and other settings where people connect, participate and build relationships.

Together, these places make up the social infrastructure of Holdfast Bay—the network of everyday settings that helps people connect, participate, learn, contribute and build relationships throughout life.

They support lifelong learning, volunteering, recreation, creativity, cultural expression, spiritual connection and local enterprise. They are places where people build friendships, develop confidence, celebrate milestones, express identity, recover from life's challenges and experience a sense of belonging.

Individually these places are valuable. Collectively they create the everyday opportunities that strengthen resilience, participation and wellbeing across the community.

As communities change, ensuring this network of places are planned, designed and maintained to be welcoming, inclusive, adaptable and responsive will become more important.

Why this matters

Supporting wellbeing means thinking beyond individual facilities and recognising the value of the whole network of places that enables people to connect, participate and belong. A strong network of welcoming, inclusive and adaptable places will be

[16] Infrastructure Australia. Australian Infrastructure Audit: Social Infrastructure (2019); UN-Habitat. Public Space and Urban Health (2024).

fundamental to how people connect, participate and live well in Holdfast Bay over the coming decade.

Inclusion Enables Wellbeing

Wellbeing is strengthened when more people can access the places, relationships and opportunities that support everyday life.

People experience different barriers to participation at different stages of life. For some, these barriers relate to disability, caring responsibilities, ageing or financial circumstances. For others, they may relate to culture, language, confidence, transport, access to information or the way places, services and opportunities are designed and experienced.

Creating more inclusive environments benefits everyone. Applying universal design principles helps ensure places, services and opportunities are welcoming, accessible and usable by the greatest number of people from the outset[17]. However, truly inclusive communities are shaped not only by good design, but by listening to and working alongside people with lived experience. Their knowledge helps reveal barriers that may otherwise go unseen and leads to solutions that are more practical, responsive and inclusive for everyone.

Why this matters

Embedding inclusion across planning, decision-making and service delivery—and partnering with people with lived experience to shape those decisions—helps ensure the conditions that support wellbeing remain within reach of more people throughout life.

7. What Role Does Council Play?

Local government cannot create wellbeing on its own, nor is it responsible for addressing every factor that influences people's lives.

However, councils play a unique role in shaping many of the conditions that influence wellbeing every day. Through planning, public spaces, community infrastructure, partnerships, local leadership and community development, local government helps create the conditions in which people can connect, participate and thrive.

[17] Government of South Australia. Inclusive SA: State Disability Inclusion Plan 2025–2029 (2025); World Health Organization. Global Age-friendly Cities: A Guide (2007).

Council's role is therefore less about delivering every service, and more about creating the conditions that enable wellbeing, while working alongside community, government, businesses and other organisations whose contributions are equally important.

This place-based approach reflects growing national and international evidence about the contribution local government can make to healthier, more connected and inclusive communities.[18]

No single organisation can create community wellbeing alone. Success depends on shared leadership, shared responsibility and shared action across Council, community, business, government and the many organisations that contribute to everyday life.

The Community Wellbeing Strategy provides a shared framework for that work, helping align effort around the conditions that enable more people and communities to thrive.

8. What Our Community and Partners Told Us

The following insights draw on Council programs and services, targeted engagement, community partnerships and everyday conversations across Holdfast Bay.

The people who experience places, services and community life every day bring valuable knowledge and expertise. Their lived experience helps identify strengths, barriers and opportunities that may not be visible through data alone, leading to more responsive and effective decisions.

While these conversations occurred in different settings and with different groups, they consistently point to the same conclusion: **wellbeing is shaped less by formal services alone and more by the everyday conditions that influence how people connect, participate and feel part of their community.**

Across these conversations, five consistent themes emerged.

What we heard	**What this means for the strategy**
🤝 **People want to feel connected and belong**	Strengthen opportunities for connection, participation and belonging.
🚶 **Places should be welcoming and accessible**	Design neighbourhoods and public spaces that enable participation.

[18] World Health Organization. Healthy Cities (2020); Healthy Active by Design for South Australia (2026).

🌱 **Participation should be easy, local and flexible**	There should be many ways for people to connect and participate.
🔗 **Partnerships make the system work better**	Shared action and strong partnerships create better outcomes than any organisation can achieve alone.
🌏 **Everyone should be able to participate**	Inclusion strengthens community wellbeing for everyone

Connection and Belonging Matter

People consistently described the importance of feeling connected to others and having opportunities to participate in community life.

This includes not only organised events and formal programs, but also informal gathering places, community-led initiatives, lifelong learning opportunities and other low-pressure ways for people to connect through everyday life.

Insights from Council initiatives, including the Wellbeing Hub delivered in partnership with Preventive Health SA, demonstrate strong participation and positive wellbeing outcomes where opportunities are locally delivered, low-cost or free, welcoming and easy to access. These experiences point to the importance of creating multiple pathways into participation that reflect different interests, life stages and levels of confidence.

Access is About More Than Physical Design

Targeted engagement with people with lived experience of disability added important depth to these conversations.

Engagement with people with intellectual disability and their carers through sessions at Minda highlighted the importance of practical, everyday accessibility. Participants described how seemingly small barriers—including footpaths, toilets, transport and safe, welcoming public spaces—can have a significant impact on people's ability to participate in community life.[19]

[19] Targeted lived experience engagement with Minda service users and carers (August 2025).

Engagement through the tri-council Disability Access Network further highlighted that participation is influenced by more than physical access alone. Members described the importance of feeling welcomed, understood and safe in community settings, with barriers often extending to confidence, anxiety and uncertainty about how they may be treated.[20]

Community conversations at the Southern Adelaide Disability Services Expo echoed these themes, highlighting that while physical accessibility improvements are valued, welcoming attitudes, inclusive programming and clear communication are equally important in enabling participation. Community members also identified strong local demand for improved access to coastal environments, including expanded beach matting and adaptive equipment.[21]

These conversations highlight that access and inclusion are experienced across the entire participation journey—from deciding to attend, to getting there, navigating spaces and feeling genuinely welcomed.

Place Creates Opportunities for Wellbeing

Across community conversations, people consistently highlighted the important role that neighbourhoods, public spaces and community facilities play in supporting wellbeing.

Libraries, parks, beaches, walking trails, community centres, sporting clubs, cafés, community gardens and other shared places provide opportunities for people to meet, learn, volunteer, recreate and build relationships.

The design and connectivity of neighbourhoods also influence whether people can readily access these opportunities. Walkable and wheelable streets, connected paths, safe crossings, shade, seating, public transport and access to everyday destinations can make physical activity, independence and social interaction part of daily life. Importantly, wellbeing is shaped not only by the quality of individual places, but by the whole journey between home, services, public spaces and community destinations.[22]

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[20] Tri-Council (Cities of Holdfast Bay, Marion and Mitcham) Disability Advisory Network engagement insights (2025–2026)
[21] Community engagement conversations – Southern Adelaide Disability Services Expo (2026).
[22] Healthy Active by Design for South Australia (2026).

Research shows that these everyday settings form part of a community's social infrastructure, supporting connection, participation and wellbeing over time.

For Council, this reinforces the importance of considering wellbeing across the planning, design and management of neighbourhoods, public spaces and community infrastructure. Council's Strategic Property Review provides one opportunity to consider how community facilities are meeting changing community needs, alongside the broader role of public spaces and connections in supporting participation, access and everyday wellbeing.

Partnerships Strengthen Community Wellbeing

Conversations with homelessness and hardship services highlighted an important and practical role for Council.

Partners consistently described Council as a trusted local connector, valued for its ability to understand what is happening across the community, maintain knowledge of available supports and help people navigate local services.[23]

This reinforces Council's role not as the primary provider of all services, but as a coordinator, facilitator and trusted source of local knowledge.

Council's partnership with Preventive Health SA through the Wellbeing Hub further demonstrates the value of coordinated, place-based approaches to improving wellbeing outcomes. Likewise, the regional Disability Advisory Network highlights how collaboration can strengthen lived experience representation, shared learning and coordinated action across local government.

Participation Needs Many Pathways

Discussions highlighted the importance of connection, identity and purpose, particularly during major life transitions such as retirement, changes in health, becoming a carer or other significant life events. At these points, people can become less visible and, without opportunities to reconnect, may drift further from community life.

There was strong recognition that participation is uneven. While many people actively engage in community life, others may not feel existing opportunities are for them.

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[23] Southern Adelaide Local Area Needs Assessment (2024); Addressing Homelessness and Hardship Stakeholders Group partner discussions (2024–2026).

Barriers often extend beyond cost and transport to include awareness, confidence and whether opportunities feel welcoming, relevant and accessible.

Participants consistently highlighted the importance of meeting people where they already are—through neighbourhoods, parks, cafés, libraries, shopping precincts and other everyday settings—and creating opportunities that are flexible, interest-based and easy to join.

What We Learned

These conversations with community and partners reinforce that wellbeing is created through the conditions that shape everyday life.

People are more likely to participate when opportunities are welcoming, visible, locally relevant and easy to access. Strong partnerships, inclusive places and diverse pathways into participation all contribute to stronger wellbeing outcomes.

These local insights complement the broader evidence presented throughout this paper and provide an important foundation for the Community Wellbeing Strategy.

9. What This Means for Holdfast Bay

The evidence, community insights and local experience identify several important implications for strengthening wellbeing in Holdfast Bay over the coming decade.

Strong neighbourhoods, valued public spaces, community organisations, volunteers, local businesses, sporting clubs, libraries and arts and cultural organisations all contribute to the conditions that help people and communities thrive.

The opportunity over the next decade is not to start again, but to build on these strengths while ensuring more people can experience their benefits.

This requires thinking differently about wellbeing—not as something delivered by individual services or programs, but as the result of many people, organisations and places working together to strengthen the conditions that help people and communities thrive.

This has several important implications for how Council, community and partners work together to strengthen wellbeing over the coming decade.

Wellbeing is Not Experienced Equally

Strong overall outcomes can mask pockets of isolation and exclusion. A more deliberate focus on inclusion is needed to ensure more people can experience the conditions that support health, connection, participation and belonging. Improving

wellbeing means maintaining the strengths that already exist while reducing the barriers that prevent some people from sharing in them.

Place Shapes Wellbeing

Wellbeing is understood to be shaped in the streets, parks and shared places where everyday life unfolds. Evidence shows that when these places are welcoming, accessible and actively used, they support connection, participation and a sense of belonging — contributing to improved wellbeing outcomes over time.

Public spaces and environments — as part of the city's social infrastructure — actively influence health, connection and participation outcomes. As both a community and a destination, these places require careful stewardship to remain welcoming, accessible and fit for purpose.

Participation is Evolving

Participation is evolving. More informal, flexible, interest-based and community-led ways of connecting are emerging, requiring approaches that respond to different life stages, interests and levels of confidence.

Prevention Matters

Early action to support connection, access and participation can reduce longer-term risks and improve overall wellbeing outcomes. This includes addressing modifiable risk factors such as physical inactivity, social isolation and alcohol-related harm through changes to environments, access and community settings.

Council Enables Wellbeing

Council acts as a steward, connector and facilitator, working with others to create the conditions for wellbeing.

Council cannot deliver these outcomes on its own. Its role is to shape the conditions that support connection, participation and access, in partnership with others across the community, recognising that different parts of the system are best placed to lead in different areas. This includes understanding where Council is best placed to lead, where it should partner, and where it can support others to take the lead.

This reflects strong and consistent evidence that improving wellbeing outcomes requires sustained focus on the conditions of everyday life, rather than isolated or program-based interventions.

These implications provide the foundation for the Community Wellbeing Strategy. They explain why the strategy focuses on strengthening the conditions for wellbeing through place, connection, inclusion, prevention and partnership, creating a shared direction for Holdfast Bay over the next decade.

10. Embedding Wellbeing Across Council

The Community Wellbeing Strategy provides a shared framework to help embed wellbeing into Council's planning, decision-making and service delivery over time.

Rather than sitting alongside existing strategies, it provides a shared lens through which a wide range of Council functions can contribute to community wellbeing. This includes planning and design, community infrastructure, public health, access and inclusion, libraries, arts and culture, youth, volunteering, recreation, partnerships and community development.

The strategy also provides an integrated framework for Council's legislative responsibilities for Disability Access and Inclusion Planning and Regional Public Health Planning. Bringing these responsibilities together within a single wellbeing framework supports more coordinated planning, reduces duplication and helps ensure legislative requirements are directly connected to community outcomes.

This approach aligns strongly with South Australia's State Public Health Plan 2026, which places equity and the determinants of health at the centre of public health action and continues the focus on protecting health, promoting stronger communities and healthier environments, and preventing illness and injury. The State Plan also recognises local government as an important partner in creating the conditions and environments that support health and wellbeing.

The strategy aligns with Council's vision in Our Holdfast 2050+ and is informed by contemporary state, national and international policy, including Inclusive SA, the National Preventive Health Strategy, the WHO Healthy Cities Framework and other leading evidence on place, prevention and wellbeing.

Rather than prescribing individual actions, the strategy provides a shared direction that can be reflected through future plans, partnerships and decision-making across the organisation.

11. Next Steps

This background paper provides the evidence base for the draft Community Wellbeing Strategy.

The next phase of work will involve community engagement to test and refine the proposed strategic directions, ensuring they reflect community priorities and lived experience.

Following consultation, feedback will be reviewed alongside the evidence presented in this paper to inform the final strategy prior to consideration by Council.

Once adopted, implementation will occur through a series of action plans developed in partnership with the community, Council, government and other stakeholders. These action plans will identify priorities, responsibilities and opportunities for collaboration over time, recognising that strengthening community wellbeing is a shared responsibility.

Appendix A – Strategic & Policy Alignment

The Community Wellbeing Strategy aligns with Council's strategic direction and is informed by contemporary state, national and international policy relating to wellbeing, prevention, public health, inclusion and place.

Council

- City of Holdfast Bay. *Our Holdfast 2050+ Strategic Plan* (2024)

South Australia

- Government of South Australia. *State Public Health Plan: Healthy | Liveable | Connected*. 2026.
- Government of South Australia. Inclusive SA: State Disability Inclusion Plan 2025–2029. 2025.
- Government of South Australia. South Australian Suicide Prevention Plan 2023–2026. 2023.
- Heart Foundation and Preventive Health SA. Healthy Active by Design (South Australia). 2025.
- Preventive Health SA. Supporting Physically Active Communities: Resource Guide. 2024.
- Government of South Australia, Office for Ageing Well. *South Australia's Plan for Ageing Well 2026–2036*. 2026.
- Local Government Association of South Australia. G*uide to Regional Public Health Planning: A Resource to Assist in the Preparation and Maintenance of a Regional Public Health Plan*. 2019.

National Policy and Evidence (Australia)

- CSIRO & Beyond Blue. *The Future We Choose – Mental Health Support in Australia Through the Next Decade of Change*. 2026.
- Australian Government. *National Preventive Health Strategy 2021–2030*. 2021.
- Australian Government. *Measuring What Matters: Australia's First Wellbeing Framework*. 2023.
- Productivity Commission. *Mental Health Inquiry Report*. 2020.

- Australian Institute of Health and Welfare. *Social Isolation, Loneliness and Wellbeing*. 2023.
- Infrastructure Australia. *Australian Infrastructure Audit 2019: Social Infrastructure*. 2019.

International Wellbeing Policy and Practice

- World Health Organization. *Ottawa Charter for Health Promotion*. 1986.
- World Health Organization. *Healthy Cities: Effective Approach to a Rapidly Changing World*. 2020.
- World Health Organization. *Closing the Gap in a Generation: Health Equity Through Action on the Social Determinants of Health*. 2008.
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- Organisation for Economic Co-operation and Development (OECD). *How's Life? 2024: Well-being and Resilience in Times of Crisis*. 2024.
- Wellbeing Economy Alliance. *Wellbeing Economy Policy Design Guide*. 2023.
- *Briguglio, M., Czap, N., & Laffan, K. Wellbeing and Policy: Evidence for Action. 2025*.
- Fisher, M. *How to Create Societies for Human Wellbeing*. 2024.

Place, Social Infrastructure & Urban Wellbeing

- Project for Public Spaces. *Healthy Places*. 2023.
- University of Derby. *Nature Connected Communities Handbook*. 2024.
- UN-Habitat. *Public Space and Urban Health*. 2024.
- ARUP. *Cities Alive: Designing for Ageing Communities*. 2019.
- Green Adelaide. *Green Public Spaces Principles*. 2023.
- Banwell, C. & Kingham, S. *Living Well in Your Local Neighbourhood: The Value of Bumping and Gathering Spaces*. 2023.

Connection, Participation and Social Capital

- Ending Loneliness Together. *Ending Loneliness Together Evidence Paper*. 2020.
- Holt-Lunstad, J., Smith, T. B. & Layton, J. B. *Social Relationships and Mortality Risk: A Meta-analytic Review*. 2010.

Environment, Climate and Health

- Government of South Australia. *Adelaide Metro Urban Heat and Social Vulnerability Analysis*. 2022.
- Government of South Australia. *South Australian Government Climate Change Resilience and Adaptation Actions*. 2025.
- World Health Organization. *Climate Change and Health*. 2023.