



Public Health & Wellbeing Plan 2022-2026



Contents

Acknowledgement of Country	3
Introduction	3
Plan Implementation	4
Our Current Health Role	5
Snapshot of the health of people living in the Great Southern Region	6
Key results from the Shire of Lake Grace Health & Wellbeing Survey	7
Adding the Public Health Vision into the Integrated Strategic Community Plan	8
The Integrated Strategic Community Plan	9
Public Health Strategies	10
Conclusion	12
The Way Forward	13

Acknowledgement of Country

The Shire of Lake Grace acknowledges the Noongar People - the Traditional Owners of the Country within the Shire's boundaries

Introduction

We are very pleased to present the Shire of Lake Grace Public Health Plan. The Plan will provide direction for the next 4 years. The Public Health Plan will sit along side the Shire's Community Strategic Plan and is designed to provide direction in public health, healthy lifestyles and recreational pursuits.

Each local government in Western Australia is required by the Public Health Act 2016, to enhance the health, wellbeing and safety of all of its citizens and align with the State Public Health Plan for Western Australia 2019 – 2024. Incorporating the outcomes and strategies of the Public Health Plan into Council's Strategic Community Plan will ensure the Public Health Plan will remain relevant to the community needs and keep pace with the everchanging demographics of our local community.

Development of this Plan has been taken at a steady pace to allow for many correspondents to participate in the Health and Well Being Survey. In a practical sense, the Survey was made available online through Shire newsletter and website.

The Plan will sit alongside the Council Sport and Recreation Plan and the Community Wellbeing Plan, and will be delivered in collaboration with Council key stakeholders to improve health outcomes for all residents.

Cr Len Armstrong

Shire President
August 2022

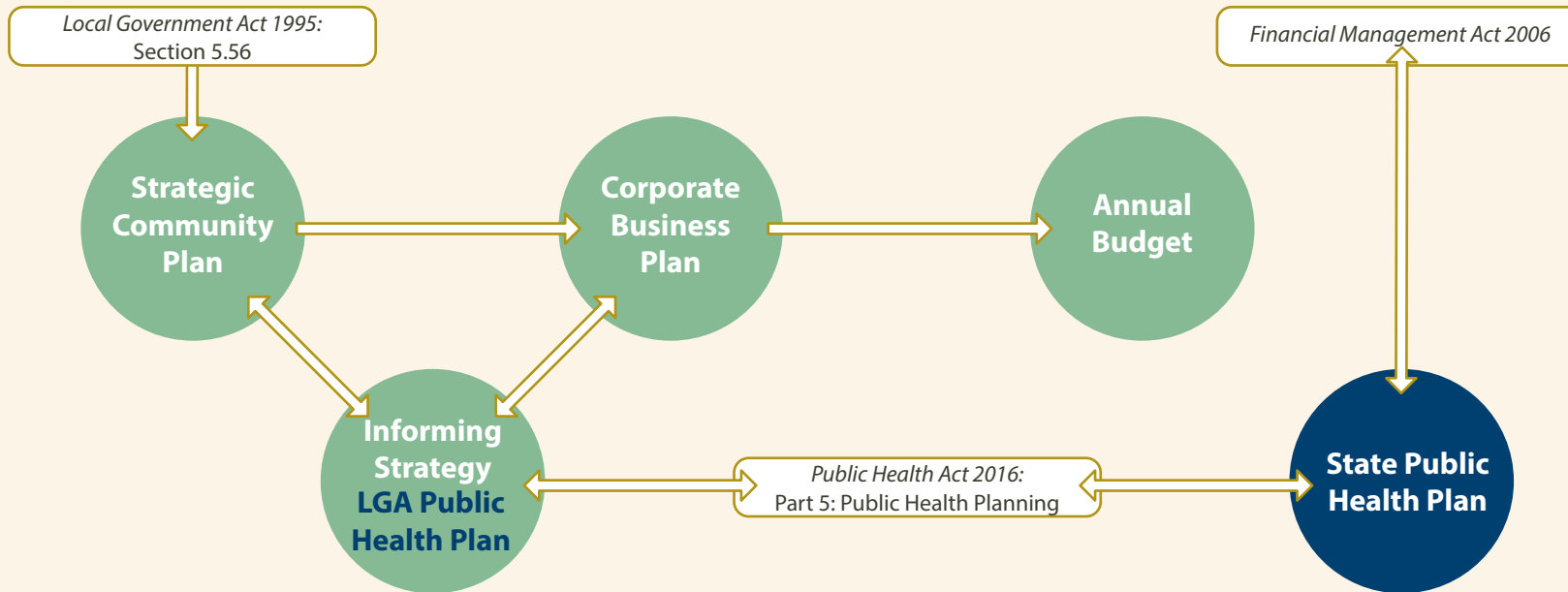
Alan George

Chief Executive Officer
August 2022

Plan Implementation

The State Public Health Plan is a stand-alone plan. Each Local Government Authority is required to create its own Public Health Plan, which in turn is to be incorporated into the Council's Strategic Community Plan. The Strategic Community Plan connects with Council's Business Plan which is funded by each Local Government Authority through its revenue stream. Each Local Government is then required to prepare and adopt a Local Government Public Health Plan.

The diagram below provides a pictorial representation of how this is to be achieved.



Linkages between Part 5: Public Health Planning of the *Public Health Act 2016* and Local Government Planning for the future requirements under section 5.56 of the *Local Government Act 1995*

Our Current Health Role

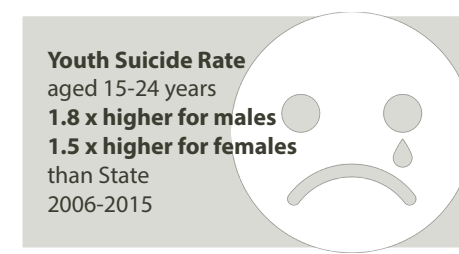
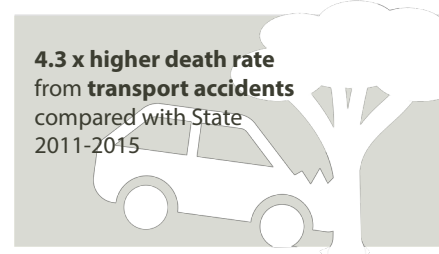
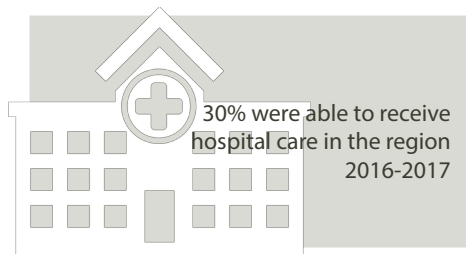
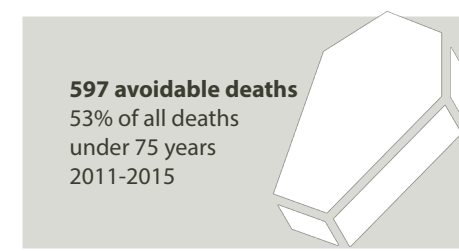
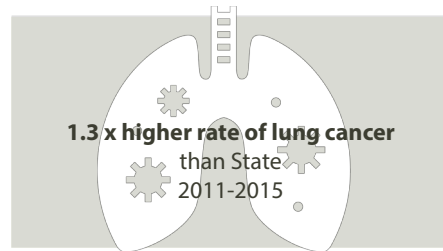
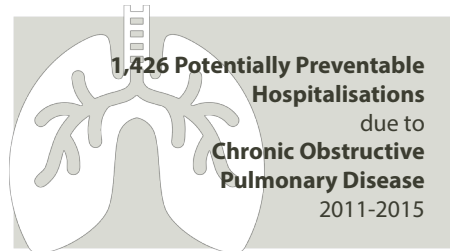
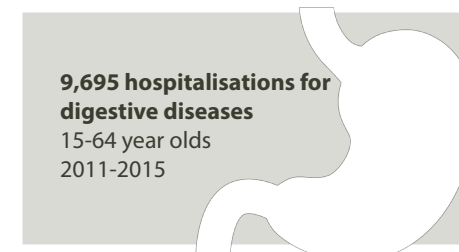
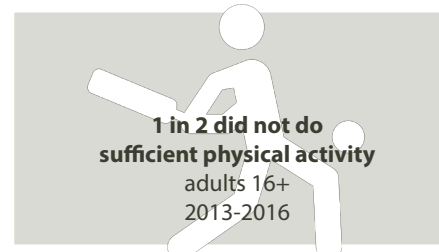
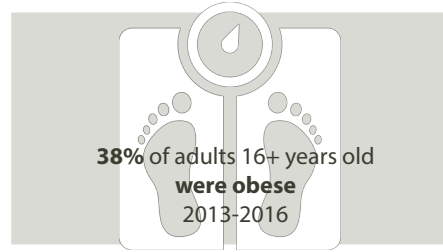
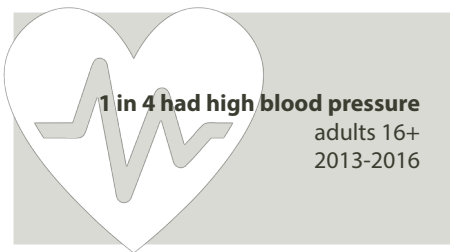
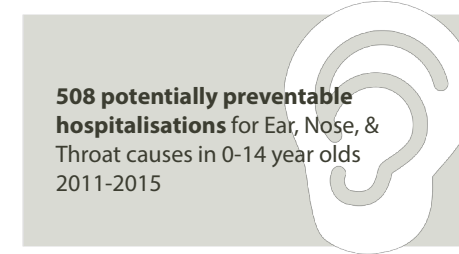
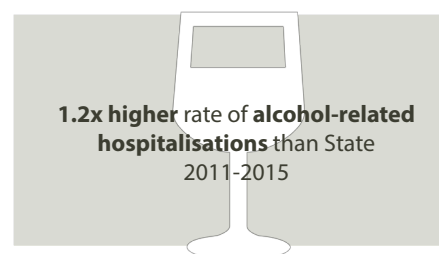
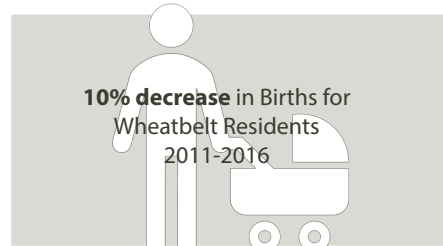
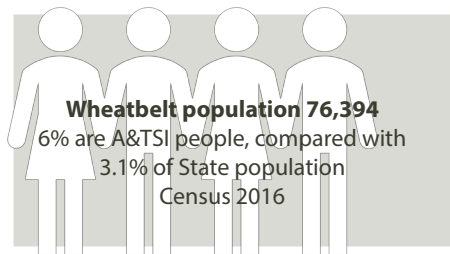
The Shire of Lake Grace provides a range of funding to support the health of our community



These are explained in more detail in the core business described here:

- Infrastructure and property services, including provision of local roads, footpaths, drainage, waste collection and management, and sewerage services.
- Environmental Health Services to prevent and control environmental health hazards, emissions and communicable diseases (i.e., tobacco control, water and food safety, noise and air pollution and animal & mosquito control).
- Community Services, such as provision of a doctor and surgery.
- Cultural facilities and services, such as libraries, art galleries and places of historic importance and museums.
- Provision of recreation facilities, such as parks, sports fields, golf courses, swimming pools, recreation centres and bowling clubs.
- Building services, planning and development control, including inspections, licensing, certification and enforcement.
- Administration of facilities, such as the airport, cemeteries, street parking, solid & liquid waste disposal sites.
- Local Government Health Law Enforcement, Ranger and Emergency Services.

Snapshot of the health of people living in the Wheatbelt Region



Key results from the Shire of Lake Grace Public Health & Wellbeing Survey

THE RESIDENTS OF LAKE GRACE SPEAK

AS THINGS ARE NOW

The three most harmful health risks in our community are:

- Using illegal drugs
- Too much alcohol
- Being overweight

The four most serious mental & social health issues in our community are:

- Depression
- Loneliness
- Bullying
- Anxiety

Our top three volunteering activities are:

- Sporting
- Public events
- Community Groups & Services

The sport & rec facilities we use the most are:

- Sporting Ovals
- Parks
- Lake Grace Olympic Pool

The thing which worries us most about COVID-19 is:

- Our family's future health

easy living
safe environment
community spirit
fresh air

the people
space

What we like best about living in the Shire of Lake Grace

CHANGE FOR THE FUTURE

Our top three programs to improve the health of our community:

- Routine screening for health issues eg cervical / prostate cancer
- Programs for people with disabilities
- Community events for residents

Our top three programs to help us be more active are:

- Free fitness classes
- More recreational community activities/events
- Exercise/play equipment in parks which cater for various age groups

Our top three resources for good community health are:

- Safe roads
- Affordable housing
- Recreation facilities, eg: sports ovals etc

We support new programs to reduce harm from:

- Illegal drugs
- Alcohol
- Tobacco
- Sniffing volatile substances

Our top action to encourage eating healthy food is:

- More healthy food options in takeaway/fast food outlets

Our top three environmental issues for good community health are:

- Safe water for our homes & swimming pools
- Access to safe, affordable, & nutritious food
- Clean, safe air

I feel like my life has a sense of purpose (58%)

I enjoy interacting with my neighbours (64%)

There is strong community spirit in our Shire (55%)

I am proud of the community where I live (61%)

I know where to get help when I need it (63%)

I feel the Shire cares about our welfare (55%)

I feel like I belong in my local community (58%)

Integrating the Public Health Vision into the Strategic Community Plan

The Public Health Plan follows on from the 4 Strategic Community Plan themes:

1. Economic
2. Environment
3. Social
4. Leadership

And introduces a new theme:

5. Health



The Integrated Strategic Community Plan

ECONOMIC	ENVIRONMENT	SOCIAL	LEADERSHIP	HEALTH
A prosperous agricultural based economy, supporting diversification of industry	Protect and enhance our natural and built environment	A valued, healthy and inclusive community and life-style	Strong governance and leadership, demonstrating fair and equitable community values	A sustainable community of active and healthy lifestyles. minimising harm and free of disease in a safe environment
1.1 An innovative, productive agriculture industry	2.1 A well maintained attractive built environment servicing the needs of the community	3.1 An engaged, supportive and inclusive community	4.1 A strategically focussed, unified Council functioning effectively	5.1 Minimising unsafe use of alcohol and drugs
1.2 A diverse and prosperous economy	2.2 A natural environment for the benefit and enjoyment of current and future generations	3.2 A healthy and safe community	4.2 An efficient and effective organisation	5.2 Encourage the provision of good recreation facilities and healthy lifestyle choices
1.3 An attractive destination for visitors				5.3 Access to relevant health services for all demographics.
				5.4 Planning a COVID safe and healthy community
				5.5 Maintain environmental health protection to reduce risks to health

Public Health Strategies

Minimise Harm	Active and Healthy Lifestyles	A Healthy and Sustainable Community	Protection from Disease	A Safe Environment
5.1 Minimise harm from unsafe use of alcohol and drugs	5.2 Encourage the provision of good recreation facilities and healthy lifestyle choices	5.3 Access to relevant health services for all demographics.	5.4 Planning a COVID safe and healthy community	5.5 Maintain environmental health protection to reduce risks to health.
5.1.1 Encourage safe sale and service of alcohol, and support no / low alcohol community venues and events	5.2.1 Support community recreation activities and provision of free age-appropriate exercise programs and classes.	5.3.1 Support health and wellbeing initiatives to improve mental and physical health.	5.4.1 Keep the community informed with COVID 19 updates, including indigenous and other cultural groups	5.5.1 Maintain safe food standards by regular surveillance of food premises and food and packaged water
5.1.2 Encourage the community to reduce smoking and promote smoke-free public spaces such as playgrounds	5.2.2 Support Livelighter or similar education programs to raise community awareness of healthy eating and living.	5.3.2 Encourage personal health screening services such as prostate and cervical cancer, blood pressure and mammograms.	5.4.2 Implement COVID 19 safety plans in consultation with emergency authorities and develop risk management guidelines for public events	5.5.2 Monitor drinking water and recreational waters, public aquatic facilities to maintain standards and reduce public health risks
	5.2.3 Promote healthy eating and affordable meals and drinks in food outlets and at venues and events	5.3.3 Engage with agencies to maintain safe roads, provide bushfire protection and monitor climate change impacts.	5.4.3 Minimise the incidence and community spread of infectious disease through education, vaccination, food surveillance and vector control	5.5.3 Maintain an active monitoring & education program to minimise mosquito nuisance
				5.5.4 Maintain public health standards for dwellings and encourage initiatives for affordable housing

Conclusion

This Plan was developed over 18 months duration in consultation with elected members and the local community. This is the first public health plan of many to follow that will require Council to consider the needs of the community when planning for better public health outcomes.

While public health is the responsibility of all persons in the community, this plan focusses on the need to address present shortcomings to improve the health of every person. Improving the health of individuals through exercise and nutrition were identified as key messages, and attention to mental health, the prevention of transport accidents, and increased screening for cancer-related illnesses will be beneficial in the longer term.

The Council will need to provide leadership to improve public health outcomes by:

- Leading the community by advocacy to provide better public health planning,
- Having a whole of Council approach,
- Encouraging partnerships with Government and non-government agencies for health planning, and
- Elected members encouraging and mentoring to promote healthy lifestyles.

The Plan was developed by including:

- Extensive analysis of health data (a well-developed Health Profile Report)
- Participation in an electronic Health and Well Being Survey, and
- Consultation with elected members and senior officers.

The Way Forward

The strategies contained in the Shire of Lake Grace's Public Health Plan are intended to mirror work already underway. The Shire of Lake Grace is well known for the promotion of tourism and recreational pursuits, and living in harmony with the natural environment and practising sustainability. This connection with community was recognised through encouraging comments drawn from the Public Health & Wellbeing Survey.

The Shire of Lake Grace may give consideration to liaising with the Wheatbelt Population Health Unit Health Promotion Officer in conjunction with neighbouring shires to review the supporting information in the Health Profile Report and the Public Health & Wellbeing Survey, and to work with government and funding agencies to raise awareness of the need for healthy lifestyles.

The Plan requires Council to ensure that its citizens are afforded protection from disease, minimise harm, promote active healthy lifestyles sustainably and the provide a safe environment by reducing risks to public health. This Plan is the first of many public health plans that will provide a direct focus on supporting better health outcomes of constituents living in the Shire of Lake Grace.

Information used in the research phase of this plan was principally drawn from ABS Census material, SEIFA Index, AEDC (Education) data, Health Department hospital admissions data (2018 – 2020), and the Shire of Lake Grace Public Health & Wellbeing Survey.

