

Shire of Kondinin Public Health & Wellbeing Plan 2022-2026



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Acknowledgement of Country

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

Introduction

Each local government in Western Australia is required to prepare a public health plan. This is a new requirement contained in the Public Health Act 2016. Council has been required to undertake a thorough search of information about the health of the people living in the Shire of Kondinin as a way to determine what will be the further health needs of the community.

As a result of living in COVID times, residents were asked to provide responses to an electronic survey on the internet as a way to reach as many persons as possible to discuss their views on health issues.

The Public Health Plan is designed to guide Council and to be reviewed every 4 years. This Plan has been designed to fit into Council's Community Strategic Plan which then leads into its Corporate Plan and annual budgets.

This document has been designed to provide a picture of the information gathered without the need for a great deal of statistics and dialogue. We hope you will enjoy reading our Public Health Plan.

Cr Kent Mouritz

Shire President
April 2022

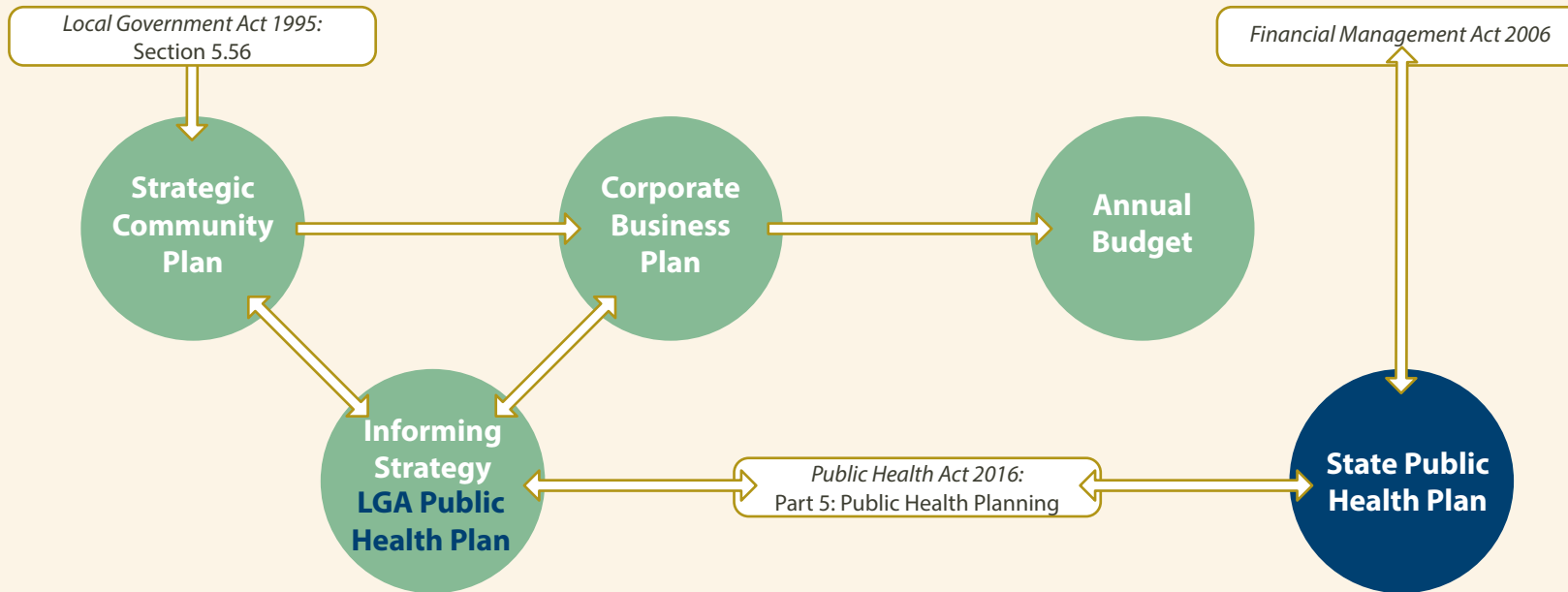
David Burton

Chief Executive Officer
April 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

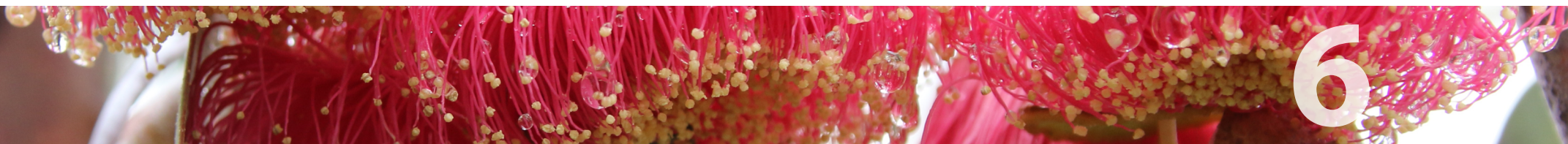
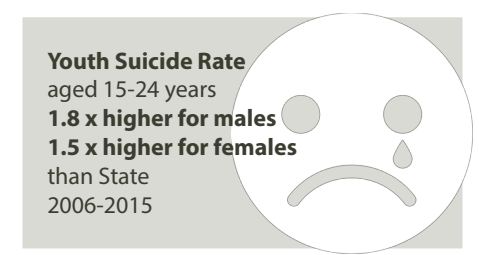
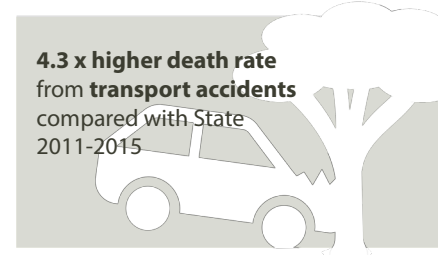
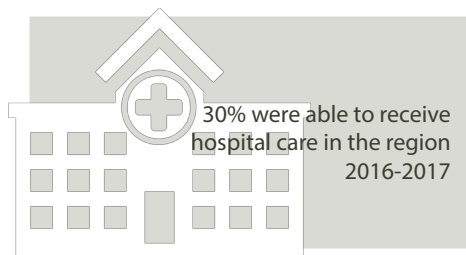
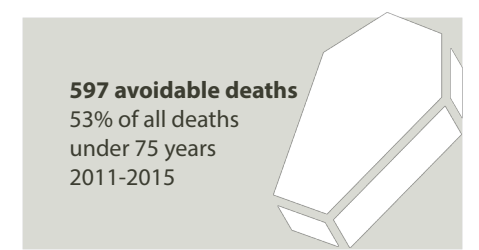
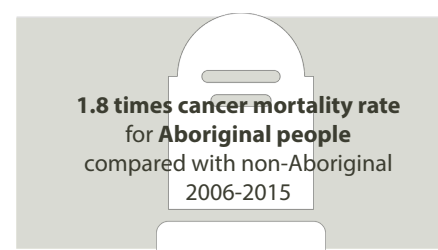
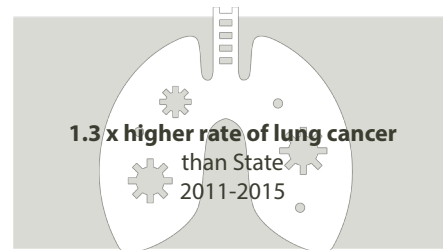
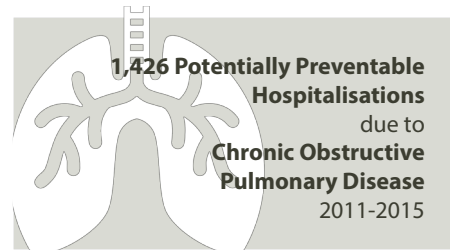
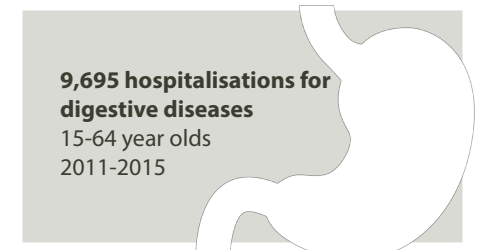
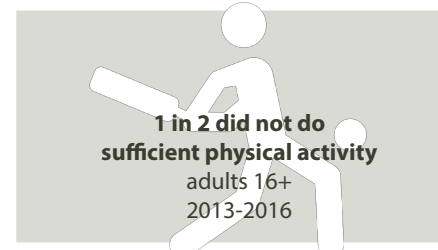
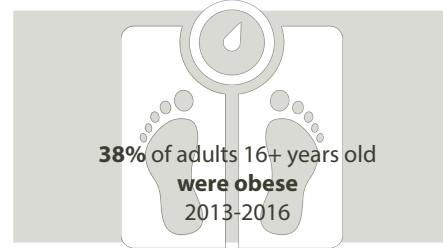
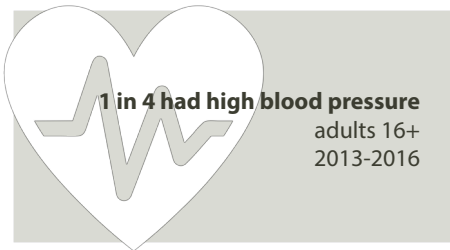
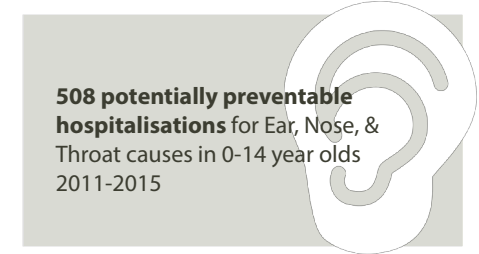
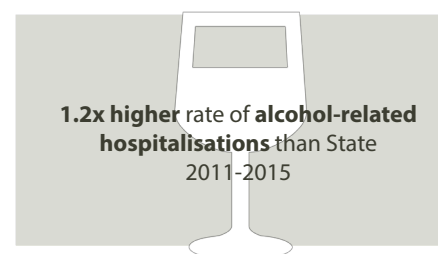
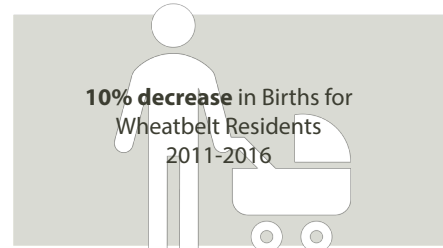
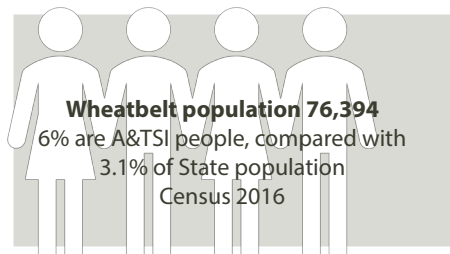
The Shire of Kondinin provides a range of funding to support the health of our community



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 and places of historic importance and museums.
- Provision of recreation facilities, such as parks, sports facilities, 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 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 Health Region



Key results from the Shire of Kondinin Public Health & Wellbeing Survey

THE RESIDENTS OF KONDININ SPEAK

AS THINGS ARE NOW

The three most serious health risks in our community are:

- Using illegal drugs
- Sniffing volatile substances
- Being overweight

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

- Violence in the home
- Anxiety
- Bullying

Our top three volunteering activities are:

- Community groups/services
- Sporting
- Public events

The sport & recreation facilities we use the most are:

- Aquatic Centre/Swimming Pool
- Walking Trails
- Cricket / Football Ovals

I feel like my life has a sense of purpose (84%)

There is strong community spirit in our Shire (53%)

I know where to get help when I need it (100%)

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

I feel the Shire cares about our welfare (42%)

I enjoy interacting with my neighbours (84%)

I am proud of the community where I live (53%)

What we like best about living in the Shire of Kondinin

fresh air, peaceful, safe
friendly sporting clubs good friends
quiet environment **community**
spirit of belonging relaxed lifestyle
helping each other

CHANGE FOR THE FUTURE

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

- Routine screening for health issues eg cervical & prostate cancers
- Programs for people with disability
- Community events for residents

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

- Fitness classes
- Public exercise equipment that is free to use
- More hikes, walks, cycle paths & maps

Our top three facilities or resources for good community health are:

- Parks & public open spaces
- Disability access to buildings & recreation
- Recreation facilities eg: Sports Ovals, Rec Centres, Swimming Pools

Our top two priorities to encourage the eating of healthy food:

- Healthy food options at sporting & community & events
- More healthy food options in takeaway/fast food outlets

Adding the Public Health Vision to the Strategic Community Plan

The Public Health Plan incorporates the 4 themes from the Shire of Kondinin's Strategic Community Plan 2016 - 2026

1. Social and community wellbeing and capacity
2. Economic diversity and prosperity
3. Infrastructure that meets the needs now and allows for growth
4. Leadership and financial sustainability

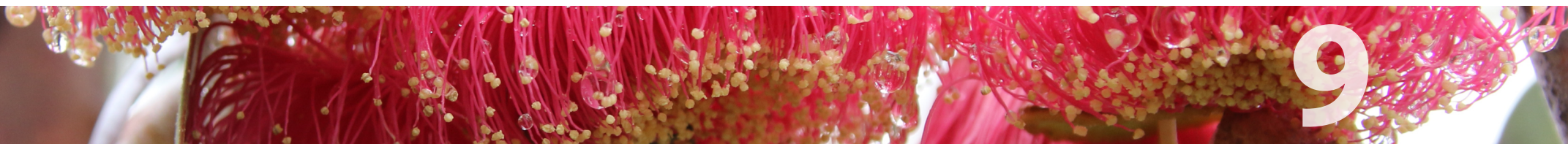
And introduces a new theme:

5. Healthy lifestyles



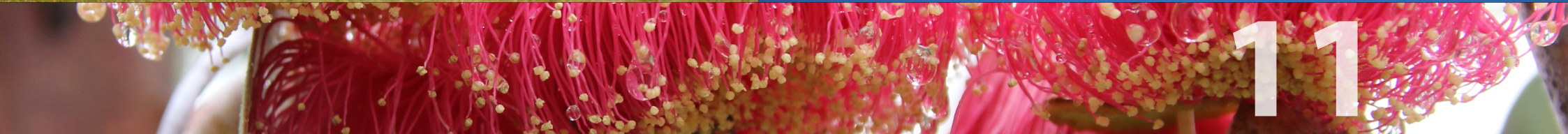
Integrating Public Health Strategies into the Strategic Community Plan 2016 - 2026

| 1. Social and community wellbeing and capacity | 2. Economic diversity and prosperity | 3. Infrastructure that meets the needs now and allows for growth | 4. Leadership and financial sustainability | 5. Healthy lifestyles |
|---|---|--|---|---|
| 1.1. A vibrant and attractive place to live that offers choice and a liveable environment | 2.1. Promote the Shire of Kondinin within the local community and beyond the Wheatbelt and state boundaries as a preferred location for business, tourism and lifestyle | 3.1. A sustainable built and natural environment | 4.1. Develop leadership skills and behaviours that enhance the knowledge, skills and experience of the Shire Staff and Council | 5.1. Minimise harm from unsafe use of alcohol and tobacco |
| 1.2. A growing, diverse and dynamic community | 2.2. Provide sustainable infrastructure and services that sport current and future needs of the community | 3.2. Integrated approach to resource management and sustainability | 4.2. Manage the organisation in a responsible and accountable manner | 5.2. Adequate recreation facilities and healthy lifestyle choices |
| 1.3. A safe, healthy and active shire | 2.3. Encourage and promote a culture of education, career development, job creation and employment | | 4.3 Deliver services that met the current and future needs and expectations of the community, whilst maintaining statutory compliance | 5.3. A healthy and sustainable community with access to relevant health services for all demographics |
| | 2.4 Encourage, promote and support tourism experiences and businesses in the Shire of Kondinin | | | 5.4 Planning a COVID safe and healthy community |
| | | | | 5.5 Environmental health protection to reduce risks to community health |



Public Health Plan Strategies

| Minimise Harm | Active and Healthy Lifestyles | A Healthy and Sustainable Community | Protection from Disease | A Safe Environment |
|---|--|--|--|--|
| 5.1 Prevent harm from unsafe use of alcohol, drugs, solvents and tobacco | 5.2 Adequate recreation facilities and healthy lifestyle choices | 5.3 Access to relevant health services for all demographics | 5.4 Planning a COVID safe and healthy outcome | 5.5 Environmental health protection to reduce risks to health |
| 5.1.1 Support education to reduce alcohol and drug consumption and family violence | 5.2.1 Support community recreation activities and provision of free age-appropriate exercise equipment, programs and classes | 5.3.1 Support health and wellbeing initiatives to improve mental and physical health, particularly for young people | 5.4.1 Keep the community informed with COVID 19 updates, including indigenous and other cultural groups | 5.5.1 Monitor public health indicators and encourage other government intervention |
| 5.1.2 Encourage safe sale and service of alcohol and tobacco, and support no/low alcohol and smoke free community venues and events and at Shire facilities | 5.2.2 Support Livelighter or similar as a community campaign to raise community awareness in healthy eating and living | 5.3.2 Create accessible spaces and encourage disabled, indigenous and other cultural participation | 5.4.2 Implement COVID19 Safety Plans in consultation with emergency authorities and develop risk management guidelines for public events | 5.5.2 Provide public health education on matters such as FoodSafe, vector and other disease control |
| 5.1.3 Encourage the community, particularly pregnant mothers, to reduce smoking and promote smoke free public spaces such as playgrounds | 5.2.3 Measure the adverse health impacts of inactivity and obesity and encourage weight reduction | 5.3.3 Encourage personal health screening services such as prostate and cervical cancer, blood pressure and mammograms | 5.4.3 Provide community education for personal hygiene, safe sex, home and workplace hygiene, including cleaning and disinfection | 5.5.3 Maintain safe food standards by regular surveillance of food premises and food & packaged water manufacture |
| 5.1.4 In conjunction with the Police and other stakeholders conduct a Safety Audit to improve safety and prevent crime and anti-social behaviour | 5.2.4 Promote healthy eating and affordable meals and drinks in food outlets and at venues and events | 5.3.4 Engage with agencies to maintain safe roads, provide bushfire prevention and manage climate change impacts | 5.4.4 Minimise the incidence and community spread of infectious disease through education, vaccination, food surveillance and vector control | 5.5.4 Monitor drinking and recreational waters, public aquatic facilities to maintain standards and reduce public health risks |
| | 5.2.5 Provide safe and accessible public open spaces and walking trails | 5.3.5 Monitor the safe use of pesticides & herbicides and their equipment & disposal of liquid wastes | | 5.5.5 Maintain an active monitoring & education program to minimise mosquito nuisance |



Conclusion

This plan identifies strategies aimed at improving the health outcomes of all residents in the Kondinin communities, regardless of age, health status or cultural background. Improving the health of individuals through exercise and cancer screening were clear messages identified during the consultation phase of the plan, as was increased focus on physical exercise and programs for persons with a disability and participating in community events.

The Council is committed to working with the communities and relevant stakeholders to improve public health outcomes by implementing the key strategies identified over the life of the plan. Council will undertake regular reviews during this period to measure its success and progress and to ensure strategies identified remain relevant.

Where possible, the Shire of Kondinin will also work collaboratively with neighbouring shires to improve outcomes where common issues are identified which impact the broader region.

Successful implementation of this plan will ensure the health needs of the Shire of Kondinin communities are met in the short to medium term.



The Way Forward



The strategies contained in the Shire of Kondinin's Public Health Plan are intended to mirror work already underway. The Shire of Kondinin 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 Kondinin 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 Kondinin.

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 Kondinin Public Health & Wellbeing Survey.

