

The background of the cover is a landscape photograph. In the foreground, there is a field of dry, golden-brown grass. A fence made of wooden posts and wire runs across the field. In the middle ground, there is a body of water, possibly a bay or a large lake, with some trees and a small island visible. The sky is a clear, bright blue with a few wispy clouds near the horizon.

Regional Public Health Plan

Yorke Peninsula Alliance

2014-2020



Acknowledgements

This Regional Public Health Plan has been prepared for The Yorke Peninsula Alliance Councils by URS and Michele Herriot Health Promotion Consulting.

We gratefully acknowledge the assistance of community representatives, government agencies, and the staff of each Council.



Michele Herriot

Health Promotion Consulting

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EXECUTIVE SUMMARY

This Regional Public Health Plan (The Plan) has been jointly prepared by the Councils that make up the Yorke Peninsula Alliance:

- District Council of Barunga West
- District Council of Copper Coast
- Wakefield Regional Council
- Yorke Peninsula Council

The Plan sets a direction for the Yorke Peninsula Alliance Councils to work together, with partner organisations and the community to improve health and wellbeing within the region over the next five years. It also recognises the leadership role Councils already play in developing and sustaining strong communities.

The *South Australian Public Health Act 2011* brings a new approach to public health in South Australia. The traditional scope of public health concerns have been widened to recognise that the most challenging health issues facing our community are no longer contagious diseases or those caused by food contamination or poor sanitation. While these illnesses are still important, the leading causes of death in our community are cardiovascular disease, diabetes, cancer and respiratory illness. Public health is influenced by factors including how safe we feel, the opportunities we have to work, study, participate in community life, undertake physical activity, and eat healthy food.

The Councils of the Yorke Peninsula region already contribute to the health and wellbeing of their communities in the four priority areas identified by the State Public Health Plan:

- Building stronger, healthier communities for all generations
- Increasing opportunities for healthy living, eating and being active
- Preparing for climate change
- Sustaining and improving public and environmental health

In particular, the community values the role Councils play in providing infrastructure such as walking trails and cycle tracks; libraries and community facilities; community events; public places and open space and services including passenger transport. These activities are considered important for promoting both physical and mental health and community connectedness.

Two additional regional priority areas are identified in the Plan:

- Maintaining and Improving access to Health Services through initiatives including wider access to transport, better coordination of services and use of telehealth technology
- Governance and decision making that leads to stronger relationships and greater collaboration between Councils, community stakeholder groups and service providers

The development of strategies to address public health priority areas is focused on the Councils of the region working together rather than individually. This approach is intended to build on existing cooperative arrangements and importantly, facilitate partnerships with government agencies that can optimise the efficient allocation of resources and streamline service delivery in areas of public health priority.



Part A

This Regional Public Health Plan (the Plan) has jointly been prepared by the four Councils that form the Yorke Peninsula Alliance:

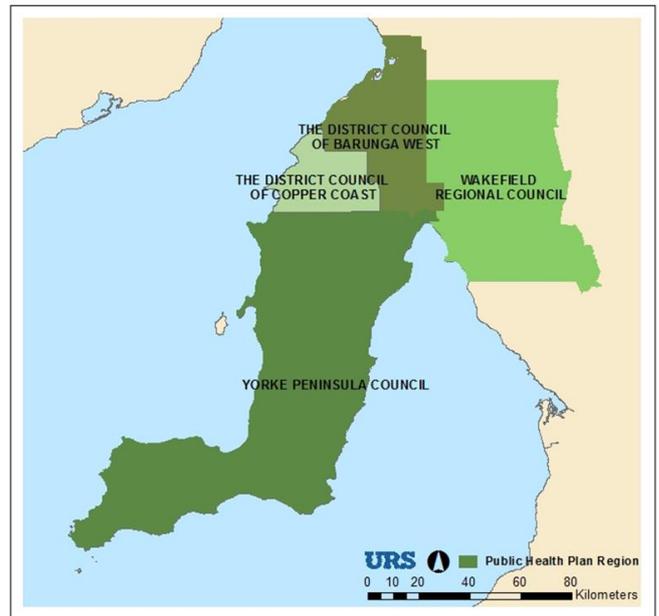
- District Council of Barunga West
- District Council of Copper Coast
- Wakefield Regional Council
- Yorke Peninsula Council

The Yorke Peninsula Alliance is a sub-region of the Central Local Government Region of South Australia. The Alliance has been formed to facilitate, coordinate activities at a sub-regional level and represent and advocate on behalf of its communities to other levels of government.

A wide range of Council activities already contribute to public health and wellbeing. The Plan builds upon the cooperative arrangements and resource sharing that already occurs between the Councils in the Yorke Peninsula Alliance Region. Its aim is to improve the health and wellbeing of the community through coordinated action at a regional level in areas where there is the greatest opportunity to have an impact. It identifies new initiatives that respond to public health priorities and new partnership arrangements with State and Federal agencies that will be necessary to address the needs of the region's community for the future.

Consultation with representatives from community organisations, government agencies, and staff from a range of business areas within each Council has been an important part of developing the Plan. It has assisted with the identification of public health priority areas. It has also shown the extent that community organisations want to have closer ties with local government and be involved in making decisions within the region.

This Plan is structured into two parts: Part A provides a snapshot of the public health priorities for the region, a summary of the activities that Councils undertake to support health and wellbeing that are valued by the community, and strategies to protect and promote health of the community of the region. Part B provides information about the legislative and policy framework for public health planning, detailed population health data that has been used to assess the state of health of the region, and the audit of each Council's plans, programs and actions.



'Public health in the 21st century has a lot to do with the way our community is organised and how our society shares its benefits and advantages. It's about how we protect ourselves and how we rise to challenges and risks that threaten our communities, whether natural disasters, widespread diseases, or social or economic shocks that strain the very fabric of our communities. It reflects how resilient we are, how we recover from hardships and breakdowns, and how we can together rebuild and restore our sense of wellbeing and community'

- South Australia: A Better Place to Live 2013

The illnesses that most challenge the health and wellbeing of our community are not the contagious diseases that have traditionally been the focus of Public Health. Chronic diseases such as cardiovascular disease, respiratory disease, diabetes, and cancer are now the leading causes of death in our community.

The causes of chronic disease can be influenced by a range of environmental, social and economic factors such as how we live, the environment we live in, our opportunities for education, employment, and how our community functions. In other words, the health of our community is more than the sum of our individual lifestyle choices.

These new public health challenges are recognised by the *South Australian Public Health Act 2011* which focuses on the range of social, economic and environmental conditions which have a bearing on the health and wellbeing of the

community. These are often described as the social determinants of health (figure 1).

This Public Health Plan recognises the role that Councils in the region already play in promoting health and wellbeing through core activities such as community transport, roads, parks, waste management, land use planning, housing and urban planning, recreation and cultural activities, health promotion and creating safe public places. The development of new initiatives is guided by both the state-wide directions of the State Public Health Plan as well as local areas of priority and need.

The focus of this Regional Public Health Plan is to develop a program of coordinated action between the Yorke Peninsula Alliance Councils in areas where there are gains to be made from working together. The four Councils already collaborate in areas of planning and service delivery and will seek to address public health priorities using the same approach.

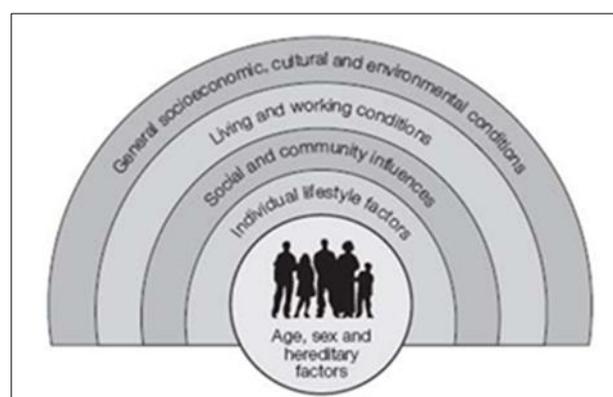


Figure 1- Factors that determine Public Health
Source: Ståhl et al. (2006, p. xxvi)

3 SNAPSHOT OF THE REGION

This section provides an overview of the strengths and challenges for the Yorke Peninsula Alliance Region communities as they relate to health and wellbeing. A more detailed assessment of the health of the community is provided in section 8.

People enjoy the region for its natural setting, quality of life, and sense of community. A high proportion of the workforce is employed in agriculture, retail trade and health and community services. It is anticipated that mining activity on the Yorke Peninsula will provide employment opportunities and economic benefits. There will however be a need to monitor potential environmental impacts.

The strengths of the region include the high level of community connectedness and feelings of personal safety. A significant proportion of people volunteer and carry out unpaid work for others. A high proportion of school leavers are admitted to university the following year, compared with school leavers in other regional areas. Whilst this is considered to be a positive outcome, it does have the effect of young people leaving the region to pursue further study. A high proportion of young people aged 15-19, including those who stay living in the region are engaged in education or employment. There are however pockets of higher youth unemployment, particularly in Copper Coast and Southern Yorke Peninsula Council areas. Immunisation rates compare well against the state average, and sport plays an important role in community life.

Some of the challenges facing the region include older people living in smaller communities at risk of isolation and reduced access to infrastructure, transport and government services.

The population profile of the region is older than the average for regional South Australia and there are a higher proportion of people living with a profound or severe disability, a group that has been identified as particularly vulnerable. Demand for community and health services is

relatively high but there is also a comparatively high level of service provision in the region¹.

Unemployment levels vary across the region with higher rates on the southern Yorke Peninsula. For instance, Copper Coast Council area has a higher proportion of long term unemployment whereas Barunga West and Wakefield Council areas are more consistent with the state average.

The Region has higher rates of smoking, lack of physical activity and obesity than the state average. Additionally, the proportion of girls and boys who are obese at the age of four was higher within the region than within other areas of non-metropolitan SA. The community has identified opportunities for physical activity as a priority for improving the health of people in the region.

¹ LGA, Population Health Profile of the Yorke Alliance Local Government Area, 2013

The region's public health priorities are guided by the priorities for South Australia as a whole, an assessment of the population health data for the region and finally the priorities identified by community representatives. Some of these priority areas are currently being addressed by a significant range of programs and initiatives being implemented by individual Councils. This section highlights the priority public health areas, and

current programs and actions that Council staff and community representatives have identified as being particularly important contributors to health and wellbeing. Recognising these activities is important, both to establish their links to health, and to ensure that individual Councils are in a position to maintain these activities in the future.

Stronger and Healthier Communities and Neighbourhoods for All Generations

Priority Areas

The State Public Health Plan encourages Councils to consider the following steps:

- Incorporation of the four CHES principles for health environments: Connected Environments, Healthy Eating Environments, Safe Environments and Sustainable Environments, and related concepts and factors in their planning to develop stronger and healthier communities
- Giving specific recognition of the needs of different ages and abilities and that build community connectedness

The assessment of the state of public health in the region identifies the following vulnerable groups:

- Older people: there is a need to ensure healthy ageing and age-friendly environments
- Children and young people – negative early life experiences can impact adversely on long-term health and wellbeing outcomes. Some young people are especially vulnerable and face challenges including alcohol and drugs (contributing to violence, road trauma, and community disruption), suicide and other mental health problems, sexually transmitted diseases, and other risk taking behaviour
- Aboriginal people face additional health and wellbeing challenges
- People with vulnerabilities e.g. disabilities, carers, living alone, unemployed or low income earners and recent migrants

- The community identified young people and the aged to be the groups most in need of support within the region. In particular, greater support systems for the elderly are sought to encourage more open discussion about aged care options. The provision of activities and facilities for young people in the region was also considered a priority, as was to the need to promote healthy eating and exercise and foster greater collaboration with youth in the region.

The community strongly linked improved mental and physical health to the provision of infrastructure such as sporting and recreation facilities including outdoor fitness facilities and walking and cycling trails.

Greater coordination in the provision of transport services was identified as a priority to improve mobility and access to services within and to and from the region.

The community also linked economic development and creation of new jobs in the region to community health and wellbeing. Local Government was thought to have a role including in the retention of land for agricultural purposes, promoting the purchase of local produce, encouraging sustainable fishing practices and planning for new housing estates.

The community recognised the important contribution made by volunteers to their communities and the potential for them to receive greater assistance in the form of training and support.

In summary, the key public health priorities identified were: a focus on the specific needs of

younger and older people, and people living with disabilities; promoting a stronger, more connected community by maintaining and improving the quality of public spaces; recreation infrastructure including in new developments; and support for the role of volunteers.

Examples of existing programs and initiatives

Older people

The ongoing maintenance of Council infrastructure, including footpaths and lighting contributes to an aged-friendly community. Examples of specific programs for the elderly supported by Councils include the Country Home Advocacy Project, which provides a home assistance service and the Home and Community Care (HACC) Program provided by Eldercare, which supports older people to stay living in their homes. Greater demand for aged services is anticipated as the population ages, and people move to the region to retire.

Community bus services supported by Councils are considered by the community to be highly important. These operate throughout the region providing transport for elderly and disabled people to medical appointments, and social activities. Examples include the Mid North Community Passenger Network, the Yorke Peninsula Health Bus and YP Community Transport. Demand for these services is growing and there is pressure from the community to expand the eligibility criteria to a wider range of people in need of transport.

Councils also support aged-care providers such as the community-owned Moonta Health and Aged Care Services facility. The Staff at DC Barunga West maintain contact with the Probus Club and plan to promote activities for seniors through the Council website.

Younger People

Some Youth Advisory Committees have been established with the aim of engaging with young people, and facilitating participation.

Councils support the successful Lower North & Yorke Peninsula Starclub Field Officer program in conjunction with the Office of Recreation and Sport to develop sporting programs and increase

participation. Other facilities used by young people include the various skate parks and recreational facilities.

Councils in the region also support education and training of younger citizens through Vocational Education and Training programs and awards such as the Yorke and Mid North region employment awards, and the YP Youth Workers Network.

Wakefield Regional Council's Targeted Youth Support Implementation Plan is a further example of Council's involvement in youth oriented programs as are the allied health services and youth programs provided by Councils, in partnership with Country Health SA. Other examples include the development of arts and cultural programs such as the annual Balaklava Eisteddfod, and library programs such as Children's Book Week.

Indigenous Communities

Council plans recognise the needs of the Aboriginal and Torres Strait Islander peoples with respect to health and wellbeing. Most Aboriginal people in the region live at Point Pearce. The Yorke Peninsula Council in collaboration with Regional Development Australia (RDA) provide services to the Point Pearce community. A number of Indigenous Land Use Agreements (ILUA) are also in place throughout the region, recognising the Indigenous and Torres Strait Islander peoples as the traditional owners of the land, which seek to protect the heritage of the area.

People with Vulnerabilities

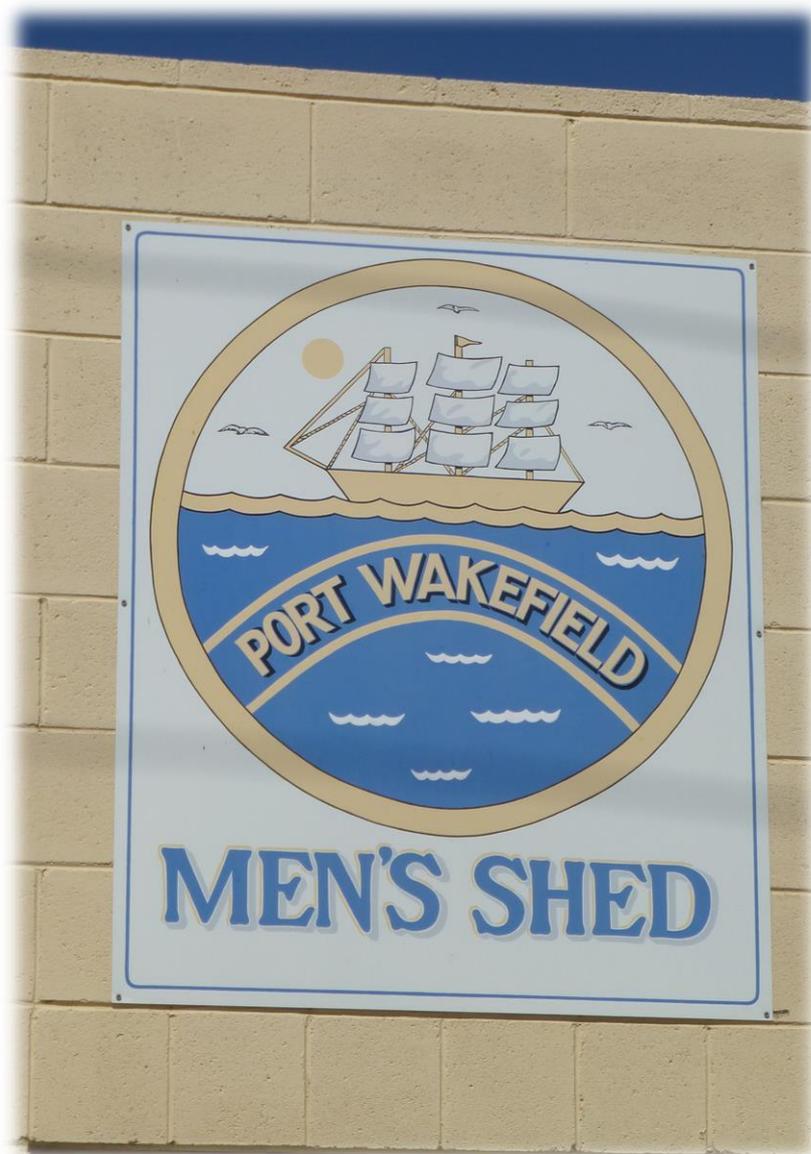
Each Council develops Disability Action Plans to improve access to services and infrastructure throughout the Council areas. Wakefield Regional Council will develop a Disability Discrimination Plan during future strategic planning. Copper Coast Council has recently undertaken training with staff and elected members. Examples of action by Councils to remove barriers to access include disabled-access ramps into buildings and footpaths that meet disability-access requirements in the main townships. There have also been improvements to gopher access tracks for people with mobility impairment.

The Yorke Peninsula Council has identified a need to work collaboratively with disabled people and has established an access advisory committee. Additionally, Wakefield Regional Council has identified the need to establish and implement a Disability Discrimination Plan as part of their strategic planning processes.

People with mental health problems are particularly vulnerable. Councils can and do promote mental health and wellbeing through creating environments that are inclusive, welcoming and connected and through

partnerships with Country Health SA. The development and maintenance of public spaces, recreational facilities and community services all promote and protect positive mental health.

Councils do not identify specific programs or actions which focus on the needs of recent migrants. Wakefield Regional Council has the highest proportion of migrants with poor proficiency in English, however is comparable with non-metropolitan South Australia and has not been identified as a group with priority needs.



Increasing Opportunities for Healthy Eating, Healthy Living and Being Active

Priority Areas

The State Public Health Plan encourages Councils to consider the following steps:

- Considerations for boosting opportunities for physical activity and access to healthy food
- Where relevant, coordinating the development of local alcohol management strategies to address community safety and related implications of excessive alcohol use
- Incorporating the use of new tobacco control powers relating to outdoor areas and events.

The assessment of the state of public health identified the following priorities to promote Health Living, Healthy Eating and Being Active:

- Improving physical activity levels in adults
- Improving nutrition to increase the number of people reported to meet the recommended daily fruit and vegetable consumption
- Supporting no smoking and alcohol-related harm minimisation
- Mental health – addressing the causes of psychological distress

The community considers a greater range of sport and recreation options with alternatives to team sport is important for widening the range of physical activity options. Current present barriers to participation in physical activity include transport services, cost, cultural barriers and community politics. Sporting clubs were considered to have a lead role in addressing alcohol and drug problems through initiatives such as the Good Sports program that has been successful in the region.

Future initiatives suggested by the community to improve options for physical activity include establishing a community bike-borrowing scheme, creating walking trails suitable for disabled persons and families, and additional sporting facilities such as a swimming pool.

The promotion of healthy food options at social functions and meetings was proposed, in addition

to encouraging local shops to provide fresh food in smaller communities.

In summary, the key public health priorities for promoting physical activity and healthy eating are to expand opportunities for recreational activities to be more inclusive. Improving access to healthy food is also a priority area.

Examples of existing programs and initiatives

OPAL

DC Copper Coast is a participant in the Obesity Prevention and Lifestyle (OPAL) program. OPAL is a program that supports children through their families and communities to be healthy now and stay healthy for life. The program has been funded by state and federal governments but will not continue in its current form.

Physical Activity

The provision of infrastructure to support physical activity is a core function of local government. All Councils have invested in establishing walking and cycling trails. Recent examples include the 'Walk the Yorke' trail extension by Yorke Peninsula Council and the 'Shamus Liptrot Trail' in Wakefield Regional Council. Councils have also developed BMX and cycle tracks and improved their amenity through the delivery of street furniture, water fountains and bicycle racks.

Councils maintain beach access and swimming facilities such as the Moonta Bay water play area and Edithburgh Tidal Pool. Other core activities include provision and maintenance of playgrounds, sport and recreation facilities and open space.

Dedicated Recreation, Sport and Open Space strategies and Asset Management Plans have been prepared by several Councils in an effort to target the construction and maintenance of these facilities in a coordinated manner. Community grants programs are also offered for the development of sport and recreation facilities.

The Yorke Peninsula Alliance Starclub Field Officer position has been integral in the promotion of physical activity, which is further supplemented by support and sponsorship for participation and achievements in local sporting teams and activities such as surfing competitions. Until recently the OPAL program also operated in the Copper Coast Council providing a comprehensive community based approach to supporting physical activity and healthy eating for children and their families.

Healthy Eating

Community gardens have been established in Minlaton, Marion Bay, and Warooka and are a good example of encouraging both healthy eating

and community connectedness. Healthy Food Policies and Community Food Strategies have been developed by several Councils and could be expanded region wide. The District Council of Barunga West plans to hold an annual program to encourage wellbeing in their community.

Alcohol and Tobacco Consumption

Councils have recognised the need to curb consumption of alcohol in public areas to help limit the social, safety and health effects of excess alcohol consumption in public through the establishment of Dry Zone areas in locations including Kadina, Ardrossan, Stansbury, Port Victoria, Port Vincent and Edithburgh.



Preparing for Climate Change

Priority Areas

The State Public Health Plan encourages Councils to consider the following steps:

- Review Council planning for climate change preparedness to ensure that public health implications are recognised and appropriate strategies are designed and implemented to ensure community resilience
- Planning for healthier communities and neighbourhoods for all generations should also address the public health implications of climate change
- Consideration of the resilience of basic public health infrastructure to climate change and extreme weather events within the Council areas, such as sea level rise and storm surges

- Consideration should also be given to the protection, adaptation, or in certain circumstances, relocation of basic infrastructure to ensure their continued functioning

The Central Local Government Region SA has taken a leading role in planning for climate change within the region. The *Integrated Climate Change Vulnerability Assessment* provides a comprehensive analysis of the risks to health, including impacts on the social determinants. The risks range from increased flooding from rising sea levels, extreme heat events and bushfires. Less direct impacts include increasing costs of water and electricity, loss of amenity from coastal erosion and loss of vegetation. Table 1 below shows specific impacts for each of the Yorke Peninsula Alliance Councils.

Table 1 - Specific Council Impacts and Recommendations

Council	Key impact areas and recommendations
Barunga West	Reduced amenity of the foreshore Building damage and maintenance Inundation of Greater Port Broughton area
Copper Coast	Insufficient coastal mapping for planning decisions Changes to coastal processes and asset life Beach reduction/breakwater levels Food borne illness Boat ramp relocation Emergency response impacting on service delivery Water security (public open space) Deterioration/inundation of roads impacting on traffic Damage to ovals Increasing cost of water
Yorke Peninsula	Sea Level Rise and Coastal storm surge Increase management and costs to undertake spatial mapping for informing development planning and asset management Reviewing asset management Assessing the long term viability of Coastal Caravan Parks
Wakefield	Maintaining Council buildings Maintaining the road network Management of Council infrastructure and land at Pt Wakefield Maintaining open space to maintain amenity Shade provision to public spaces including playgrounds Maintaining effluent pumps along the coast

Source: Central Local Government Region Integrated Climate Change Vulnerability Assessment – p. 2030.

Consultation with Council staff and community representatives identified a role for each Council's planning policies/strategies to respond to the risks from climate change through the siting, design and materials used in new residential development.

In summary, the key priority areas for preparing for climate change are to continue to plan at the level of the Central Local Government Region but with appropriate action by individual Councils.

Examples of existing programs and initiatives

Preparing for Climate Change

Individual Councils are in the process of preparing their own Climate Change Policies and Adaptation Strategies. The types of actions being implemented include recycling and stormwater re-use for Council parks and gardens. In the District Council of Barunga West, individual septic tanks at Fisherman's Bay will be replaced by a common effluent system (CWMS) because of the public health risks associated with overflow as well as future private development plans intend

to address issues such as effluent and potential sea level rise.

Individual Councils have prepared hot weather policies and procedures for staff and distribute information to the community in summer months. Shading often is provided over playgrounds.

Wakefield, Yorke Peninsula and Copper Coast Councils are actively planning for the impacts from rising sea levels. Councils are also undertaking revegetation to preserve the natural environment, promote biodiversity, increase shade and provide relief.

Protection of Assets and Infrastructure

Councils are updating their Asset Management Plans and preparing Risk Management Plans and strategies to protect key infrastructure from the risks associated with climate change. Examples of responses include investigating the future impacts from sea level rise, planning new coastal defences and issuing of fire permits to protect the assets from the risk of bushfires.



Sustaining and Improving Public and Environmental Health Protection

Priority Areas

The State Public Health Plan encourages Councils to ensure the role of public health is identified in emergency and disaster management planning.

Community consultation has identified the importance of safeguarding essential and emergency services, and providing support for vulnerable community members during extreme heat events. The creation of a refuge for the elderly and young during a heatwave was suggested as an example of this. Burning of crops also causes people with respiratory problems discomfort.

In summary, emergency and disaster planning should consider the additional risks posed by climate change, such as coastal flooding and extreme heat, and its implications for vulnerable groups.

Examples of existing programs and initiatives

Environmental health

Councils in the region currently offer environmental health services in areas such as

food safety, immunisation, noise and air quality, communicable disease prevention and control, and other environmental risk factors. The District Council of Copper Coast provides a shared environmental health service with the District Council of Barunga West.

Emergency and disaster management

Councils are developing and implementing a range of plans that will assist with emergency and disaster management to ensure they adequately address public and environmental health implications.

Service delivery standards

Some Councils offer immunisation programs in schools, and provide information to the community about the potential risks. Councils also monitor public amenities and facilities, undertake food premises inspections, manage animals through Animal Management Plans and develop and implement Roadside Native Vegetation Management Plans.



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Strategic Directions for Health and Wellbeing



This section identifies new initiatives in areas of public health priority that will be undertaken at a regional level by the Yorke Peninsula Alliance Councils by working together, and in partnership with other agencies and covers the four areas listed below:

- Stronger and Healthier Communities and Neighbourhoods for All Generations
- Increasing Opportunities for Healthy Eating, Healthy Living and Being Active
- Preparing for Climate Change
- Sustaining and Improving Public and Environmental Health Protection.

There were also two additional priorities raised during consultations:

- Maintaining and improving access to health services – access to health services contributes to the health of individuals and the community through health promotion, illness prevention and treatment services
- Governance and decision-making – significant benefits in the four Councils working together to support public health in the region

Priority: Stronger and Healthier Communities and Neighbourhoods for All Generations

Goal: The Region offers a range of social, educational and employment activities that encourage people of different ages and backgrounds to participate and interact.

Public Health Priority	Action at a regional level	Role of Potential Partners	Evaluation measures
Improve access to health and community services and programs.	The passenger transport network is extended and operates across the region. Identify opportunities to support children and their families.	Home and Community Care program.	There is an increase in the number of people using the transport system
Increase social connectedness through arts and cultural events.	The region will host an increased and more coordinated range of music and arts events including those targeted at young people, retired people, recent migrants and tourism. A regional arts and culture officer may be appointed if external funding can be obtained.	Country Arts SA and Adelaide Fringe and Festival to consider funding and support for new arts initiatives. SALA to be promoted and engaged in opportunities.	The range of music and arts events in the region increases
Increase social connectedness through volunteerism.	Investigate regional registration opportunities for volunteers and volunteer organisations. Create opportunities for training volunteers and enhancing their experience. YP Alliance Councils to seek funding for a volunteer coordinator role for the Region to assist groups to comply with regulatory requirements. Promote opportunities for young people to volunteer in a wide range of activities, particularly with links to employment.	YP Alliance Councils to seek support from the Office for Volunteers to work to increase the level of volunteering in the Region through the Advancing the Community Together Partnership.	A register of organisations with volunteer opportunities is created The number of people involved in volunteer activities increases Evidence of shared resources

Priority: Stronger and Healthier Communities and Neighbourhoods for All Generations

Goal: The Region offers a range of social, educational and employment activities that encourage people of different ages and backgrounds to participate and interact.

Public Health Priority	Action at a regional level	Role of Potential Partners	Evaluation measures
Build a whole of community approach to improving youth health and well-being.	Increase support for programs and events for young people. Coordinate youth 'fun days' across the region. Identify strategies to address the needs of young people at greater risk and work with others to progress implementation.	Department of Education and Child Development regional office, Country Health SA and school principals to play a role to involve young people in developing and supporting youth focussed events. Partners have a role in planning and implementing all strategies collaboratively.	Examples of successful youth focussed events Evidence that young people are involved in planning and implementation
Promote sustainable economic development and job opportunities.	Develop an integrated regional focus on tourism that incorporates Clare and Yorke Peninsula tourist regions.	Work with RDA Yorke and Mid North to develop a framework for coordinating tourism development.	Increase in the number of people employed in the tourism industry over the life of the Regional Public Health Plan

Priority: Increasing opportunities for Health Living, Healthy Eating and Being Active

Goal: Towns within the region provide opportunities for healthy living, healthy eating and active lifestyles.

Public Health Priority	Action at a regional level	Role of Potential Partners	Evaluation measures
Support healthy eating and physical activity for children and families.	Councils to explore options for implementing whole of community approaches across the region to extend the benefits of the OPAL program. Support and encourage community healthy food based activities eg community gardens, markets. Use Healthy by Design principles in urban planning and development.	Country Health SA to work with Councils to identify opportunities for a whole of region approach to healthy eating and physical activity for children and families.	Each Council provides specific funding towards an OPAL-type initiative. Evidence of walking and cycling trails and opportunities.
Improve the quality, availability and efficient use of sport and recreation facilities and infrastructure.	Sport and recreation facilities/infrastructure are planned collaboratively in the region. A culture of sporting 'hubs' in key locations is created. The Regional Sport and Recreation Plan is adopted and implemented.	Office of Sport and Recreation, Department of Planning, Transport and Infrastructure (DPTI) and sporting clubs to work collaboratively to enhance opportunities for physical activity by residents and visitors of all ages.	Implementation of actions in the Regional Sport and Recreation plan.
Improve access to healthy food options.	All Councils implement Healthy Food and Drink Policies and encourage partners (sporting clubs, community groups, local caterers etc) to do the same.	SA Health to provide advice and exemplars.	Councils have and implement a healthy food policy, or work towards such implementation.

Priority: Increasing opportunities for Health Living, Healthy Eating and Being Active

Goal: Towns within the region provide opportunities for healthy living, healthy eating and active lifestyles.

Public Health Priority	Action at a regional level	Role of Potential Partners	Evaluation measures
Act to reduce smoking and harmful alcohol consumption.	Monitor dry zone policy implementation and support the responsible service of alcohol. and harm minimisation practices. Implement and maintain smoke free policies and support staff to quit where possible.	SA Health to provide advice and exemplars.	Safe use of alcohol policies and Smoke free policies in place.

Priority: Preparing for Climate Change

Goal: Climate Change adaptation strategies include a coordinated response to its impact on community health and wellbeing

Public Health Priority	Action at a regional level	Role of Potential Partners	Evaluation measures
Developing community resilience to climate change.	Implementation of the Integrated Climate Change Vulnerability Assessment.	Central Local Government Region SA; Northern and Yorke Natural Resource Management Board (NRM), RDA to develop a coordinated response to climate change risks and vulnerabilities across the region.	Specific measures to respond to climate change vulnerability are implemented. These may include: <ul style="list-style-type: none"> • Development plan amendments • Hazard mapping • Emergency Management Planning • Drought relief • Infrastructure improvements

Priority: Sustaining and Improving Public and Environmental Health Protection

This Public Health Priority Area is being addressed by individual Yorke Peninsula Alliance Councils. It may not be specifically addressed through actions at a regional level in the Public Health Plan, however the plan recognises that there is an existing shared services arrangement between the District Councils of the Copper Coast and Barunga West.

Public Health Priority	Action at a regional level	Role of Potential Partners	Evaluation measures
Maintain and increase the uptake of Immunisation levels.	Develop a strategy to increase or maintain levels of immunisation to reduce vaccine preventable communicable disease.	SA Health, Youth Advisory Council, Medical Practitioners and Clinics can assist by educating communities and providing services.	Reduction in non-immunised persons. Decrease in vaccine preventable illnesses.
Maintain appropriate wastewater services by promoting access to reliable methods of treatment and disposal of onsite and offsite wastewater (sewage).	Ensure all communities and individuals have access to safe wastewater treatment and disposal. Develop a regional implementation plan.	SA Health, EPA and private operators to maintain a required level of safety when dealing with wastewater (sewage) and its disposal.	More properties are connected, or have the option to connect to a CWMS.
Promoting Food Safety by supporting the production and sale of safe and suitable food.	Educate communities and individuals in an understanding what constitutes safe and suitable food. Education in safe food practices; including suitable premises, handling, storage and pest prevention.	SA Health to provide education materials and advice.	Decrease in breaches of the SA Food Act 2001. Reduction in food borne illness.
To reduce the health impact of smoke generated by the annual burning of crop residues.	Development and distribution of education materials to assist individual community members to reduce potential risks to health and the environment.	The Environmental Protection Authority to assist with information materials together with community organisations eg. Asthma Foundation SA. PIRSA and NRM to provide advice and support.	Reduced complaints to Council about the impacts of burning on air quality. Reduction in number of burn-offs.
Protect the health and wellbeing of the community.	Promote and protect the health and wellbeing of residents through active engagement in all developments in the region.	DPTI to assist with planning advice and assessment when required.	Evidence of community participation and Council contributions towards facilities provided (i.e. in-kind support, advice, financial).

Priority: Maintaining and Improving access to Health Services

Goal: Access to health services in the region is maintained and extended to address areas of greatest need.

Public Health Priority	Action at a regional level	Role of Potential Partners	Evaluation measures
The Public Health Plan informs the planning of health services in the Region.	Advocate for the health needs of residents and participate in relevant forums eg primary care forums. Support integration of health and community services	Country Health SA, Local Health Network and other health forums to include YP Alliance members in planning of services.	Evidence of Councils' participation in forums and influence on service planning eg meeting minutes Examples of more integrated services.
Improved coordination and provision of Aged Care and Mental health services and programs.	Advocate for aged care and mental health services and programs. Advocate for support for mental health programs for all ages and conditions and for improved awareness about mental health issues	Participate in networks and aged care and mental health services to incorporate community feedback into the planning of services. Community workshops to support Country Health SA and others in delivering programs Engage mental health facilitators/ enablers e.g. <ul style="list-style-type: none"> • Beyond Blue • PHaMs, Mental Health team and 'Back to Basic program - both in Clare • Country Carers support group 	The provision of mental health services meets demand. In the longer term, lowered incidence of <ul style="list-style-type: none"> • rural/youth suicide • depression • anti social behaviour
Information technology improves access to health services.	Advocate for greater access to telehealth facilities for patients in the region Advocate for general telecommunication services	Country Health SA Local Health Network to include local government in planning of services. National Broadband Network (NBN) Delivery.	Increase in telehealth services within the Region.

Priority: Governance and decision making

Goal: Organisations within the Region collaborate, consult and plan together. Partnerships promote the efficient coordination of services.

Public Health Priority	Action at a regional level	Role of Potential Partners	Evaluation Measures
To improve co-ordination of resources for programs/services in areas of need.	YP Alliance Councils identify opportunities to co-ordinate resources and apply for grants at a regional level and explore collaborative funding arrangements (eg. STARCLUB program).	Office of Recreation and Sport, DPTI, Country Health SA, Department of Community and Social Inclusion etc. to improve co-ordination of resources and grant applications.	Evidence of improved co-ordination and resource/program/service sharing. The total amount of grant funding from external sources increases.
To coordinate the delivery of shared services across the region to improve efficiency and standards.	Shared resources are appointed to coordinate projects on priority issues involving partnerships between Councils (and with other organisations) within the YP Region.	Alliance Councils fund and support shared resources.	Evidence of more coordinated and efficient service delivery.

Governance

The Yorke Peninsula Alliance will coordinate, monitor and evaluate the implementation of the Regional Public Health Plan in collaboration with the Central Local Government Region SA, and Public Health Partner Authorities and State Government agencies.

Community groups who were consulted during the development of the Plan have expressed a strong desire to develop closer ties with Councils in the region in order to receive information and be involved in decisions associated with its implementation, particularly in the area of service delivery by state and local governments. A community representative structure may be considered to support the implementation of key aspects of the Plan.

Implementation

Development of Partnerships

SA Health will take a lead role in establishing partnership arrangements with the State and Federal Government Agencies identified in the action plan. This will be an ongoing process as

agencies formally take on the role of Public Health Partner Authorities and develop their capacities to respond to the needs of Councils identified within this Plan. Some of these agencies already have partnership arrangements with Councils in the Yorke Peninsula Alliance Region, which will be strengthened by a more formal arrangement.

Integration into Strategic Management Plans

Individual Councils will consider the most effective way to integrate this Public Health Plan into their Strategic Management Plans following the review of planning obligations contained in s.122 of the *Local Government Act 1999*.

Evaluation

The legislation requires Councils to report on progress of implementing the Public Health Plan to the Chief Public Health Officer every two years. A report on the implementation of the Public Health Plan should be provided to SA Health by September 2014. The evaluation measures have been selected on the basis of the SMART principles: Specific; Measurable; Ambitious and Achievable; Results-based and Time-bound.

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Part B

7 DEVELOPING THE PUBLIC HEALTH PLAN

The Regional Public Health Plan must fulfil the requirements of s51 of the *South Australian Public Health Act 2011* and include the following key elements:

Assessment of the State of Health

Public Health Plans must comprehensively assess the state of public health in the region and identify existing and potential public health risks. The workshops with staff and elected members from each Council provide an opportunity to:

- Explain the public health planning process to Council officers working in areas including planning, community services, infrastructure, and economic development
- Capture programs that support health that may not be in strategic documents.

This information will be used in workshops with Council staff, elected members, and other key stakeholders to determine the needs of the community and strategies to address these.

Audit of existing Council plans, programs and initiatives

An essential part of developing a Regional Public Health Plan is to identify the range of activities that each Council presently undertakes to protect and promote the health and wellbeing of the community. This involves an audit of plans, policies and programs for each Council as well as discussion with Council staff about additional actions that may not appear in these documents. Each Council's audit result is set out in Appendix A.

The audit uses a methodology developed by SA Health to evaluate Council plans, policies and programs against the priority areas for Councils identified in the South Australian Public Health Plan and the public health priority areas identified in the Assessment of the State of

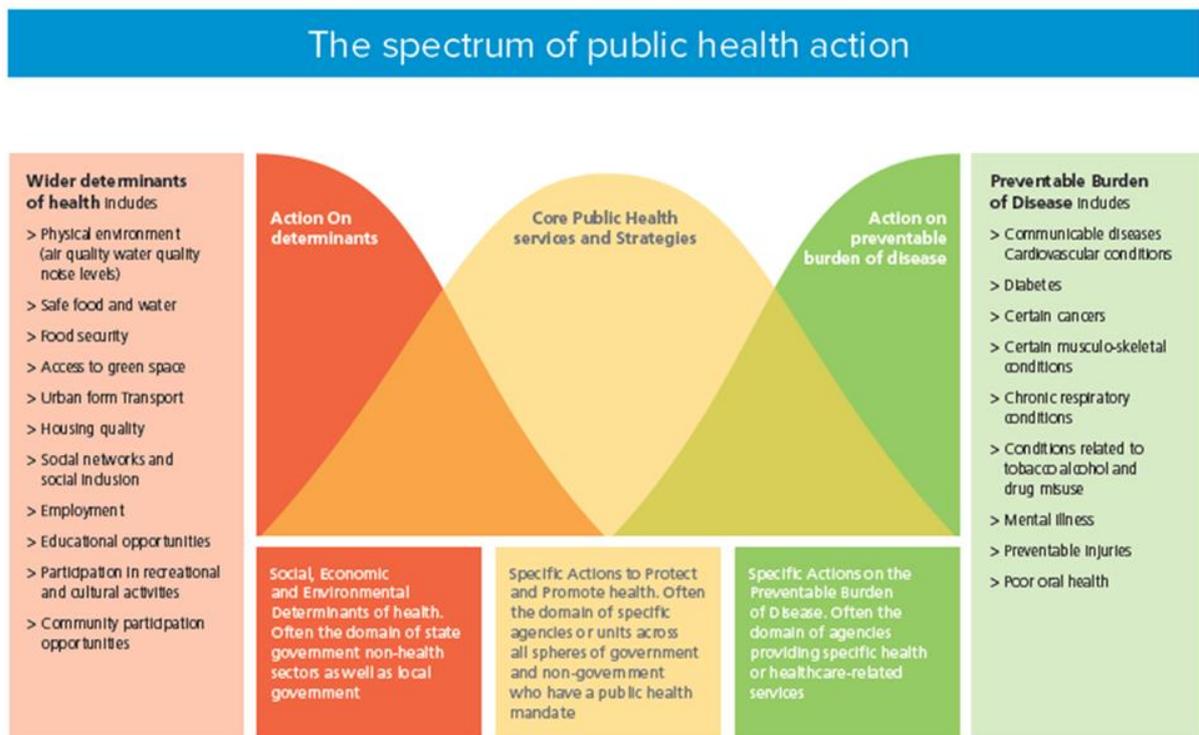
Health. A more detail explanation of this approach is set out in Appendix C.

Identify Priorities, Strategies and Actions

The Public Health Plan must identify strategies to address, eliminate or reduce risks and identify opportunities and strategies to promote health in the region. Identifying public health priority areas involved workshops within the region with stakeholder organisations. These identify potential strategies or priorities for action and potential partnership arrangements to address public health priority areas. A summary of the outcomes of these workshops is shown in Appendix B.

Traditionally the focus of public health has been toward the prevention of contagious diseases that have threatened large numbers of people. In the 21st Century it is chronic diseases such as cardiovascular disease, respiratory disease, cancer and diabetes that are the leading causes of death and disability. The approach to Public

Health planning has shifted to address the causes of these conditions which are influenced by a range of environmental, economic and social factors such as where we live, our opportunities for employment, physical activity, and social interaction.



Source: South Australia: A Better Place to Live, 2013

These factors are reflected in the four areas of priority for action in the South Australian Public Health Plan²:

- Stronger and Healthier Communities and Neighbourhoods for All Generations
- Increasing Opportunities for Healthy Living, Healthy Eating and Being Active
- Preparing for Climate Change

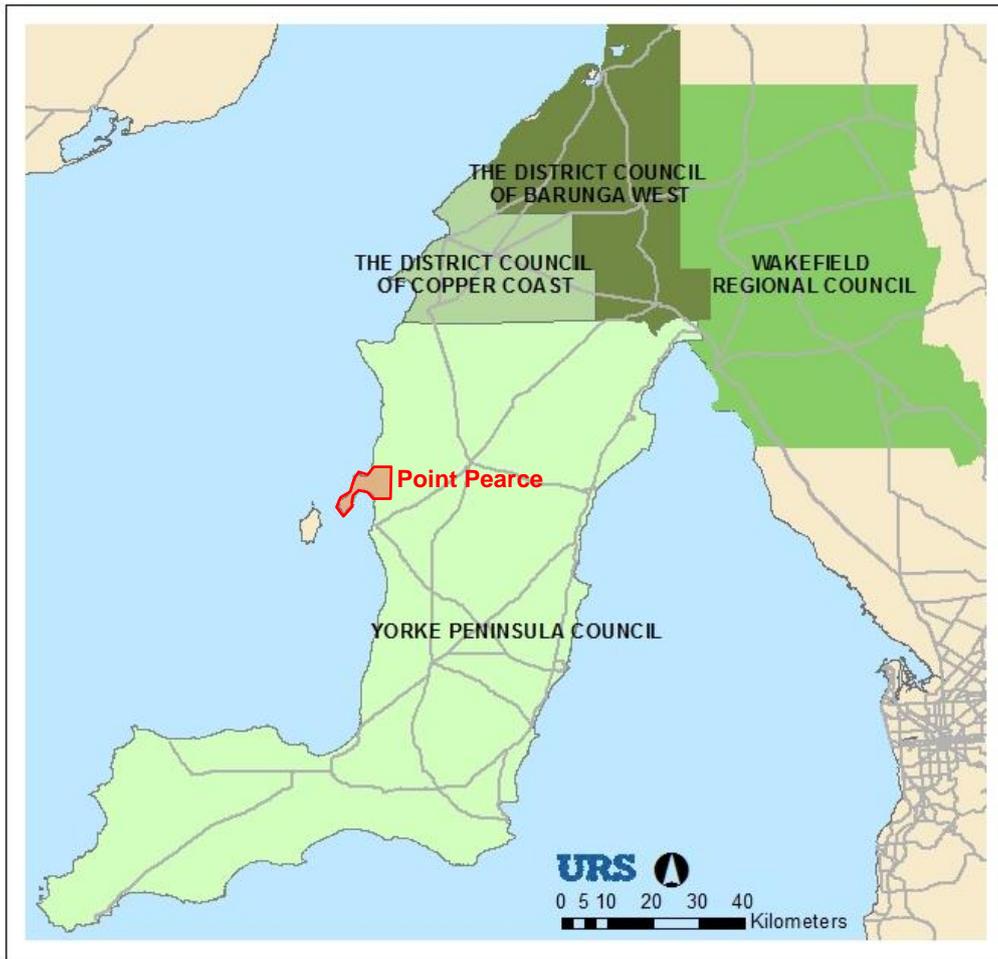
- Sustaining and Improving Public and Environmental Health Protection

These priorities, plus other locally determined priorities, will form the basis of Public Health planning for the Yorke Peninsula Region.

² South Australia: A Better Place to Live, Promoting and Protecting our Community's Health and Wellbeing 2013

This section provides an assessment of the health status of the Yorke Peninsula Alliance Region (the Region), and identifies existing and potential public health risks. The information presented is drawn from population health data provided by the Public Health Information Development Unit

(PHIDU) and the Regional Development Australia (RDA) Road Map for the region. The assessment compares differences between the Yorke Peninsula Region with the rest of regional South Australia and differences between the Councils within the region.



Yorke Peninsula Alliance Region

Population Profile

Ageing and Disability

The population of the region is older than regional South Australia as a whole, although there are variations within the region. Figure 2 shows the Councils of Barunga West, Copper Coast and Yorke Peninsula have an older population profile with fewer young people whereas Wakefield Council has a higher proportion of children in comparison to the other Councils. The data suggests the Region has a relatively high availability of aged care places³. The Region has a rate of 99.9 (per 1,000 population aged over 70); which was 20% above the non-metropolitan areas overall (83.1 per 1,000). Wakefield had a rate of 166.9 per 1,000 population; which was double the non-metropolitan average expressed above.

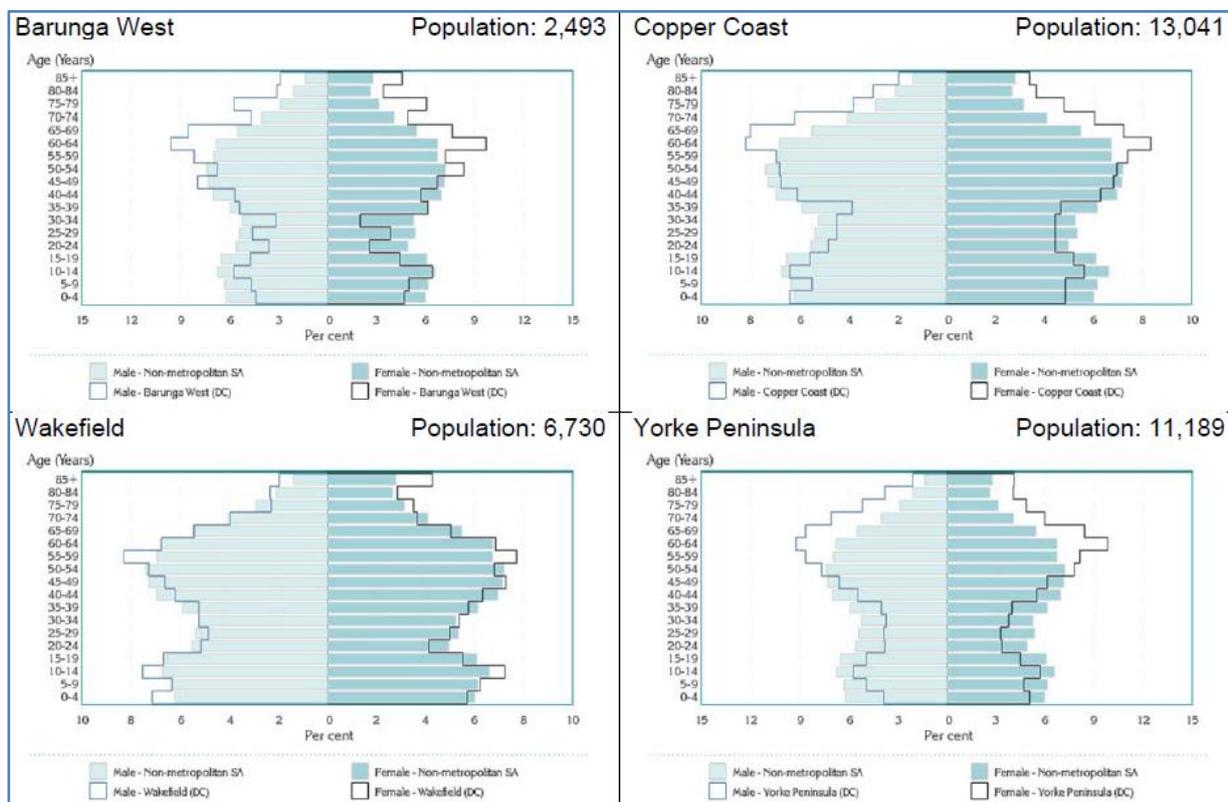
The region also has a significantly higher proportion of people (6.3%) living with a profound or severe disability compared to the average of 4.6% for the non-metropolitan areas. There are a correspondingly higher proportion of people (11.8% compared with 7%) who care for someone with a disability, illness or problem associated with old age or long-term illnesses.

This suggests a significant number of people who as a consequence of age or disability are likely to be living with low incomes, potentially poor mobility, and who are at risk of becoming socially isolated.

People born overseas

The Region has a relatively small population of people born overseas (0.3%) compared to the rest of regional SA (0.7%), and a very small proportion of people with poor proficiency in English.

Figure 2. Age profile comparisons, LGAs in the Yorke Alliance – total population compared with non-metropolitan South Australia, 2011



Source: LGA, 2013

³ The rate of residential aged care places for the region is expressed as a rate per 1,000 population aged 70 years and over at the 2011 Census.

Aboriginal and Torres Strait Islander people

The Aboriginal population is smaller than other non-metropolitan areas with the majority of Aboriginal people living in the Point Pearce Community within the Yorke Peninsula Local Government Area. Although small in absolute number the Aboriginal community is likely to be younger, have poorer health and wellbeing and a higher need for health and community services.

Social factors that influence health

A range of different factors have an impact on the health and wellbeing of individuals and communities. Education, employment, income, early childhood opportunities, racism and many other social factors combine with individual behaviours and access to services to influence the health and wellbeing of the population. This section provides data on a number of these social determinants.

The Index of Relative Socio-economic Disadvantage (IRSD) is one of four Socio-Economic Indexes or Areas (SEIFAs) compiled by the Australian Bureau of Statistics (ABS). Scores below 1000 reflect relatively greater disadvantage and the Yorke Alliance has a combined score of 940 compared with non-metropolitan South Australia overall (962). The lowest scores at the LGA level are in Copper Coast (927) and Wakefield (942), with the highest in Barunga West (954).

Unemployment

A higher proportion of people aged 15-24 in the Yorke Peninsula Alliance region were receiving unemployment benefits from Centrelink than the average of the non-metropolitan area. Of these numbers, 5.1% indicated they had been unemployed for 6 months or longer, the largest margin existing in the Copper Coast Council area. Unemployment is associated with poorer mental and physical health outcomes and reduced life opportunities.

Education

The education outcomes for the Region are positive with a relatively high proportion of Year 12 graduates (26% of students) going on to enrol in a university degree the following year. This is compared to 19% of school leavers in other non-metropolitan areas. The figure for Wakefield however was 17.6%. Only 15.8% of 16 year olds were not participating in full time education.

Furthermore, the proportion of young people aged 15 – 19 engaged in education or employment was also relatively high at 78.5%. Participation in education and training is protective, reducing the risk of substance abuse, poverty and risky behaviours. The loss of young people to metropolitan areas for education and employment is identified as a negative consequence for the wider community with a shortage of 15-25 year old population in the region. The impact includes the ability to fill sporting teams and clubs and the pronounced effect on the ageing of the community.

This pattern hasn't always been the case. The Region has a higher proportion of children who live in families where their mother's highest level of educational attainment was Year 10 or below or did not attend school. This factor may have implications for early childhood development outcomes.

Unemployment, Income and Disadvantage

The proportion of children aged less than 16 years living in low income families receiving welfare payments was significantly higher than the rate for non-metropolitan areas (23.9%). There was however, significant variance between the Council areas, with the highest proportions in

the Yorke Peninsula - South (30.3%) and Copper Coast (28.8%) areas, and the lowest in the Barunga West Council area (22.1%). There is not a strong and consistent pattern of disadvantage between the Statistical Local Areas but Wakefield and Copper Coast appear to have somewhat higher needs.

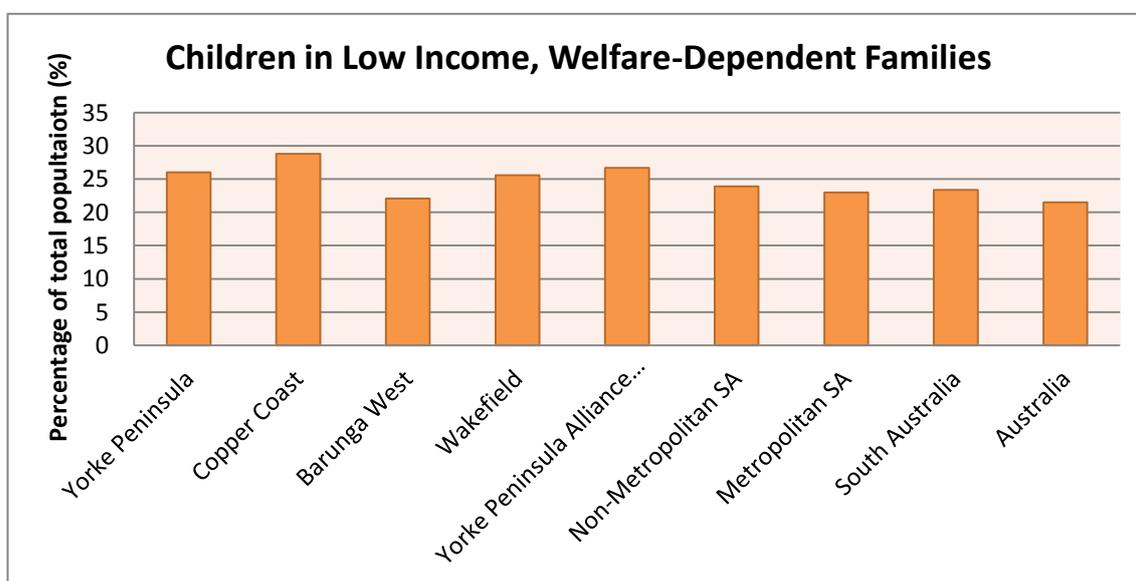


Figure 3 Children in Low Income, Welfare Dependent Families, LGAs in the Yorke Alliance – total population compared with non-metropolitan SA, and other regions 2011

The prevalence of people living with a disability is reflected in the higher proportion of people receiving the Disability Support Pension (12.5%) compared to the non-metropolitan average of 8.2%. Additionally, there was also a large number of people eligible for a Pensioner Concession Mortgage and rental stress was higher in the Yorke Peninsula Alliance region, with a larger number of tenants receiving rental assistance from the Australian Government when compared to other non-metropolitan areas.

The proportion of the population of Yorke Peninsula Alliance (36.8%) aged over 18 years estimated to have had government support as their main source of income in the last two years was 16% above the non-metropolitan average of 31.6%. Whilst stressing about finances and relying on the government for support, other areas of mental and physical health and wellbeing could be a low priority and thus negatively affect the health of those needing support.

Early Life and Childhood

There is clear evidence that good health and wellbeing in the early years sets the foundations for improved long term outcomes. The early years of life are critical and contribute to long term health, social, and wellbeing outcomes.

The Australian Early Development Index (AEDI) data indicates areas within the Region where young children may be at a disadvantage in terms of their early learning and development.⁴ Taken as a whole, a quarter of children in their first year of school in the Region were assessed as being developmentally vulnerable on one or more domains under the AEDI measures compared to the non-metropolitan average of 22.6%. There was however, significant variance between Council areas with the highest proportions of

⁴ Undertaken nationally in 2009, the Australian Early Development Index (AEDI) provides a snapshot of early childhood development incomes through information collected about children in their first year of full-time school.

Cards or Health Care Cards from Centrelink, confirming the level of disadvantage in the area. This may be reflective of the older population, and would require available activities and services to be targeted towards people with all abilities.

children assessed as being developmentally vulnerable in Wakefield (36.7%) and Yorke Peninsula - North (34.5%), whilst the lowest proportions were in Copper Coast (18.4%) and Yorke Peninsula - South (20.4%). The large differences between the different Council areas may reflect the variation in socio-economic status and the education attainment of parents within the region.

The number of women smoking during pregnancy was slightly higher in the Region (21.5%) than non-metropolitan South Australia (20.8%). The rates are significantly higher than the metropolitan area where rates of women smoking during pregnancy are 13% and even lower for high income women. There is also evidence that smoking rates for Aboriginal women who are pregnant are also higher than the Australian population as a whole⁵.

The proportion of girls and boys who are obese at the age of four was 6.8% and 7.3% respectively compared with 4.3% for girls and 6.9% for boys in other areas of non-metropolitan SA suggesting an area for attention.

Immunisation rates for both one and five year olds is very good, up to five percentage points higher than other non-metropolitan areas.

Personal Health and Wellbeing

Self-assessed health within the region was slightly poorer than the non-metropolitan average and a larger percentage of people reported having high or very high levels of psychological distress, a population level indicator of the mental health of the community. This may be related to the larger

⁵ Li Z, Zeki R, Hilder L & Sullivan EA 2013. Australia's mothers and babies 2011. Perinatal statistics series no. 28. Cat. no. PER 59. Canberra: AIHW.

percentage of people dependent on welfare assistance, lower availability of services and also the higher levels of mortgage and rental stresses.

Both males and females in the Yorke Peninsula Alliance region reported mental health problems in the National Health Survey, at respectively 12.4% and 12.8% of the total population. This is slightly larger than the overall non-metropolitan average at 11.1% for men and 12.2% for women.

Risk Factors

The Yorke Peninsula Alliance region has an overall higher percentage of tobacco smokers at 24.5% (varying from 22.4% to 25.8%) and slightly higher obesity rates than the rest of non-metropolitan SA (20.6% compared with 18.7%). Among people aged 15 years and older 40.3% indicated they were insufficiently active for good health compared with 37.9% of the population of non-metropolitan SA. Levels of inactivity and smoking indicate the opportunity to create supportive environments and programs and services to support healthier lives.

A healthy diet contributes to health and wellbeing. Fruit and vegetable consumption is one of the key dietary indicators and there is clear evidence that consumption throughout Australia is below recommended levels (2 fruit and 5 veg) PHIDU data shows 48.1% meet the fruit requirements and National Health Survey data shows 8.2% of Australians eat sufficient vegetables.⁶

Levels of premature mortality for men within the Yorke Peninsula Alliance region at 377.0 deaths (per 100,000) were considerably higher than the rate for women at 188.4 deaths (per 100,000) and higher than the rates for non-metropolitan South Australia at 327.2 deaths (per 100,000). This suggests that social and economic factors are having an impact on men's health in the region.

⁶ ABS. 4364.0.55.003 - Australian Health Survey: Updated Results, 2011-2012 [on line]. Available from: <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/C549D4433F6B74D7CA257B8200179569?opendocument>

Furthermore, the premature mortality rate for persons aged between 15-24 years was also much higher with 98.4 deaths per 100,000 compared to non-metropolitan areas overall at 79.6 deaths (per 100,000). Both rates are significantly higher than metropolitan SA at 44.4 deaths per 100,000. The rate of death from suicide before the age of 75 (15.5 overall and 20.4 in one area, compared with the non-metropolitan figure of 12.2) suggests elevated social and health needs and lack of social supports which can be protective for positive mental health.

Access to Health Services

The majority of the region's population are located outside of main service centres⁷. Difficulty in gaining access to services has been identified by just over a third of residents in an ABS social survey. That said, access to community health services is comparable to country regions as a high and far higher than for metropolitan areas. Additionally there were 12% more clients of community mental health services in the Yorke Peninsula Alliance region than across the non-metropolitan areas overall. This reflects the demand for these services and their availability locally.

Community Connectedness and Safety

There is little variation over the different Council areas and concurrent with other non-metropolitan areas, 91.8% of the population in the Yorke Peninsula Alliance region over 18 years old reported that they felt they could get support in times of crisis. This suggests a strong sense of community and connectedness within the region.

Almost exactly half of the population indicated to feel either very safe or safe walking in their local area after dark, similar to numbers in non-metropolitan South Australia and higher than the proportion for Metropolitan SA at 43.5%.

⁷ Yorke and Mid-North Regional Roadmap 2012 – Regional Development Australia

The assessment of the State of Health of the Region identified a number of key risk factors. In addition to blood pressure and cholesterol there are a set of key risk factors that increase the chances of developing chronic conditions namely smoking, poor diets, physical inactivity, obesity and unsafe alcohol use. These risk factors are prevalent across SA and there is much that is already being done by individual Councils to address these issues. The Public Health Plan will identify further opportunities to address these risk factors at a regional level.



The following is a summary of the review undertaken for the Strategic Plans for each of the four Councils that make up the Yorke Peninsula Alliance. The review assessed each Council's involvement in the four Public Health Priority areas from the State Public Health Plan, and those identified through Assessment of the State of Health.

Stronger and Healthier Communities for All Generations

Councils are encouraged to consider the needs of vulnerable groups in the community through planning and service delivery. All Councils are moderately or significantly involved in addressing the needs of older people and young people within the community through programs, events and facilities. The review of strategic plans did not show a strong focus on Aboriginal people or recent migrants.

Each Council's Disability Action Plans indicated significant involvement in planning for people with disabilities through improved accessibility. This is an important initiative as it will respond to growing number of older people in the region as well as younger people with a disability.

Councils were deemed to have addressed the CHES planning principles (which promote Connected Environments, Healthy Eating Environments, Safe Environments and Sustainable Environments⁸) if they have updated their Development Plan to incorporate modules from South Australia's Planning Policy Library (this is known as a Better Development Plan or BDP Conversion). Yorke Peninsula Council, District Council of Barunga West and Wakefield Regional Council have undertaken a Better

Development Plan Conversion. The District Council of the Copper Coast is undertaking consultation on its Development Plan BDP conversion; however this Council is known to have actively promoted greater connectivity in new housing sub-divisions through the planning approval process.

Increasing Opportunities for Healthy Eating, Healthy Living and Being Active

Councils are encouraged to consider boosting opportunities for physical activity and access to healthy food in their public health planning. A public health priority for the region is to address the higher rates of tobacco smoking, slightly higher obesity rates, higher levels of physical inactivity and low levels of fruit and vegetable consumption.

Councils encourage physical activity by through the provision of facilities including, sporting grounds, exercise equipment, cycling and walking trails and playgrounds. Yorke Peninsula Council has developed a community garden in Minlaton which supports healthy eating, and the District Council of Copper Coast is undertaking a spatial audit of physical environments and healthy food outlets. Wakefield Regional Council has also identified a desire to establish a community garden.

Copper Coast, Yorke Peninsula and Wakefield Councils have sought to discourage alcohol consumption in public places through the creation of Dry Zones. Councils are also encouraged through the State Public Health Plan to enforce bans on smoking in outdoor venues. The District Council of Copper Coast plans to consider this measure.

⁸ Thompson, S & McCue, P 2008, 'CHES Principles for Healthy Environments: an holistic and strategic game-plan for inter-sectoral policy and action'

Preparing for Climate Change

Councils are significantly involved in planning to reduce and manage the impacts of climate change. Responses range from hot weather policies for staff to stormwater reuse, planning for floods and the provision of shade structures. In the future, Barunga West Council intends to increase the height of sea walls to prevent flooding from the sea.

Councils are encouraged through the State Public Health Plan to consider the resilience of their basic public health infrastructure in extreme weather events. Councils have addressed these issues to a moderate degree through strategies to protect assets and infrastructure including planned upgrades to public playgrounds to

include shade structures and Community Wastewater Management Schemes (CWMS).

Sustaining and Improving Public and Environmental Health Protection

The audit of strategic plans and workshops with Council staff indicates the focus of Council activity is on the provision of critical infrastructure, particularly water supplies and wastewater management. Wakefield and Copper Coast Councils also provide immunisation programs. The State Public Health Plan encourages Councils to ensure the role of Public Health is identified in emergency and disaster management planning. At present these plans have a strong focus on risks from bushfires and flooding but the role of public health is not specifically addressed.

Table 2 Determinants of Health – Strategic Management Plan Audit (summary)

	<i>Determinant of Health</i>	<i>Wakefield Regional Council</i>	<i>DC of Barunga West</i>	<i>District Council of the Copper Coast</i>	<i>Yorke Peninsula Council</i>
Stronger and Healthier Communities and Neighbourhoods for All Generations	Older people				
	Young people				
	Children in low income families				
	Aboriginal people				
	Recent Migrants				
	People with Disabilities				
	Social Inclusion				
	CHES Planning Principles				
	Public Health implications of climate change				
	Increasing Opportunities for Healthy Living, Healthy Eating and Being Active	Physical activity			
Healthy eating					
Alcohol consumption					
Tobacco consumption					
Preparing for Climate Change	Planning for climate change adaptation				
	Protection of assets and infrastructure				
Sustaining & Improving Public & Environmental Health Protection	Public Health service delivery				
	Emergency and Disaster Management				

Key:

	Council has minimal involvement
	Council has moderate involvement
	Council has significant involvement

Note: the full audit for each Council is in Appendix A.

Country North Medicare Local 2013, *Country North SA Medicare Local Strategic Direction Document: Local Health Clusters FAQ*, accessed 4 March 2014, <http://www.cnorthhealth.com.au/images/Resources/Strategic_Paper-20130919-Local_Network_of_Communities_Clusters_Strategy_Paper.pdf>.

Department of Planning and Local Government 2011, *Mid-North Region Plan: A volume of the Planning Strategy*, Government of South Australia, Adelaide.

Department of Transport and Infrastructure 2010, *The 30 Year Plan for Greater Adelaide*, Government of South Australia, Adelaide.

District Council of Barunga West 2013, *Strategic Management Plan 2013-2020*, District Council of Barunga West, South Australia.

District Council of the Copper Coast 2012, *Strategic Plan 2012-2022*, District Council of the Copper Coast, South Australia.

Government of South Australia 2011, *Central Local Government Region Integrated Climate Change Vulnerability Assessment – 2030: Natural Disaster Resilience Program*, Northern and Yorke Natural Resources Management Board, South Australia.

Local Government Association SA 2013, *Population Health Profile of the Yorke Alliance Local Government Area to assist in the preparation of the Regional Public Health Plan*, Population Health Information Development Unit, University of Adelaide, Adelaide.

Li Z, Zeki R, Hilder L & Sullivan EA 2013. *Australia's mothers and babies 2011*. Perinatal statistics series no. 28. Cat. no. PER 59. Canberra: AIHW.

Regional Development Australia 2012, *Yorke and Mid-North Regional Roadmap*, Australian Government, Canberra.

SA Health 2013, *South Australia: A Better Place to Live*, Government of South Australia, Adelaide.

Thompson S & McCue P 2008, *The CHES principles for healthy environments: an holistic and strategic game plan for inter-sectoral policy and action*, NSW Premier's Council for Active Living, Sydney.

Wakefield Regional Council 2012, *Strategic Management Plan 2012-2016*, Wakefield Regional Council, South Australia.

Yorke Peninsula Council 2013, *Strategic Plan 2012-2015*, Yorke Peninsula Council, South Australia.

APPENDIX A – Audit of Individual Councils and Policies

District Council of Barunga West

Key:	
	Council has minimal involvement
	Council has moderate involvement
	Council has significant involvement

Priority: Stronger and Healthier Communities and Neighbourhoods for All Generations	
Strategic Management Plan 2013-2020	Council Actions
Older residents	
<ul style="list-style-type: none"> Key Action 1.12. Encourage senior members of the community to be active in the community 	<ul style="list-style-type: none"> Promote links with Probus club. Council to provide regular briefings to seniors groups.
Younger residents	
<ul style="list-style-type: none"> Key Action 1.13. Encourage youth members of the community to be active in the community 	<ul style="list-style-type: none"> Council to hold an annual “youth council meeting”. Council representative to attend at least one Student Council meeting per year to discuss Council activities. Council to invite students and student delegations to attend Council meetings. Youth Advisory Council.
Indigenous population	
People for whom English is not their first language	
Planning for all abilities	
Social inclusion	
<ul style="list-style-type: none"> Key Action 1.9. Maintain community hubs and progress associations Key Action 1.11. Support and encourage volunteering and volunteers 	<ul style="list-style-type: none"> Council to hold an annual forum of progress associations and community groups held to foster interaction and sharing of knowledge. At least one Council meeting per annum to be hosted by a Progress Association. Council to develop a policy on volunteering and volunteers. Council to establish an annual function to recognise volunteers.
<ul style="list-style-type: none"> Key Action 5.1. Ensure that the community is aware of the need to continually renew the membership of the Council with a range of representatives who will represent the broad community and its interests 	
Connected environments	
<ul style="list-style-type: none"> Key Action 1.10. Investigate the provision of community transport 	<ul style="list-style-type: none"> Consult with the YP Community Transport Scheme members in relation to review of the scheme
Healthy eating environments	
Sustainable environments	
<ul style="list-style-type: none"> Key Action 1.8. Encourage sustainable fishing/aquaculture 	<ul style="list-style-type: none"> Provide an annual report to PIRSA regarding snapper exclusion zones on visitor numbers in Port Broughton. PIRSA advised annually of the effect of the fishing bans on fish stocks in the region. Encourage charter and recreational fishermen to practice ‘catch and release’ of
<ul style="list-style-type: none"> Key Action 2.1. Ensure that recreational fishing is sustainable 	
<ul style="list-style-type: none"> Key Action 2.2. Preserve native vegetation and significant trees 	
<ul style="list-style-type: none"> Key Action 2.3. Maintain the Barunga West 	

coastline <ul style="list-style-type: none"> • Key Action 2.6. Investigate the use of solar lighting within the Barunga West area 	snapper. <ul style="list-style-type: none"> • Council representation at all NRM meetings. • Working with the Coast Protection Board, Coastcare and NRM develop policies to ensure that the integrity of the coastline is preserved with necessary actions funded in each budget. • Research the costs and benefits of solar lighting and report to Council. • Implement Roadside Vegetation Management Plan.
<ul style="list-style-type: none"> • Key Action 2.9. Investigate the effective use of recycled wastewater 	
Safe environments	
Public health implications of climate change	

<i>Priority: Increasing Opportunities for Healthy Living, Healthy Eating and Being Active</i>	
Strategic Management Plan 2013-2020	Council Actions
Physical activity	
<ul style="list-style-type: none"> • Key Action 3.5. Equitably support all sporting groups within the community • Key Action 3.6. Develop walking and cycling trails • Key Action 3.7. Encourage sustainable sport and recreational activities 	<ul style="list-style-type: none"> • Council to develop a long-term asset management plan for recreation facilities. • Continue to fund Yorke Peninsula Alliance Starclub Field Officer position. • Upgrade the Asset Management Plan to include recreational facilities. • Council to develop a policy on the provision of recreation facilities with emphasis on multi-use facilities.
<ul style="list-style-type: none"> • Key Action 4.10. Maintain and develop appropriate recreation facilities for the Barunga West community 	
Healthy eating	
<ul style="list-style-type: none"> • Key Action 1.14. Encourage a healthy lifestyle by working with the State Department of Health to develop programs 	<ul style="list-style-type: none"> • Council to conduct an annual program to encourage wellbeing.
Alcohol consumption	
Tobacco consumption	

Priority: Preparing for Climate Change	
Strategic Management Plan 2013-2020	Council Actions
Planning for climate change adaptation	
<ul style="list-style-type: none"> • Key Action 2.12. Develop an understanding of climate change issues • Key Action 2.13. Work to limit the impact of climate change on all aspects of Barunga West 	<ul style="list-style-type: none"> • Council to develop a Climate Change policy in consultation with State agencies. • Council to develop and adopt a policy on the use of alternative energy options.
<ul style="list-style-type: none"> • Key Action 4.11. Investigate the capacity of Council to adopt alternative energy options 	
Protection of assets and infrastructure	
<ul style="list-style-type: none"> • Key Action 2.5. Ensure the delivery and maintenance of appropriate infrastructure and facilities in foreshore and coastal areas 	<ul style="list-style-type: none"> • Ongoing implementation of Asset Management Plan. • Update Council's Asset Management Plan for foreshore and coastal facilities. • Council to develop a policy on Council buildings, their use, maintenance and disposal.
<ul style="list-style-type: none"> • Key Action 4.1. The Asset Management Plan to include measures for the effective maintenance of all Council assets • Key Action 4.2. Provide a safe, well-maintained and cost-effective road network in Barunga West • Key Action 4.3. Provide an effective footpath network in urban areas of Barunga West • Key Action 4.4. Maintain and develop appropriate foreshore and marine facilities in Barunga West • Key Action 4.5. Maintain and develop appropriate CWMS facilities in Barunga West • Key Action 4.7. Ensure the effective use and maintenance of all Council building assets 	

Priority: Sustaining and Improving Public and Environmental Health Protection	
Strategic Management Plan 2013-2020	Council Actions
Service delivery standards	
<ul style="list-style-type: none"> • Key Action 2.8. Investigate means to reduce the volume and cost of dealing with waste 	<ul style="list-style-type: none"> • Research and report to Council on the potential to minimise waste into the waste stream and the cost of options for disposing of the waste generated.
Emergency disaster management	
<ul style="list-style-type: none"> • Key Action 4.6. Ensure, wherever possible, that the impact of a 1-in-100 year flood event is minimised in Barunga West 	<ul style="list-style-type: none"> • Upgrade the Asset Management Plan to include stormwater assets. • Council to develop an action plan for stormwater diversion and harvesting. • Continue to provide information to the community on fire hazards and prevention.

District Council of the Copper Coast

Priority: Stronger and Healthier Communities and Neighbourhoods for All Generations	
Strategic Plan 2012-2022: Moving Toward 2022	Council Actions
Older residents	
<ul style="list-style-type: none"> Strategy 1.2 Aged: To play a lead role in the establishment of a safe and healthy environment for the aged. 	<ul style="list-style-type: none"> Maintenance of Council infrastructure e.g. footpaths and lighting Implementation of the findings of the Yorke Peninsula Elder Friendly Communities Report (2010). Continue to support aged-care providers within the Council area, including the community-owned Moonta Health and Aged Care Services facility.
Younger residents	
<ul style="list-style-type: none"> Strategy 1.1 Youth: To promote the services, facilities and programs that will enhance the development of our youth. 	<ul style="list-style-type: none"> Youth Advisory Committee Library programs e.g. Children's Book Week
Indigenous population	
People for whom English is not their first language	
Planning for all abilities	
<ul style="list-style-type: none"> Strategy 1.3 Human Services To assist with facilities and programs to enable the community to access appropriate essential services. 	<ul style="list-style-type: none"> Implementation of the Disability Discrimination Act Access and Inclusion Action Plan 2010-2013
Social inclusion	
<ul style="list-style-type: none"> Strategy 1.5 Volunteers: Support service clubs and develop volunteering programs that enhance Council services and enrich the community. 	
<ul style="list-style-type: none"> Strategy 4.3 Cultural and Events: Provide opportunities for events and services and promote cultural and heritage aspects of the area. 	
<ul style="list-style-type: none"> Strategy 5.1 Communications and Public Relations: To promote a positive Council image and ensure effective communication and consultation with the community. 	
Connected environments	
<ul style="list-style-type: none"> Strategy 2.8 Alternative Transport: To establish and maintain safe routes for pedestrians, cyclists and other modes of alternative transport. Strategy 2.11 Public Transport: To improve public transport and public parking amenities. 	<ul style="list-style-type: none"> Implementation of the Walking and Cycling Strategy (2011) Annual construction of new cycling and walking paths Community bus service
Healthy eating environments	

<ul style="list-style-type: none"> Strategy 2.6 Health Management: To manage the environmental health of the community. 	<ul style="list-style-type: none"> Continue to implement the Obesity Prevention And Lifestyle (OPAL) program. Environmental Health Officer food premises inspections.
Sustainable environments	
<ul style="list-style-type: none"> Strategy 2.2 Vegetation: To ensure that mapped areas of conservation significance are protected. 	
<ul style="list-style-type: none"> Strategy 2.4 Infrastructure and Services: To implement ecologically sustainable programs for development of infrastructure and management of waste. 	
<ul style="list-style-type: none"> Strategy 2.5 Natural Environment: To preserve and enhance the natural environment. 	
Safe environments	
<ul style="list-style-type: none"> Strategy 1.4 Public Order and Safety: To play a lead role in the development of a safe and orderly community for all residents. 	
Public health implications of climate change	

Priority: Increasing Opportunities for Healthy Living, Healthy Eating and Being Active	
Strategic Plan 2012-2022: Moving Toward 2022	Council Actions
Physical activity	
<ul style="list-style-type: none"> Strategy 4.1 Sport and Recreation: To facilitate a diverse range of quality sporting venues with recreational opportunities for all ages and abilities. Strategy 4.2 Leisure: Facilitate accessible, available and enjoyable open spaces for leisure. 	<ul style="list-style-type: none"> Implement the Sports and Leisure Centre Master Plan (2013). Continue to implement the OPAL program and provide outdoor exercise equipment for the community.
Healthy eating	
Alcohol consumption	
Tobacco consumption	

Priority: Preparing for Climate Change	
Strategic Plan 2012-2022: Moving Toward 2022	Council Actions
Planning for climate change adaptation	
<ul style="list-style-type: none"> • Strategy 2.14 Foreshores: To encourage conservation, management and appropriate utilisation of our foreshores. • Strategy 2.17 Climate Change: To be an active participant and partner with all stakeholders to reduce and manage the impacts of climate change. 	<ul style="list-style-type: none"> • Implementation of the Coastal Management Plan
Protection of assets and infrastructure	
<ul style="list-style-type: none"> • Strategy 2.16 Public Facilities and Council Property: To facilitate continual improvement of Council assets and maintenance of Council property. 	

Priority: Sustaining and Improving Public and Environmental Health Protection	
Strategic Plan 2012-2022: Moving Toward 2022	Council Actions
Service delivery standards	
<ul style="list-style-type: none"> • Strategy 2.12 Sewerage and Waste: To provide and maintain sewerage and solid waste infrastructure to all our communities. • Strategy 2.13 Water Supply: To facilitate and lobby for a reliable water infrastructure and potable water supply. 	<ul style="list-style-type: none"> • Community Wastewater Management Systems in towns • Participation in International Council for Local Environmental Initiatives (ICLEI) Water Campaign • Lobby for infrastructure upgrades from augmentation fees (SA Water) • Implementation of Council's Roadside Native Vegetation Management Plan
Emergency disaster management	
<ul style="list-style-type: none"> • Strategy 2.15 Stormwater: To reduce the impact of flooding on people and their property through effective stormwater infrastructure and management. 	<ul style="list-style-type: none"> • Implement draft Stormwater Management Plan (2013) • Implementation of the Community Emergency Risk Management Plan (2013)

Priority: Stronger and Healthier Communities and Neighbourhoods for All Generations	
Current Plans, Projects, Policies and Programs	Council Actions
Older residents	
<ul style="list-style-type: none"> Objective 1.2 Advocate for and facilitate improved provision of health services, community transport and community infrastructure to support our ageing residents remaining within their communities 	<ul style="list-style-type: none"> Promotion of the Country Home Advocacy Project Incorporated home assistance service.
Younger residents	
<ul style="list-style-type: none"> Strategy 1.4.1 Implement and maintain Council's Youth Strategy Strategy 1.4.2 Advocate for educational and training opportunities and activities, together with promoting partnerships between local businesses and educational institutions to enhance opportunities and programs that will lead to sustainable employment for youth in the area Strategy 1.4.3 Encourage youth development through supporting youth volunteering and participation in community activities Strategy 1.4.4 Provide and support sport, recreation and other entertainment activities for our youth 	<ul style="list-style-type: none"> Youth Strategy Youth Advisory Committee Starclub Program Skate parks implemented and maintained Shamus Liptrot Cycle Trail supported Support for recreation clubs and grounds
Indigenous population	
<ul style="list-style-type: none"> Strategy 1.6.1 Encourage our community to recognise its culture and heritage Strategy 1.6.2 Commitment to Indigenous Land Use Agreements (ILUA) in the Council Area 	<ul style="list-style-type: none"> Indigenous Land Use Agreements
People for whom English is not their first language	
Planning for all abilities	
<ul style="list-style-type: none"> Measure of Success 1.3.3.3 Implementation of Councils Disability Discrimination Plan 	<ul style="list-style-type: none"> Disability Discrimination Plan Access on footpaths – ramps
Social inclusion	
<ul style="list-style-type: none"> Strategy 1.3.1 Work collaboratively with Town Management Committees to facilitate attractive towns with a range of services and facilities to meet community need Strategy 1.3.2 Strengthen relationships and facilitate the growth of strong Town 	<ul style="list-style-type: none"> Community grants to allow more groups to meet specific needs, especially in all township communities Australia Day Awards- generate pride and awareness of volunteering and servicing Council newsletter One card library system

<p>Committees</p> <ul style="list-style-type: none"> • Strategy 1.3.3 Facilitate improved township amenity through good urban design • Strategy 1.3.4. Continue to support financially sustainable community infrastructure including halls and recreation facilities • Strategy 1.5.1 Promote, encourage and support volunteering in our community • Strategy 1.5.2 Enhance the benefits of community participation through promotion of activities to the wider community • Strategy 1.5.3 Encourage and facilitate community activities and events • Strategy 4.2.1 Maintain appropriate representation of our community through elected members • Strategy 4.2.2 Enhance effective two way communication strategies with our community 	<ul style="list-style-type: none"> • Implementation of Town Management Committee Strategic Plans • Urban Design Master Plans for Balaklava and Port Wakefield • Community library services • Developing Communication Strategy
Connected environments	
<ul style="list-style-type: none"> • Objective 1.2 Advocate for and facilitate improved provision of health services, community transport and community infrastructure to support our ageing residents remaining within their communities 	<ul style="list-style-type: none"> • Community bus – improving services, Blyth and Snowtown Community owned buses supported • Provide support to existing services/organisations
Healthy eating environments	
Sustainable environments	
<ul style="list-style-type: none"> • Strategy 3.3.1 Encourage and support local investment in development that is focussed on sustainable energy 	<ul style="list-style-type: none"> • Urban Design Masterplans for Balaklava and Port Wakefield • Review of Development Plan undertaken and updates implemented
Safe environments	
<ul style="list-style-type: none"> • Strategy 4.2.5 Continuous improvement of our work practices and procedures to reduce risk and ensure we are providing a safe work environment for all our staff 	<ul style="list-style-type: none"> • Community infrastructure maintained and provided (urban and rural) • Food hygiene courses through TAFE and supported by Council run courses • Focus on WH&S for staff • Risk assessments of public areas and facilities
Public health implications of climate change	

Priority: Increasing Opportunities for Healthy Living, Healthy Eating and Being Active	
Current Plans, Projects, Policies and Programs	Council Actions
Physical activity	
<ul style="list-style-type: none"> • Strategy 1.3.4. Continue to support financially sustainable community infrastructure including halls and recreation facilities • Strategy 1.4.4 Provide and support sport, recreation and other entertainment activities for our youth 	<ul style="list-style-type: none"> • Implementation of the Yorke Peninsula Recreation, Sport and Open Space Strategy (2014) • Cycling trails • Generous spending on sporting facilities (some in excess with smaller use) • Walking trails • Promotion of volunteering and community bus services • Playground compliance and upgrades in each township • Access ramps available on footpaths
Healthy eating	
Alcohol consumption	
Tobacco consumption	

Priority: Preparing for Climate Change	
Current Plans, Projects, Policies and Programs	Council Actions
Planning for climate change adaptation	
<ul style="list-style-type: none"> • Strategy 3.1.1 Implemented plans to improve the use of treated water in maintaining parks and other Council facilities • Strategy 3.1.2 Continue to investigate cost effective opportunities for storm water harvesting • Strategy 3.2.1 Encourage environmentally sustainable practices in our community through community education and public awareness programs which encourage and promote: <ul style="list-style-type: none"> ○ waste reduction, recycling and reuse ○ water conservation and sustainability ○ energy conservation practices • Strategy 3.2.2 Facilitate environmental sustainability in council operations • Strategy 3.2.1.3 Number of community education and public awareness initiatives undertaken by Council • Strategy 3.5.1 Advocate for appropriate 	<ul style="list-style-type: none"> • Stormwater harvesting and re-use programmes • Community education and public awareness initiatives undertaken by Council • Port Wakefield Coastal Management Strategy • Carbon accounting • Vacuum system – Port Wakefield CWMS • Development Plan provision for finished floor level • Revegetation activities- Rocks Reserve and coastal areas and walking/cycling trails

<p>waste services across the Council area with ZeroWaste and other State Government agencies including the EPA</p> <ul style="list-style-type: none"> • Strategy 3.5.2 Position waste issues and work collaboratively in the provision of waste education and services to our community 	
Protection of assets and infrastructure	
<ul style="list-style-type: none"> • Strategy 4.5.1 Implementation of Council's Risk Management Plan and strategies ensuring legislative compliance and protection of all stakeholders • Strategy 4.5.2 In accordance with Council's Risk Management principles ensure all threats and opportunities are identified, assessed and managed • Strategy 4.5.3 Continually review Councils Risk Management Plan in order to ensure long term sustainability and practical management of Council property and resources 	<ul style="list-style-type: none"> • Council's Risk Management Plan • Review and implement findings of Coastal Assessment Report (2009)

Priority: Sustaining and Improving Public and Environmental Health Protection	
Current Plans, Projects, Policies and Programs	Council Actions
Service delivery standards	
	<ul style="list-style-type: none"> • Council waste management system. • Implementation of the Animal Management Plan. • Implementation of Public Environmental Health Plan (2005) • Community Wastewater Management Systems • Development Plan • Immunisation Program • Community water re-use program • Community Transport – Mid North Passenger Network • Support of combined 'hospital boards' • Support of medical clinics in smaller centres • Inspections e.g. on-site wastewater management, food premises, public swimming pools, hairdressers and pet inspections
Emergency disaster management	
	<ul style="list-style-type: none"> • Implementation of Emergency Management Planning and Risk Management Plan • Continue to provide information on fire prevention and fire danger seasons

Priority: Stronger and Healthier Communities and Neighbourhoods for All Generations	
Strategic Plan 2012-2015	Council Actions
Older residents	
	<ul style="list-style-type: none"> Implementation of the findings of the Yorke Peninsula Elder Friendly Communities Report (2010).
Younger residents	
	<ul style="list-style-type: none"> Yorke Peninsula Youth Advisory Committee. Support Country Health SA in developing, implementing and maintaining a youth program. Participate in YP Youth Workers Network and Annual youth event.
Indigenous population	
People for whom English is not their first language	
Planning for all abilities	
<ul style="list-style-type: none"> Goal 1.2: Offer a range of accessible community facilities, programs, events and activities. 	<ul style="list-style-type: none"> Implementation of the Disability Action Plan (2012).
Social inclusion	
<ul style="list-style-type: none"> Goal 1.1: Develop and facilitate ongoing partnerships and relationships with Progress Associations, Tidy Towns and other key community groups Goal 1.3: Encourage and support our community in artistic, cultural and creative pursuit 	<ul style="list-style-type: none"> Develop and implement a public participation plan. Develop and implement a strategy to advance arts and culture. Continue to support Yorke Peninsula Art Exhibition. Provide easily accessible information to the community.
<ul style="list-style-type: none"> Goal 2.1: Our communities are well informed 	
Connected environments	
<ul style="list-style-type: none"> Goal 4.2: Encourage and advocate for infrastructure to support major industry growth on the Yorke Peninsula 	<ul style="list-style-type: none"> Identify transport corridors to facilitate freight movement and access to ports. Undertake public consultation and finalise Draft Transport Plan.
Healthy eating environments	
Sustainable environments	
	<ul style="list-style-type: none"> Council waste management system and green waste collection service. Continue to implement Roadside Vegetation Management Plan. Native plant revegetation programs.

Safe environments	
Public health implications of climate change	

Priority: Increasing Opportunities for Healthy Living, Healthy Eating and Being Active	
Strategic Management Plan 2012-2016	Council Actions
Physical activity	
	<ul style="list-style-type: none"> Maintenance and promotion of the 'Walk the Yorke' walking trail.
Healthy eating	
Alcohol consumption	
	<ul style="list-style-type: none"> Established 'dry zone' areas including Stansbury, Port Victoria, Port Vincent and Edithburgh
Tobacco consumption	

Priority: Preparing for Climate Change	
Strategic Management Plan 2012-2016	Council Actions
Planning for climate change adaptation	
Protection of assets and infrastructure	
<ul style="list-style-type: none"> Goal 1.1: Provide infrastructure assets that are sustainable and safe. 	<ul style="list-style-type: none"> Develop and implement a long-term road network maintenance program. Implement and maintain Council's Asset Management Plan. Advocate and work with the State Government to improve the quality of arterial roads on Yorke Peninsula.
<ul style="list-style-type: none"> Goal 4.1: Manage the impact of major industry and business growth on Council assets and Infrastructure 	
<ul style="list-style-type: none"> Goal 4.2: Encourage and advocate for infrastructure to support major industry growth on the Yorke Peninsula 	

Priority: Sustaining and Improving Public and Environmental Health Protection	
Strategic Management Plan 2012-2016	Council Actions
Service delivery standards	
Emergency disaster management	
	<ul style="list-style-type: none"> Community education on bushfire hazards.

Wakefield Regional Council

1.0 What does a healthy connected community look like?

Community Connectivity

- Residents know their neighbours and look out for their wellbeing
- Happy community
- Engaged with others
- Community members supportive and help each other
- Inclusive of all age groups
- Feeling of inclusion
- Community capacity
- Growth in activity
- Inclusiveness
- Participation in community activities
- Collaborative

Strengths	Opportunities
<ul style="list-style-type: none"> - People naturally look out for each other - People move to the country for more of a 'community feel' - Location close to Adelaide but has benefits of the country 	<ul style="list-style-type: none"> - Promote the Healthy Community lifestyle benefits - Tourism - Integrating/encouraging established and new residents/recent migrants

Township Amenity/Built form

- Interaction between people in streets, yards etc.
- Form that allows incidental exercise
- Sense of pride in design
- Clean streets/gardens

Strengths	Challenges
<ul style="list-style-type: none"> - Main streets - Low density - Big front yards - Sense of space - Communal facilities - Community lease and maintain council facilities and put on events 	<ul style="list-style-type: none"> - Fences - Financial costs of maintenance of facilities - Consolidation of facilities - Location of facilities in 'hubs'

Valuing and Supporting Volunteers

- Strong volunteering capacity
- Resilience
- Adaptable to change
- Well supported sporting clubs and interest groups
- Volunteers supported and involved

Strengths	Opportunities
<ul style="list-style-type: none"> - People volunteer across community organisations - Cater to wider community - Communities 'exist' because of volunteers - Sporting clubs – younger people/families 	<ul style="list-style-type: none"> - Encourage younger people to volunteer - More volunteers in community services - Encourage/welcome different ways of volunteering - Encourage through social media

Retention of Hospitals and access to health services

- Health facilities available in the region
- Residents know what is available
- Increased communication

Strengths	Opportunities
<ul style="list-style-type: none"> - Important to a town's identity 	<ul style="list-style-type: none"> - Use hospital buildings (eg Balaklava) for a wide range of community services as well as health



Yorke Peninsula Council

1.0 What does a healthy connected community look like?

A community that is positively engaged and interacting

- Vibrant
- Growing
- Engaged
- Networks
- Connected
- High levels of participation
- Inclusive
- Supportive
- Healthy
- Interaction between all age groups

Retention of existing services

- Range of information
- Well informed community
- Availability of education, sporting and medical facilities

Quality and aesthetics of the built environment and open space

- Aesthetically pleasing
- Options for people

Strengths	Threats
<ul style="list-style-type: none">- Sporting clubs- People share problems- Tidy towns- New sports- Morning teas – social events- Progress association- Men’s shed- 2 groups- Activities for people with disabilities- Sharing information- Supportive environments- Environmental groups- Meals on wheels	<ul style="list-style-type: none">- Loss of volunteers- Regulate (WHS, Insurance)- Work commitments- SFS, SFS, and Ambulance numbers declining- Service clubs declining

Supportive Availability interacting
groups commitments
Environmental
Sharing Vibrant participation
aesthetics Options Service events Sporting
Regulation Tidy volunteers share
SFS open age Strengths community declining
Quality clubs Activities Aesthetically
pleasing social education Healthy
people information
environment facilities
Networks Interaction
Growing space Progress
Connected engaged

2.0 Where do we want the Yorke Peninsula Community to be 5 years from now?

Sustainable Growth

- Diverse range of services to support community need
- Healthy environment
- Developing
- Sustainable
- Physically healthy
- Healthy and cared for
- Enjoyable streetscapes
- Connectivity

Social Interaction

- Interactive and balanced
- High participation in community engagement
- Well-connected across our communities
- Generally positive attitudes
- Involved in local activities

Transport Services

- Improvement of transport
- More volunteers
- Variation in transport options
- Increased networks

Levels of economic activity that attracts young people

- Retaining young people
- Employment opportunities
- Economic development
- Major tourism events



District Council of the Copper Coast

1.0 What does a healthy connected community look like?

A community that is physically active

- Healthy environments
- Increased levels of active travel
- Increased levels of active leisure
- Active population- walking, cycling
- Low levels of obesity

Access to information

- Access to information on health, education and the community
- Access to education and training

Infrastructure that supports health

- All systems work
- Manageable
- Access to water and healthy food

Inclusive Community

- Involving different individuals i.e. disability
- Partnerships between different groups
- Inclusive community
- Involving aged and youth communities
- People wanting to support each other

Supportive Organisational Structures

- Opportunity to consult, collaborate, plan and evaluate
- Primary health prevention strategies

Access to Services

- Services accessible and available to all ages



2.0 Where do we want the Copper Coast Community to be 5 years from now?

People using the Regional Public Health Plan

- Clear plan
- What we are doing
- What we want to do
- Evidence that we have done well

Partnerships

- Better relationships between the public and Council
- Improved public awareness of Council functions and services

Sustainable growth and development

- Industrial and economic growth
- Increase in tourism
- Mining festival
- Field days
- Support for agricultural industries

Active and Connected Community

- Decrease in obesity rates
- Integrated community
- Vibrant community
- Positive and hopeful
- Promoting volunteers

Town centre as a destination

- Improved town centres
- Access to services
- Services for an ageing population



District Council of Barunga West

1.0 What does a healthy connected community look like?

Providing opportunities for people to be active

- Active community
- Activities to do
- Infrastructure and services
- Useable open space

Strengths	Opportunities
<ul style="list-style-type: none">- Volunteers provide activities at aged care facilities- Sporting facilities	<ul style="list-style-type: none">- Sharing facilities across the region (to be addressed in open space strategy)- Kadina Pool

Community Spirit

- Communicative
- Open
- Honest
- Aware of community concerns
- Caring about the safety and wellbeing of others
- Positive growth

Strengths	Opportunities
<ul style="list-style-type: none">- People know each other's business- Volunteering is valued- People are welcoming and friendly- Community newspaper- information	<ul style="list-style-type: none">- Using community networks to share information to vulnerable people- Meals on wheels- Community health- Encouraging people to use services

Sustainable Lifestyles

- More use of natural resources
- Better mosquito management
- Use of solar power
- Utilisation of rainwater and stormwater catchment

A Supportive and Growing community

- Tourism hub
- Activities
- Infrastructure
- Walking trails/bike tracks
- Increase in tourism
- Population growth
- New subdivisions



2.0 What would you like Barunga West to be like 5 years from now?

Demographic mix

- Activities bringing young people into the area
- Youth involvement
- Environmental protection
- Shift in socio-demographics
- More young people

Quality of Life

- Longer life expectancies
- Increasing lifestyle indicators

Maintain and protect existing health and community infrastructure

- Strong hospital
- Active schools
- More involvement in community activities

Opportunities
<ul style="list-style-type: none"> - Better health promotion - Information about the risks of alcohol and drugs - Policy on dry zones



Stakeholders and Partnership Opportunities

- Country Health SA
- SA Health
- Disability SA
- Natural Resource Management boards
- Department of Planning, Transport and Infrastructure
- Department of Environment, Water and Natural Resources
- Department of Education
- TAFE
- Regional Development Australia
- Private sector (e.g. doctor's offices)
- Uniting Care
- Yorke Peninsula Spokespersons? (Bev Argent, Bob Carlin)
- STARCLUB
- Emergency Services
- Environmental Groups
- Environmental Protection Agency
- Office for Technological Regulator
- HACC Funding
- Country Home Services
- Meals on Wheels
- Medicare Local
- Mid North Passengers Network
- Office for Youth
- Northern volunteering
- Progress Associations
- Coastal Protection Board
- School Councillors
- Carers Link
- Yorke Peninsula Tourism

Yorke Peninsula Alliance – Regional Public Health Plan Combined Results of Workshop with Key Stakeholders and Partners

Public Health Priority Areas and Actions

What are the priorities for the region to promote public health?

Participants were asked to identify priority actions achieve a healthy community in 5 years' time. Individual actions were written on post-it notes and grouped into key themes. Participants were then allocated five 'dots' and asked to allocate them against the actions they gave greatest priority to. The following tables show the priority themes and actions (ranked in order of priority) across the Region as a whole.

Stronger and Healthier Communities for All Generations
Priority Actions
<p>Encourage Physical and Mental Health through Improved Infrastructure</p> <ul style="list-style-type: none"> • More parks and sporting/leisure facilities • Improved infrastructure • Improved and additional recreational facilities and infrastructure • Better infrastructure for physical activity e.g. outdoor fitness facilities, walking and cycling trails • Attractive parks and open space facilities and areas • Well maintained sports and recreation facilities
<p>Coordination of transport services improves access across the region</p> <ul style="list-style-type: none"> • A strong and sustainable transport service, combining all relative services into one hub • Transport to enable access to services
<p>Promote economic Development and Jobs</p> <ul style="list-style-type: none"> • Employment opportunities • Retain land for agricultural purposes/food production • Promotion of local produce • Sustainable fishing practices • Better planning for new housing estates
<p>Support for Volunteering</p> <ul style="list-style-type: none"> • More volunteers <p>More support for volunteers e.g. no cost (employers support, training for volunteers, tackle fear of litigation- how to support employers to support volunteers and employees)</p>
<p>Support for an ageing population</p> <p>Encouraging open discussion with our community's elderly regarding aged care</p>
<p>Young people</p> <ul style="list-style-type: none"> • More emphasis on youth activities • Promote healthy eating and exercise to young people • More youth activities and social opportunities • More collaboration with youth • Facilities for youth

Preparing for Climate Change
Priority Actions
<p>Healthy Environments</p> <ul style="list-style-type: none"> • Better design guidelines for houses and streets etc. • How houses are positioned and what they're built of • Planning policy is climate aware
<p>Sustaining and Improving for Public and Environmental Health Protection</p> <ul style="list-style-type: none"> • Essential services- i.e. emergency services
<p>Heat wave refuge for elderly and young</p>

Opportunities for Healthy Living, Eating and Being Active
Priority Actions
<p>Opportunities for being active</p> <ul style="list-style-type: none"> • A community bike borrowing scheme • Safe and healthy environment • Walking trails suitable for disabled and families • Upgraded Swimming centre • Leaders and coaches for sport activities • Service club activities – a champion • Sporting club involvement
<p>Promote healthy food options</p> <ul style="list-style-type: none"> • Encourage healthy food options at social functions and meetings • Encourage shops with fresh food in remote communities
<p>Reduce barriers to a wider range of physical activity options (transport, costs, cultural, community politics)</p> <ul style="list-style-type: none"> • Create options for people not interested in football or other usual rural sports • Create a more diverse range of sport, and recreation activities

Governance and Coordination
Priority Actions
<p>Community Involvement in Decision Making</p> <ul style="list-style-type: none"> • Community engagement and empowerment • Resource allocation based on community input • Improved communication and community engagement. Evidence-based decisions and more open processes • Sharing of information to support positive decisions • Decision making underpinned by better information i.e. informed decision making • Understand impacts of decisions on small towns • Recognition that towns less than 1000 people exist

Partnerships and a Shared Vision

- Shift in Government policy maker mind-set (wellness focus)
- Switch from health spend as a cost to an investment Access point for a shared vision
- Build better relationships/partnerships between Council and community groups
Greater partnerships between health and Council – especially accessing grant funding
- Formation of partnerships within communities to align services and ascertain needs
- Resource partnerships as a whole to enable economies of scale to develop and implement programs

Access to Health Services
Priority Actions
<p>Increased access to health professionals</p> <ul style="list-style-type: none"> • Increase in GPs and retention of incentives and assistance for their partners and families • Increase in visiting specialists • More specialising doctors visiting the area • More planning of what doctors we need in the future i.e. specialists/obstetricians/GPs • Increased accessibility to cancer treatment services and or assistance to access • Increased accessibility to health video conferencing to specialists in Adelaide • Improve transport to access health services
<p>Mental Health Services for people at risk</p> <ul style="list-style-type: none"> • Mental health gaps for high risk – medium risk patients • Mental health services especially for veterans • Greater mental health services • Youth Recreation
<p>Mental and Physical Primary Health Care</p> <ul style="list-style-type: none"> • Maintain a strong health service • HACK services need more support • Significant increase in resources and accountability i.e. the Wallaroo Hospital • Needs for gay and lesbian residents within the community i.e. health services • Coordination for various primary health care entities
<p>Respond to the needs of an ageing community</p> <ul style="list-style-type: none"> • Simplify admission processes to aged care for family members • Additional dementia facilities
<p>Support for health sector workforce</p> <ul style="list-style-type: none"> • Support services for the mental health of aged care and health employees • Promote aged care as a career choice in our schools and universities to enable long term viability and address current employee burnout
<p>More Aged care facilities</p> <ul style="list-style-type: none"> • More funding for outreach services including the day care centre • Transport for isolated elderly and disabled people • A more workable dental system or a more accessible service (inadequate staff in the new dental centre) • Simplify admission processes to aged care for family members • Additional dementia facilities

APPENDIX C – Health Lens Methodology

The Audit Tool

SA Health has developed an Audit Tool for use by Councils to evaluate the strategic policies they presently use to preserve, protect and promote health within their areas and sphere of influence. The Audit Tool applies three 'lenses' to the policies: *SA Public Health Act, 2011* : SA Public Health Plan : Assessment of the State of Health of the Region.

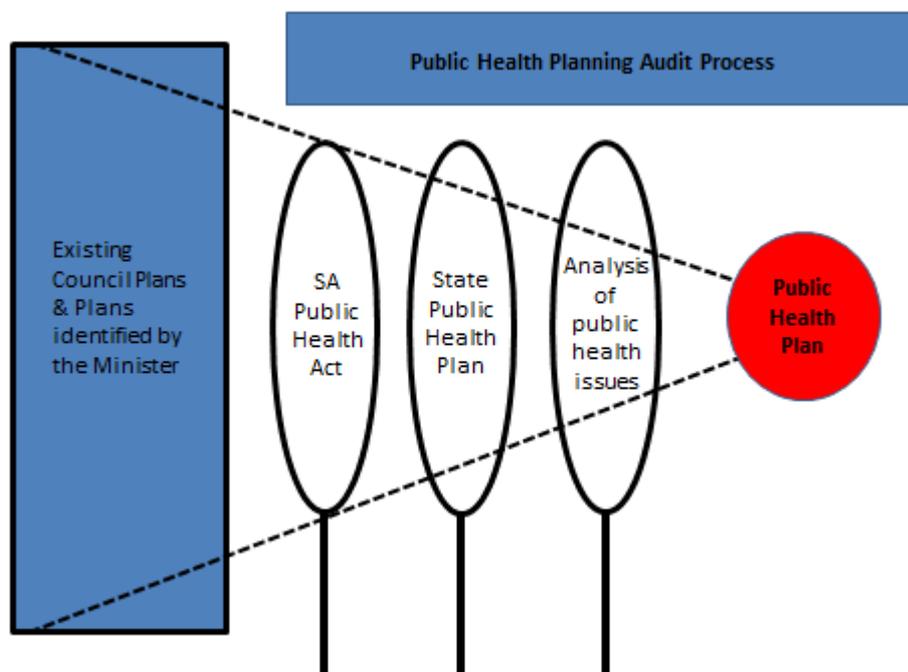


Figure 3 The 3 Lenses analysis; Source: SA Health

The audit examined existing plans, policies, and initiatives of each Council.

First Lens- *South Australian Public Health Act 2011*

Section 51 of the *South Australian Public Health Act* identifies a Council as the Local Public Health Authority for its area. According to Section 37 of the Act, Local Councils have the responsibility of:

- Taking action to preserve, protect and promote public health within its area;
- Cooperation with other authorities involved in the administration of this Act;
- Ensuring that adequate sanitation measures are in place in its area;
- Having adequate measures in place within its area to ensure that activities do not adversely affect public health;
- The identification of risks to public health within its area;
- As necessary, ensuring that remedial action is taken to reduce or eliminate adverse impacts or risks to public health;
- Assessing activities and development, or proposed activities or development, within its area in order to determine and respond to public health impacts (or potential public health impacts);
- Providing or supporting the provision of, educational information about public health and to provide or support activities within its area to preserve, protect or promote public health;

The objectives of the *SA Public Health Act, 2011* include the promotion of the health and wellbeing of individuals and communities; the prevention of disease, medical conditions, injury and disability through a public health approach and the protection of individuals and communities from risks to public health; to ensure a healthy environment for all South Australians and particularly those who live in disadvantaged communities. Additionally, the Act aims to address risks to public health through early detection, management, amelioration and provision of information. Local Governments are particularly encouraged to plan for, create and maintain a healthy environment and the support of policies, strategies, programs and campaigns designed to improve the public health of communities.

Regional Public Health Plans are also required to audit the existing plans, functions and services against the principles outlined in the act. These include precautionary actions, proportionate regulation, sustainable actions, preventative actions, population focus, participation, partnership and equity for the provision of public health.

Second lens – State Public Health Plan

The second lens of analysis requires the audit of documents and initiatives of the local Council areas against the four strategic priorities as identified in the State Public Health Plan 2013; *South Australia: A Better Place to Live*. These include:

- Stronger and Healthier Communities and Neighbourhoods for All Generations
- Increasing Opportunities for Healthy Living, Healthy Eating and Being Active
- Preparing for Climate Change
- Sustaining and Improving Public and Environmental Health Protection

The State Public Health Plan identifies four strategic priorities local governments and related actions which are summarised in figure 4 below.

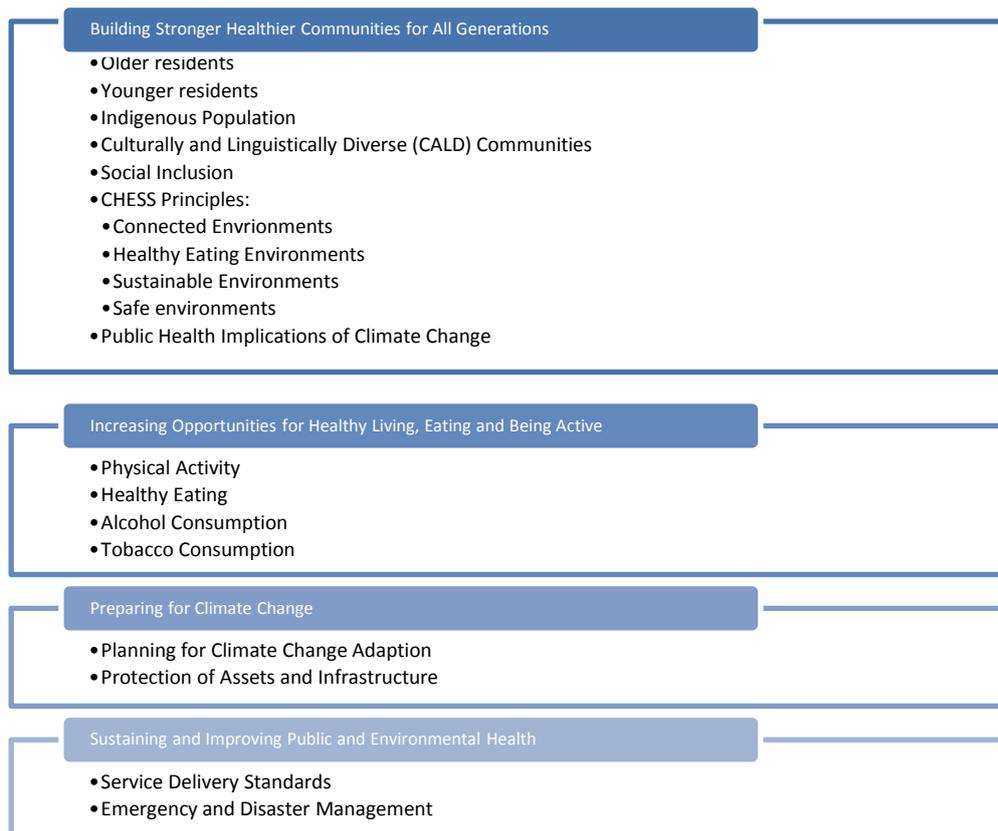


Figure 4 Strategic Priorities and actions for Councils. Source: SA Public Health Plan

Third lens – comprehensive assessment of the state of public health in the area (local assessment)

Using the strategic priority framework established by the State Public Health Plan, the third lens assessment was conducted, examining the environmental, social, economic and practical considerations relating to public health. Council documents such as Strategic, Community and Assets and Infrastructure Reports were analysed through the four key themes to identify which issues the Councils had already considered in regards to public health and healthy environments.

The extent to which each Council responsibility and priority was identified within Council documents and provided for by action and facilities within the local community was finally represented in a table using a red, orange and green traffic light colouring system (shown in Part B). In the table, green represents public health concerns well addressed, orange identifies priorities adequately addressed and red detects the public health priorities which are in need of improvement and currently not efficiently addressed within policy, Council documents or current actions. During this phase, workshops were held with staff at each Council to identify any further programs and initiatives not described in Council documents. Subsequent workshops with representatives of stakeholder organisations provided further information about public health priority areas within the region.

