



Public Health & Wellbeing Plan

2022-2026



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Acknowledgement of Country

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

Introduction

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

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

Development of this Plan has been taken at a steady pace to allow for many correspondents to participate in the Health and Well Being Survey. There were 50 persons in the Kulin Shire who completed this Survey. In a practical sense, the Survey was made available online through shire newsletter and website.

We would like you to enjoy reading this Plan as we look forward to working collaboratively with community to continuously improve the public health outcomes of all of our citizens.

Cr Grant Robins

Shire President
February 2022

Mr Garrick Yandle

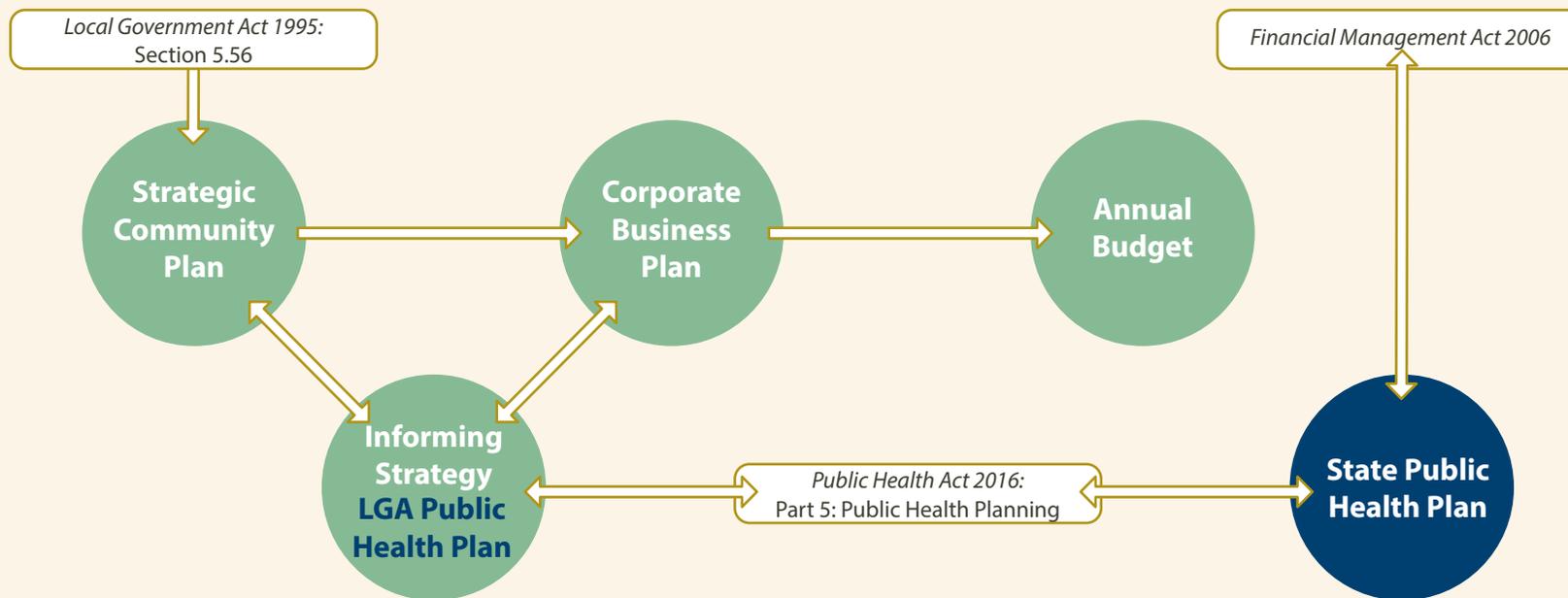
Chief Executive Officer
February 2022



Plan Implementation

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

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



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

Our Current Health Role

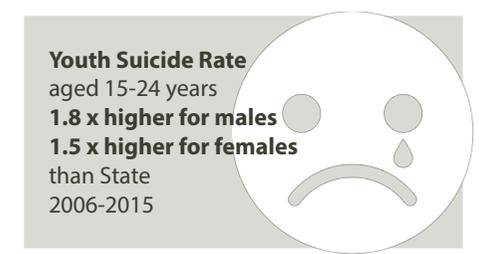
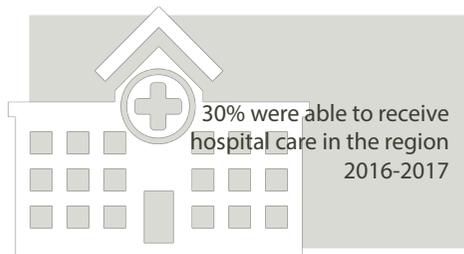
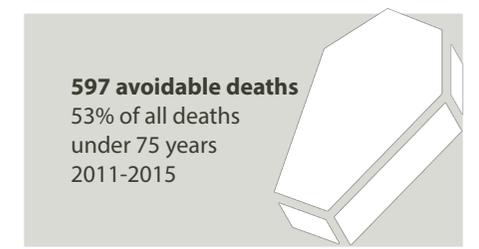
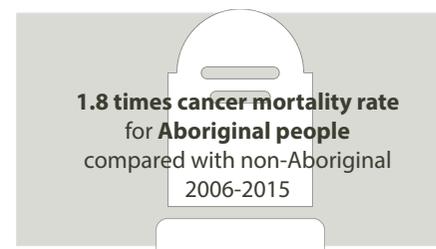
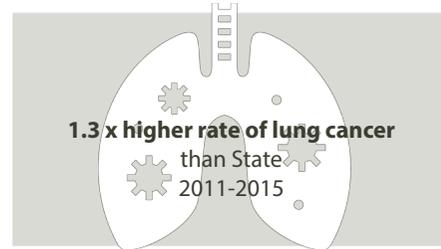
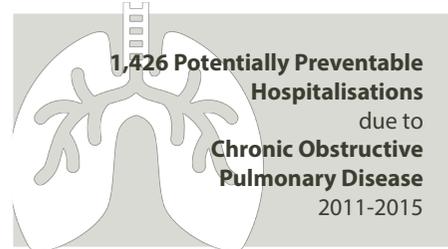
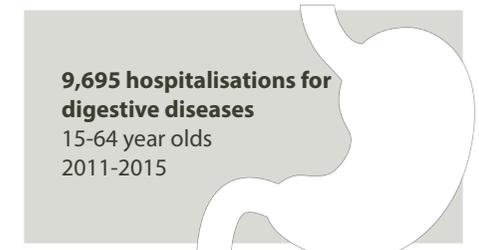
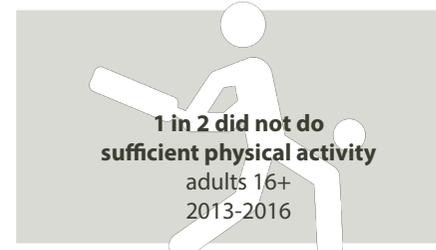
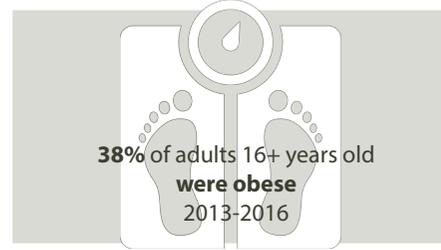
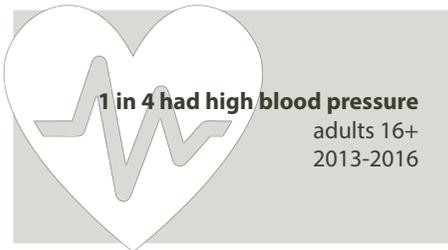
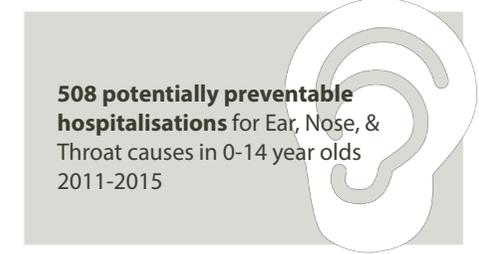
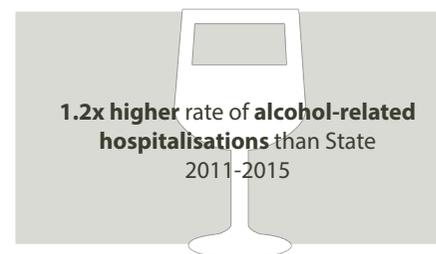
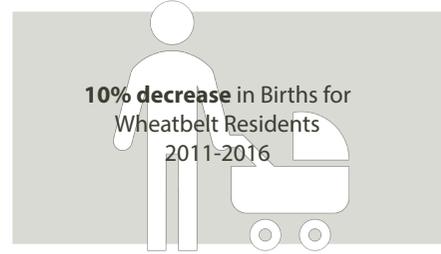
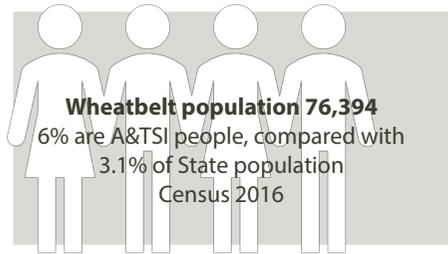
The Shire of Kulin provides a range of funding to support the health of our community



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

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

Snapshot of the health of people living in the Wheatbelt Region



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

THE RESIDENTS OF KULIN SPEAK

AS THINGS ARE NOW

The three most serious health risks in our community are:

- Using illegal drugs
- Sniffing volatile substances
- Tobacco/cigarette smoking

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

- Depression
- Anxiety
- Drug addiction
- Alcoholism

Our top three volunteering activities are:

- Public events
- Sporting
- Community groups/services

The sport & recreation facilities we use the most are:

- Freebairn Recreation Centre
- Kulin Aquatic Centre & Waterslide
- Sporting Ovals

The two things which worry us most about COVID-19 are:

- Our family's future health
- Our children's education

I feel like my life has a sense of purpose (80%)

There is strong community spirit in our Shire (95%)

I enjoy interacting with my neighbours (78%)

I feel like I belong in my local community (90%)

I feel the Shire cares about our welfare (80%)

I know where to get help when I need it (74%)

I am proud of the community where I live (95%)

What we like best about living in the Shire of Kulin

friendly inclusiveness people
amazing progressive proactive, strong volunteer base
peace & quiet community giving back
community spirit helping each other
a feeling of belonging

CHANGE FOR THE FUTURE

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

- Routine screening for health issues eg cervical & prostate cancers
- Programs for seniors/aged people
- Community events for residents

We support new programs to reduce harm from:

- Illegal drugs
- Alcohol
- Tobacco
- Sniffing volatile substances

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

- Free fitness classes
- More hikes, walks, cycle paths & maps

Our top three issues for good community health are:

- Safe roads
- Recreation Facilities, eg Ovals, Rec Centres, Pools
- Affordable housing

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

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

Our top three environmental issues for good community health are:

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

Integrating the Public Health Vision into the Strategic Community Plan

The Public Health Plan incorporates the 4 themes of community interest from the Shire of Kulin's Strategic Community Plan 2013-2023

1. Social

2. Economic

3. Environment

4. Civic Leadership

And introduces a new theme:

5. Health



Shire of Kulin Strategic Community Plan 2013 - 2023

SOCIAL	ECONOMIC	ENVIRONMENT	CIVIC LEADERSHIP	HEALTH
An enhanced wellbeing and quality of life for all people who live and work in the shire.	Council seeks to proactively support and encourage balanced economic activity, while at the same time promoting local and regional economic sustainability and capacity.	Collaborative and active partnerships focussing on preservation of our natural environment will result in a positive environmental impact and care for our environment and a community that actively protects and conserves the natural world.	Every person has a stake in the Shire of Kulin's future. Planning and delivering a prosperous future is a shared responsibility which can only be achieved through focussed partnerships, community engagement and positive leadership.	Minimise harm, promote active and healthy lifestyles in sustainable communities, free of disease in a safe environment.
1.1 A strong and supportive community.	2.1 A thriving, diverse and growing economy.	3.1 An environmentally aware Shire.	4.1 Provide good strategic decision making, governance, leadership and professional management.	5.1 Prevent harm from unsafe use of alcohol, drugs and tobacco.
1.2 Connected communities through a safe and efficient transport network throughout the Shire.	2.2 A positive visitor experience.	3.2 A protected and valued natural environment.		5.2 Adequate recreation facilities, and healthy lifestyle choices.
1.3 Accessible infrastructure and services meeting changing community needs.	2.3 Improved access to education, training and leadership development.			5.3 A healthy and sustainable community with access to relevant health services for all demographics.
1.4 A liveable and safe community				5.4 Planning a COVID safe and healthy outcome.
				5.5 Environmental health protection to reduce risks to community health.



Public Health Plan Strategies

Minimise Harm	Active and Healthy Lifestyles	A Healthy and Sustainable Community	Protection from Disease	A Safe Environment
5.1 Prevent harm from unsafe use of alcohol, drugs, and tobacco.	5.2 Adequate recreation facilities and healthy lifestyle choices, including programs for seniors and aged persons.	5.3 A healthy and sustainable community with access to relevant health services for all demographics.	5.4 Planning a COVID safe and healthy outcome.	5.5 Environmental health protection to reduce risks to community health.
5.1.2 Support education to reduce alcohol and drug consumption and family violence.	5.2.1 Support community recreation activities and provision of age-appropriate exercise.	5.3.1 Support health and wellbeing initiatives to improve mental and physical health.	5.4.1 Keep the community informed with COVID 19 updates.	5.5.1 Monitor public health indicators and encourage other government intervention.
5.1.3 Encourage safe sale and service of alcohol and tobacco, and support no/low alcohol and smoke-free community venues and events and at Shire facilities.	5.2.2 Support Livelighter or similar as a community campaign to raise awareness in healthy living.	5.3.2 Create accessible spaces and encourage disabled participation.	5.4.2 Implement COVID19 Safety Plans in consultation with emergency authorities and develop risk management guidelines for public events.	5.5.2 Provide public health education on matters such as FoodSafe, and disease control.
5.1.3 Encourage the community, particularly pregnant mothers, to reduce smoking and promote smoke free public spaces such as playgrounds.	5.2.3 Measure the adverse health impacts of inactivity and obesity and encourage weight reduction.	5.3.3 Encourage personal health screening services such as prostate and cervical cancer, blood pressure and mammograms.	5.4.3 Provide community education for personal hygiene, safe sex, home and workplace hygiene, including cleaning and disinfection.	5.5.3 Maintain food standards by regular surveillance of food premises.
5.1.4 In conjunction with the Police and other stakeholders conduct a Safety Audit to improve safety and prevent crime and anti-social behaviour.	5.2.4 Promote healthy eating and affordable meals and drinks in food outlets and at venues and events.	5.3.4 Provide options for affordable housing.	5.4.4 Minimise the incidence and community spread of infectious disease through education, vaccination, food surveillance and vector control.	5.5.4 Monitor drinking and recreational waters, public aquatic facilities to maintain standards and reduce public health risks.
	5.2.5 Provide safe and accessible public open spaces and walking trails.			
	5.2.6 Encourage more local people to join community garden activities and to share healthier diets by harvesting fruits and vegetables in the garden.			





Conclusion

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

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

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

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

The Plan was developed by including:

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

The Way Forward

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

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

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

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

