

A Sustainable Region for a Healthy Community

Barossa, Light and Lower Northern Region
Public Health and Wellbeing Plan

Part A – The Plan





Healthy Environs Pty Ltd has prepared this Plan for the Barossa, Light and Lower Northern Region Public Health Plan Project Team. The Project Team comprises staff representatives from the four regional Councils (The Barossa Council, Town of Gawler, Light Regional Council, District Council of Mallala) and Regional Development Australia Barossa.

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Acknowledgements

We would like to thank representatives of the following organisations for their contribution towards the development of the Regional Public Health and Wellbeing Plan through our Regional Stakeholder Forums:

- *Country North Medicare Local*
- *Northern Adelaide Medicare Local*
- *Department for Health and Ageing (including regional Country Health SA representatives)*
- *Regional Health Advisory Councils*
- *Local Government Association of SA*
- *Department for Planning Transport and Infrastructure*
- *Department for Education and Child Development (Elsie Ey Children's Centre)*
- *Northern Adelaide Waste Management Authority*
- *Barossa Sustainable Environs Committee*

Executive Summary

Councils have a key role in providing supportive environments for their communities to lead healthy lifestyles. The Barossa Council, The Town of Gawler, Light Regional Council and the District Council of Mallala have worked in collaboration with Regional Development Australia (Barossa) to develop this Public Health and Wellbeing Plan for the 'Barossa, Light and Lower Northern Region'. The planning process has been an opportunity to collectively identify public health priorities for the region and to establish a coordinated approach to promoting community wellbeing.

The Regional Public Health and Wellbeing Plan has been developed in accordance with Local Government's responsibilities under the South Australian Public Health Act 2011. The Plan aims to promote better community health through harnessing regional strengths, such as:

- *A quality natural environment.*
- *Quality recreational facilities, open space and trails.*
- *Town character and amenity.*
- *A resilient and active community.*
- *Effective regional collaboration and action across a variety of areas (including open space planning, climate change, community services and emergency management).*

The Plan also considers the key health and wellbeing issues facing the community, including:

- *Areas of social disadvantage.*
- *High school attainment and employment opportunities for youth.*
- *The need to support community involvement and life-long learning for an ageing population.*
- *Chronic disease risk factors in the community including higher levels of obesity and smoking than the metropolitan average.*
- *Smoking levels amongst pregnant women.*
- *The need to address social isolation and promote overall community wellbeing (happiness) through connective communities.*
- *The need to maintain adequate standards of environmental health protection.*

*The Regional Public Health and Wellbeing Plan adopts a holistic approach to providing supportive social, natural, built and economic environments to support the community to live well. Commitments are outlined for achieving a regional vision of a **'healthy, happy and connected community'**, through:*

- *Promoting community and stakeholder ownership of public health priorities for the region through regional engagement and collaboration.*
- *Supporting the community's capacity to live a healthy lifestyle through community participation, knowledge and support.*

- *Providing a regional environment that protects and improves the community's health through planning, education and regulatory enforcement.*
- *Supporting the health of the community through a thriving economy.*

It is intended that the Plan be integrated with the Strategic Management Plans of each Council. Public health policy commitments will be reviewed every five years in accordance with the SA Public Health Act 2011. Cementing the recommended regional governance structure for the Plan's implementation is a key priority for this initial planning cycle.

1. Introduction

The Barossa Council, the Town of Gawler, Light Regional Council and the District Council of Mallala (which comprise the Barossa, Light and Lower Northern Region) have committed to a regional approach towards public health planning. The Councils have led the planning process, with the support of Regional Development Australia (RDA) Barossa and other stakeholders, to improve public health and community wellbeing in the region.

This Regional Public Health and Wellbeing Plan has been developed to address the requirements of the *South Australian Public Health Act 2011*, which establishes a State and Local Government framework for protecting and promoting public health.¹

This is the first Public Health and Wellbeing Plan to be developed at a regional level. The Plan recognises and builds upon regional initiatives already in place to support community health. It aims to set the foundation for ongoing regional collaboration to address local public health priorities and has regard to the priority areas of the State Public Health Plan: *South Australia a Better Place to Live*.² The Plan is presented in 3 Parts:

- **Part A The Plan** – sets the vision, strategic directions and actions for public health and wellbeing.
- **Part B The State of Health** – details the attributes of the region and the research findings for the regional state of health assessment.
- **Part C The Planning Process** – details the process undertaken to develop the Plan.

The four regional Councils have an important role in planning local environments to support a stronger healthier community. The Councils have embraced the planning process as an opportunity to:

- Improve regional collaboration for community health.
- Improve awareness of public health considerations across Council functions.
- Build on Council relationships with key community and government agencies.
- Strengthen Council health protection functions.



This Plan recognises that good health is not only about preventing illness, its about promoting the positive aspects of health and a person's overall state of wellbeing.

Health is 'an everyday resource – the capacity to adapt to, respond to, or control life's challenges and changes' ³

'Public health means the health of individuals in the context of the wider health of the Community'²

2. The Role of the Regional Councils in Public Health

This Plan addresses the role of the four Councils as a 'Public Health Authority' under the *SA Public Health Act 2011*. Being identified as a 'Public Health Authority' recognises the important role traditionally played by Local Government in public health and the wide range of Council functions which influence community health and wellbeing.

The scope of this first 'Regional Public Health and Wellbeing Plan' for the Barossa Light and Lower Northern Region addresses how the four Councils can influence the social, economic and environmental 'determinants of health' within their communities (refer to Appendix A – the spectrum of public health action). The development of the Plan has considered how public health and wellbeing can be integrated with the current roles of the Councils in the following areas:

- **Community development and services for health** – how wellbeing can be influenced through community development functions, community services, social infrastructure and community facilities (such as: libraries and community centres) and arts and cultural events.
- **Physical environments for health** – how the Councils can promote improved public health through: urban planning, asset and infrastructure planning, environmental management and regulatory functions (environmental health, animal management, planning and building).

Importantly, this Plan acknowledges that the Councils do not have sole responsibility for managing public health. A concerted effort across all levels of government is needed to address the health priorities for the region. This Plan provides a platform for recognising the roles of other agencies and for advocating for regional public health needs. The Plan also seeks to complement the responsibility of the health care system for primary prevention and recognises the important role of Local Health Networks (LHNs), Country Health Advisory Councils (HACs) and the Commonwealth funded Medicare Locals in primary prevention and population health.

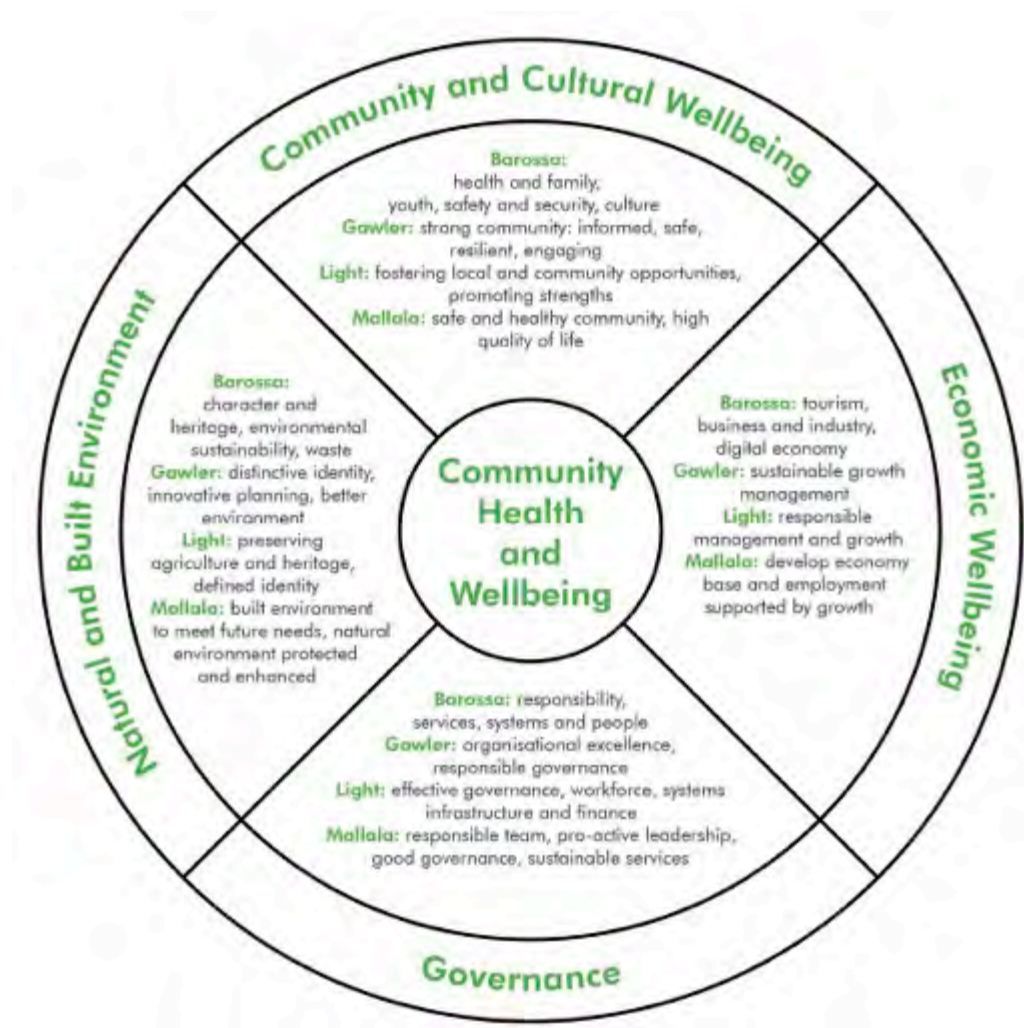
‘Public health planning through the Plan and by Local Councils provides an opportunity for greater partnerships with LHNs and Medicare Locals in situations where there are joint concerns for population health. The Chief Public Health Officer will foster improved partnerships and coordinate opportunities for greater engagement between Councils, LHNs and Medicare Locals where relevant’. ²

3. Building a Sustainable Region for a Healthy Community

The Barossa, Light and Lower Northern Region Public Health and Wellbeing Plan is presented based on the dimensions of supportive environments for health (community and cultural wellbeing, natural and built environment and economic wellbeing). It also sets strategies for governance and regional partnerships for public health.

Recognising the broader environmental factors which influence public health and wellbeing, the strategic plans of each Council already incorporate a range of objectives which contribute to promoting healthy communities. The key policy elements of the four Council Strategic Plans, relevant to promoting community wellbeing are summarised in Figure 1.^{4,5,6,7}

Figure 1 – Council Commitments for Wellbeing



RDA Barossa recognises 'health and wellbeing' as a key priority for economic growth in the region.⁸ The regional roadmap emphasises the importance of a preventative health approach and promoting the benefits of exercise, social interaction, arts and recreation, to support vibrant communities. The provision of health services to meet the demands of a growing population in the region is also a key priority.⁸

RDA Barossa's vision for the region 'is enhanced quality of life for all, derived through quality jobs in quality environments: cultural, social, ecological and economic'.⁸

This Plan recognises the following principles of the regional roadmap for enhancing community health and wellbeing:⁸

- Communities and townships are incubators for healthy populations.
- Connected communities thrive.
- Confident communities achieve.
- Innovative communities lead.
- Lives are enhanced by music and art and conviviality.



4. Why Plan for Public Health and Wellbeing?

Through public health planning the region can respond to current and emerging health challenges facing the community.

Councils have traditionally made a substantial contribution to the health of their communities. Immunisation, building and planning standards, food safety and environmental health regulation, have contributed towards protecting the community from disease and improving living conditions.² Public health interventions have contributed to managing the risk of infectious disease in our communities.

‘South Australia in the 21st century still faces significant public health challenges’.² The public health planning process (as required by the *SA Public Health Act 2011*) recognises that we need to maintain effective public health protection systems for the control of infectious diseases as well as address emerging public health issues, such as:

- Increasing chronic disease (those diseases that are related to preventable risk factors, such as diabetes and heart disease).
- New or re-emerging infectious diseases.
- Public health risk factors such as excessive use of tobacco and alcohol.
- The global challenge of climate change and the potential implications on public health.

The Barossa, Gawler, Light and Mallala Councils are committed to comprehensively assessing the ‘State of Health’ of the region and consulting with the community on an on-going basis, to determine the public health priorities to be addressed.⁹ This ‘State of Health’ research will be undertaken with each planning cycle (every five years) to monitor new or emerging issues for the region. The process will draw on supporting data and guidance provided by the South Australian Department for Health (SA Health) and the Local Government Association of South Australia (LGA of SA). The Councils will also keep up to date with public health issues for the State as whole, through the State of Public Health for South Australia Report.¹⁰

South Australia in the 21st century still faces significant public health challenges – making sure that infectious diseases are under control through effective immunisation and other prevention programs; remaining vigilant and prepared to respond to new or re-emerging infectious conditions, particularly those that threaten to become pandemics; and dealing with the growing wave of non-communicable conditions that arise out of a range of common risk factors (e.g. overweight and obesity, reduced opportunities for physical activity, overabundant availability of energy-dense, nutrition-poor foods in combination with poor access to nutritious food).²

5. Snapshot of the Region

To inform the development of the Regional Public Health and Wellbeing Plan, a State of Health review for the 'Barossa, Light and Lower Northern Region' was undertaken (research findings are detailed in the Part B State of Health Report).⁹ A snapshot description of the region and key characteristics to consider for community health and wellbeing is presented in the following sections.^{9,11}

5.1 Our Population

The Barossa, Light and Lower Northern region of Councils has a population of approximately 66,800 and is expected to grow to about 170,000 over the next 30 years.¹² The area has a relatively young population with above average school aged and younger children, above average numbers of people aged between 45 and 64 years and a high proportion of families with children.¹²

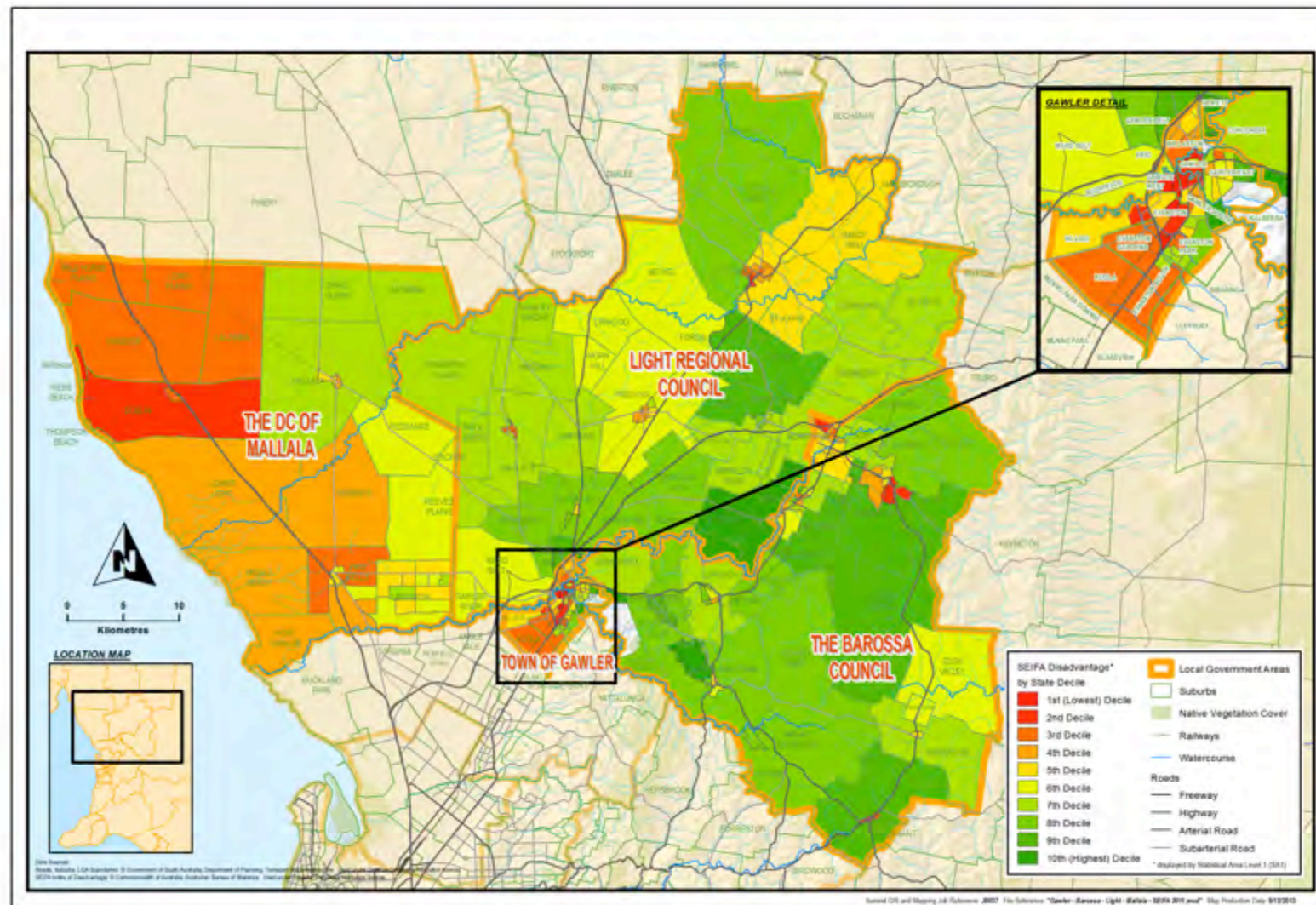
In comparison with the metropolitan area overall, the percentage of residents born overseas is small. The proportion of the population born in Italy is highest in the District Council of Mallala (0.8%).¹³ Other populations represented include India and China but in much lower numbers compared to the metropolitan area. A small proportion (0.3%) of the overseas-born population reported in 2011 that they had poor proficiency in English and there was little variation across the region.¹³

The proportion of Aboriginal people living in the region is smaller than the metropolitan area. Within the region, the highest proportion of Aboriginal people live in the District Council of Mallala.¹³

The Index of Relative Social Disadvantage (IRSD) measures the relative level of socio-economic disadvantage based on a range of Census characteristics. Overall, Mallala and Gawler Councils have greater areas of disadvantage. Small areas of disadvantage exist within the Light and Barossa Council areas (as shown in Figure 2).¹³



Figure 2 – Index of Social Disadvantage



5.2 Our Community and Culture

Our Community's Strengths and Challenges for Health and Wellbeing

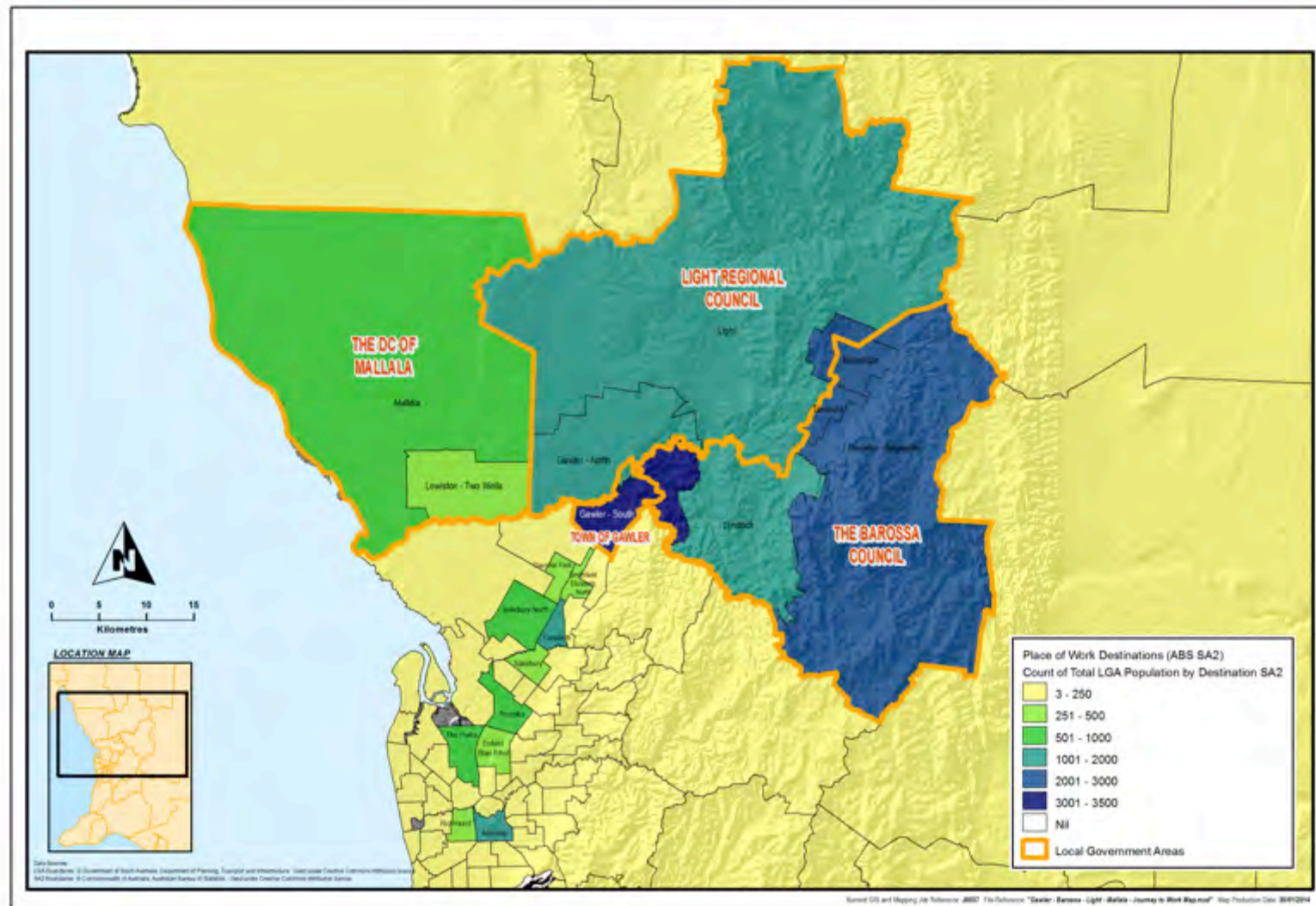
- Our community feels supported – the majority of people in the region consider that they are 'able to get support in times of crisis' (92.2%).¹³
- We have many active volunteers – 18% (Mallala), 19% (Gawler), 27% (Barossa).¹⁴
- A high number of residents access resources through regional libraries - 38,768 library memberships across the region.
- The region has a strong arts, culture and events focus.
- We have a lower percentage of young people in the region in full-time secondary education compared to metropolitan Adelaide - 13.9% compared to 16.2%.¹³
- A high percentage of our community care for others - 12.2% of the regional population provides unpaid assistance to persons with a disability.¹³
- There are chronic disease risk factors in the community¹³ –
 - The smoking rate (adults smoking on a daily basis) in the region was estimated at 21.1%, which was higher than the metropolitan average of 18.9%.
 - The estimated obesity rate for males in the region was 18.1%, which was above the metropolitan area overall (17.3%). The LGAs of Mallala and Gawler both had the highest estimated obesity rate in the region of 20.1%.
 - The extent of physical inactivity among the adult population in the region (35.4% of the adult population) was consistent with the estimated rate in the metropolitan area (35.1%). Mallala was the only area with a higher rate of 37.2%.
- There are childhood health risk factors in the community:¹³
 - During 2008 to 2010, 15.7% of women in the region reported smoking during their pregnancy. This was above the metropolitan average rate of 13.0%.
 - The proportion of children in the region who were fully immunised at five years (2011 to 2012) of age was 90.9%. The lowest proportion was in Mallala Council (87.2%).
- Our region requires adequate access to health services¹³
 - The rate of children aged 0-19 years who were clients of Child and Adolescent Mental Health Service (based on 2008 to 2010 data) was higher than the metropolitan area (particularly in Gawler and Mallala).
 - People in our region (aged 18 years and over) perceive they have difficulty accessing health services.
 - Health and community services in the region need to meet the demands of a growing and ageing population profile.

5.3 Our Economy

Our Economic Strengths and Challenges for Health and Wellbeing

- We have diverse industries within our region incorporating livestock and horticulture production, grain production and permaculture and world-renowned wine, food production and tourism.⁸
- We have various projects underway to revitalise our main streets and town centres including: the Nurioopta Place Making Project, the Greenock Main Street Project, Kapunda Event Space Infrastructure, Murray Street upgrade in Gawler and the Two Wells town centre re-development.
- Higher-speed fixed wireless internet services and satellite infrastructure is planned for most of the region.
- The top five employment sectors in the region in 2012 were manufacturing, retail trade, agriculture, forestry and fishing, health and community services and education and training.
- In 2011, the proportion of 15 to 19 year olds in the region engaged in full time work or study was 80.5%, comparable to that in the metropolitan area overall (80.9%).¹³
- Figure 3 illustrates the location of employment for all residents in the region who are above 15 years of age. The City of Adelaide and the suburb of Elizabeth are the most common employment destinations outside of the region.

Figure 3 – Place of Work Destinations (for people living in the region above 15)



5.4 Our Natural and Built Environment

Our Environmental Strengths and Challenges for Health and Wellbeing

- Significant urban development and population growth is proposed for the region. This needs to be planned in a manner, which protects the natural and built character of the region and premium farming land.
- Recent demand growth has reduced housing affordability in the region. In 2011 the level of rental stress was also above the metropolitan average with 27.2% of low income families in this category (30.9% in the LGA of Gawler).¹³
- Concern has been raised regarding isolation of residents and difficulty in accessing services caused by limited transport options, particularly for public transport. North-south transport links are considered reasonable but east-west linkages are poor.
- Population growth projected to 2036 indicates that open space at its current levels will fall below the benchmark for each Council apart from Mallala and reinforces the need for Councils to prepare and implement policy that will support the retention of 9 hectares as minimum provision.¹²
- The region offers a network of local cycling and walking trails, the majority of which are in the Barossa Council area.
- There are a range of priorities recognised for protecting and enhancing natural resources in the region, incorporating: biodiversity management, water resource management, protection of remnant vegetation, catchment management, climate change adaption and coastal protection.
- There are potential direct and indirect social and public health impacts on the region resulting from forecasted climate change (forecasted increase in temperature, reduced rainfall and sea level rise).¹⁵
- The region needs to be prepared for potential emergency events such as bushfires, flooding, extreme weather, fuel and electricity shortages, animal and plants diseases and public health risks (human epidemic/pandemic and food and drinking water contamination).
- Preserving clean and green food production in the region is important for sustaining the food production sector and associated tourism. In 2012/13 Councils regulated food safety standards across 732 food businesses in the region.
- Infrastructure for water distribution and re-use is critical to the development of the region. Major projects such as the Gawler River Water Project are of key importance. Safe wastewater management and re-use through Council wastewater management schemes needs to be managed. Council regulation of on-site wastewater systems is a significant activity for the rural Councils in the region, with 491 applications assessed in 2012/13.

- Councils support public health through the provision of regular waste management services. In 2012/13 the region disposed of 12,585 tonnes of waste to landfill and recycled 8,889 tonnes of recyclable and green organic material from kerbside collection services. The region is experiencing increasing incidents of illegal dumping.

6. Our Vision for a Healthy Community

6.1 Vision

The Barossa, Light, Gawler and Mallala Councils seek to build partnerships to achieve our vision of a:

‘A healthy, happy and connected community’.

6.2 Priority Areas and Mission

Our priority areas are:

1. A Regional Framework for Public Health
Our mission is to promote community and stakeholder ownership of public health priorities for the region through regional engagement and collaboration.
2. Community and Cultural Wellbeing
Our mission is to support our community’s capacity to live a healthy lifestyle through community participation, knowledge and support.
3. Natural and Built Environment
Our mission is to provide a regional environment that protects and improves the community’s health through planning, education and regulatory enforcement.
4. Economic Wellbeing
Our mission is to support the health of our community through a thriving economy.

6.3 Our Measures of Success

Our measures of success will be monitored through our State of Health research which is undertaken every five years as required by the *SA Public Health Act 2011*. These measures may be:

- directly **controlled** through Council functions;
- **influenced** through collaboration with other organisations; or
- addressed through **advocacy** for action by relevant organisations.

Our proposed measures of success for public health and wellbeing are outlined in Table 1.

Table 1 – Measures of Success

Priority Area	Measure of Success
1. A Regional Framework for Public Health	1.1 Stakeholder involvement in the implementation and reporting on the Regional Public Health and Wellbeing Plan beyond Councils
2. Community and Cultural Wellbeing (refer Section 5.2 of the State of Health Report)	2.1 Increased levels of community participation in: Council services (facilities, programs and projects), volunteering and Council engagement.
	2.2 An increased percentage of children are fully immunised at five years.
	2.3 Councils have implemented policies for smoke free community events.
	2.4 The community considers they have adequate access to community and health services.
3. Economic Wellbeing (refer to Section 5.3 of the State of Health Report)	3.1 There is increased diversity of economic sectors across the region.
	3.2 Levels of employment across age groups are maintained or improved.
4. Natural and Built Environment (refer to Section 5.4 of the State of Health Report)	4.1 There is increased housing choice and affordability.
	4.2 Implementation of priority recommendations in regional and local Open Space and Recreation Plans.
	4.3 Waste disposed to landfill is reduced.
	4.4 There are reduced incidents of illegal dumping.
	4.5 Measures are in place to protect the region's built heritage and natural environment.
	4.6 Councils are meeting internal performance measures for relevant safety and public health enforcement: complaint investigation, inspection frequencies and permitting activities

Note: Our measures of success will be monitored through our State of Health research assessments undertaken every five years. The first assessment was completed in 2014. The results are summarised in the Part B State of Health Report.

6.4 Key Principles

This Plan is underpinned by a number of principles and approaches (as referenced in the *SA Public Health Act 2011*):¹

Precautionary Principle	We will adopt a precautionary approach to managing public health risks.
Sustainability principle	Our focus is on the promotion of regional social, economic and environmental sustainability to support good health.
Prevention principle	We will support pro-active intervention to prevent health conditions in the community.
Population focus	The focus of this Plan is on the broader health of the population as a whole, with a consideration of vulnerable groups in the region.
Equity principle	We will consider the health disparities between groups within our community. Our focus will be to support equitable benefits and services across the regional population.
Partnership	We recognise that addressing health priorities for the region requires involvement across a range of sectors and stakeholders.

7. Strategic Directions for Health and Wellbeing

The Barossa, Light, Gawler and Mallala Councils are adopting an integrated approach to achieving our vision of a **'healthy, happy and connected community'**. Our strategic directions consider the aspects of our region's social, economic and natural and built environment which support the health of our community. Our commitments to promoting public health and wellbeing focus on the four priority areas:

1. A Regional Framework for Public Health
2. Community and Cultural Wellbeing
3. Natural and Built Environment
4. Economic Wellbeing

For each commitment area, references to Council strategic plan priorities and relevant regional and State strategies are highlighted.

References to the following Strategic Priority (SP) themes of the State Public Health Plan: A Better Place to Live' are also provided: ²

- Strategic Priority 1 – Stronger and Healthier Communities and Neighbourhoods for All Generations
- Strategic Priority 2 – Increasing Opportunities for Healthy Living, Healthy Eating and Being Active
- Strategic Priority 3 – Preparing for Climate Change
- Strategic Priority 4 – Sustaining and Improving Public and Environmental Health Protection

The following rating system has been used to guide the Public Health Project Team in implementing and managing each commitment:

Status Ratings for Implementation and Management Commitments

★	This commitment area is adequately addressed through other Council or regional projects and strategies. It is recommended that the Public Health Project Team monitor progress of these initiatives in consultation with the relevant Project Managers.
★★	Further development is needed to integrate public health considerations into existing processes, projects or strategies. This integration needs to be guided by the Public Health Project Team.
★★★	This is a new strategy or project to be implemented and coordinated through the Public Health Project Team.

7.1

The Role of Councils

Developing a Regional Public Health and Wellbeing Plan enables Council, stakeholder organisations and residents to develop a shared understanding of the health and wellbeing priorities for the region. Councils have a range of roles (highlighted below) and cannot act alone to address all of the commitments outlined in the Plan. Councils can recognise and support community driven action, work in partnership with other organisations as well as advocate for funding, policy and programs at the State and Federal level. The Barossa, Light, Gawler and Mallala Councils can also aim to ensure that their organisational processes, policies and programs consider public health and wellbeing.

The range of Council roles in achieving the commitments outlined in the Plan can be summarised as follows: ¹⁶

- **Service Provider**
 - Direct – Responsible for funding and providing a service to the community.
 - Partner – Contributes funds and/or other resources towards a service or initiative that is delivered in partnership with other organisations.
 - Agent – Provides a service funded by or on behalf of others which involves hosting or other use of Council resources to fill particular needs in the community.
- **Regulator** – Required by legislation to fulfill a particular role or function in the interest of the public. This requires Council to perform/discharge statutory powers, functions and duties.
- **Owner custodian** – Council owns and/or manages public infrastructure, community facilities, reserves, parks and gardens.
- **Advocator** – Represents the interests of the local community, by lobbying other tiers of government and the private sector for improved services and amenities.
- **Facilitator** – brings together or connects people and groups to pursue issues, opportunities or shared interests.
- **Leader** – Provides leadership and guidance to the community in the pursuit of various goals and opportunities.

Note: Some commitments may require a combination of Council roles and approaches.

7.2 Regional Stakeholders for Health and Wellbeing

The Barossa, Light, Gawler and Mallala Councils recognise the important role of a range of government and community stakeholders in influencing public health in the region. As part of the planning process, Regional Stakeholder Consultation Forums were held to discuss key issues, current initiatives and opportunities for promoting health in the region. The organisations represented at the Regional Forums are listed in Appendix B (further detail of the planning process is provided in the Part C Planning Process Report).

This Plan identifies a range of stakeholders for the priority areas (Sections 7.3 to 7.6). Most of these organisations already work collaboratively with the Councils on current initiatives. For new projects and strategies, the Public Health Project Team will undertake further consultation with relevant stakeholders regarding opportunities and roles for the Plan's implementation.

7.3 A Regional Framework for Public Health

‘The protection and promotion of public health requires collaboration and in many cases, joint action across various sectors and levels of government and the community’.²

There is significant commitment and work already underway in the region for community health. However, there is opportunity to more effectively deliver initiatives through collaboration across agencies, information sharing and providing further support for community driven action.

Our mission is to promote community and stakeholder ownership of public health priorities for the region through community engagement and regional collaboration.

Our Stakeholders - RDA Barossa, LGA of SA, SA Health: Country Health SA (Barossa, Hills, Fleurieu Region), Country North SA Medicare Local and Northern Adelaide Medicare Local.

Commitment	Status	Actions	Strategic Linkages
1. Regional Partnerships for Public Health			
1.1 Maintain a partnership across the four regional Councils to oversee the Plan implementation	☆☆	- Continue the Regional Public Health Planning Project Team (comprising representatives of the four Councils) - Nominate a Public Health Planning representative	Local Gawler Strategic Plan – Strategic Direction (SD) 5. Barossa Strategic Plan – Focus Area 4 Mallala Strategic Plan – Goal 5 Light Strategic Plan – Section 2
1.2 Build on regional stakeholder partnerships for public health	☆☆☆	- Establish a Regional Public Health and Wellbeing Stakeholder Reference Group for: - Providing advice to Councils (meetings quarterly) - Consultation and involvement on the Regional Public Health Plan initiatives - Development of an Implementation Plan outlining stakeholder roles - Contribution towards biennial public health plan reporting - On-line/electronic discussion forum - Liaise with Medicare Local Health Clusters and HACs which apply to the region - Liaise with SA Health regarding ‘public health partner authority’	Regional RDA Roadmap Priorities: <i>Health and Wellbeing</i> State - SA: A Better Place to Live - <i>System Building Actions</i>

☆☆ = Adequately addressed ☆☆☆ = Further development required ☆☆☆☆ = New initiative

Commitment	Status	Actions	Strategic Linkages
		opportunities of relevance to the region	
1.3 Assess opportunities for regional Council service delivery and programs	☆☆	- Continue current regional Council programs across climate change, community services, youth development, home and community care. - Establish a regional Environmental Health Officers network to review approaches towards: enforcement procedures, squalor committee, immunisation services	

7.4 Community and Cultural Wellbeing

Levels of social support, social exclusion and poor social and economic circumstances are recognised as key factors, which can affect health.¹⁵ Local government can play a key role in providing the social infrastructure, opportunities for social interaction and cultural recognition, which contribute to community health and wellbeing.

Our mission is to support our community's capacity to live a healthy lifestyle through participation, knowledge and support.

Our Stakeholders – RDA Barossa, LGA of SA, SA Health: Country Health SA (Barossa, Hills, Fleurieu Region) and the Immunisation Section, Volunteers SA, Country North SA Medicare Local, Northern Adelaide Medicare Local, Libraries SA, Barossa Area Health Service Medical Staff Society.

Commitment	Status	Actions	Strategic Linkages
2. Supporting Capacity for Health			
2.1 Support current programs for youth education and employment in the region	★	- Advocate and raise awareness for youth education support programs in the region (such as Innovative Community Action Networks (ICAN Barossa)) - Implement youth recognition/awards for educational achievements - Implement early childhood literacy programs in libraries	Local – Gawler Strategic Plan - SD 5 Barossa Strategic Plan – Focus Area 4 Mallala Strategic Plan – Goal 5 Light Strategic Plan – Section 2 Regional – RDA Roadmap Priorities: <i>Health and Wellbeing</i> State - SA: A Better Place to Live: <i>System Building Actions</i>
2.2 Promote life-long learning opportunities through Council libraries	★	- Promote library education resources to the community - Advocate for educational facilities in the region (in collaboration with the RDA) - Advocate for high-speed internet access in the region (in collaboration with the RDA) - Continue to implement lifestyle programs at community centres	
3. Promoting Community Strengths			
3.1 Encourage community participation across all ages and abilities	★★	- Undertake community engagement on Council projects and policies - Encourage community participation on committees - Actively promote youth participation - Develop Council policies to encourage accessible engagement and information (consider target groups: Aboriginal people, new arrivals and people from culturally and linguistically diverse (CALD) backgrounds)	Local Gawler Strategic Plan – Strategic Directions 3 & 5. Barossa Strategic Plan– Focus Areas 1 and 4.

★ = Adequately addressed ★★ = Further development required ★★★ = New initiative

Commitment	Status	Actions	Strategic Linkages
		Encourage community participation in managing Council facilities where appropriate (such as via incorporated bodies).	Mallala Strategic Plan – Goal 1 Light Strategic Plan – Focus Areas 2 and 3 Regional RDA Roadmap Priorities: <i>Health and Wellbeing</i> State SA: A Better Place to Live - SP 1. SA’s Communities for All. Volunteering Strategy for SA
3.2 Promote social interaction and wellbeing through activities, events and places	☆☆	- Support community events - Integrate cultural/arts planning in main street and precinct development - Establish community focal points (e.g. Lewiston) - Promote regional tourism - Promote participation from people of all ages and abilities.	
3.3 Support and recognise the contribution of community groups, volunteers and careers in our community	☆	- Promote current volunteer programs (Council and external) - Promote current volunteer resource centres - Support volunteer events - Provide carer support programs	
4. Community Services and Support for Healthy Living			
4.1 Advocate for equitable access to health information and support programs for our community	☆☆	- Facilitate access to information regarding available regional health services and community support programs (in partnership with Country Health SA and Medicare Locals) - Promote awareness of Council community support programs through relevant stakeholders (Country Health SA, Medicare Locals) - Support regional partnerships (with the Health Service Sector) to facilitate exchange of information regarding services and community development programs to address chronic disease risk factors (smoking, obesity, physical inactivity, smoking during pregnancy as well as mental health and family support programs). - Advocate and support partnerships for adequate support for vulnerable children and their families and raise awareness of available support programs - Explore funding opportunities for partnership programs to address risk areas: obesity (e.g. Obesity Prevention and Active Living (OPAL), physical inactivity, smoking, alcohol consumption. - Continue support for the following current regional initiatives/networks, such as: - Barossa, Gawler, Light Mental Health Group - SPOKE Barossa (Network of Community Service Providers) - Regional Home and Community Care (HACC) Program - Medicare Local ‘closing the gap’ initiatives for Aboriginal residents	Local Gawler Strategic Plan - Strategic Directions 3 and 5. Barossa Strategic Plan – Focus Areas 1, 2 and 4. Mallala Strategic Plan– Goal 1 Light Strategic Plan – Section 3 Regional RDA Roadmap 2013-2016. Priorities: <i>Health and Wellbeing</i> State SA: A Better Place to Live - SP 2 and SP 3 South Australian Tobacco Control Strategy 2011-2016 South Australian Alcohol and Other Drug Strategy 2011-2016

☆ = Adequately addressed ☆☆ = Further development required ☆☆☆ = New initiative

Commitment	Status	Actions	Strategic Linkages
4.2 Support corporate initiatives which encourage healthy choices for staff and the community	☆☆☆	- Review Council workplace policies for healthy eating and encouraging physical activity - Develop a healthy catering policy for Council functions and events - Provide breastfeeding friendly facilities at key Council venues - Develop and implement policies for smoke-free community events - Provide a workplace immunisation program - Promote food safety and hygiene at Council venues	Aboriginal Health Care Plan 2010-2016 Eat Well be Active Strategy 2011-2016 Chronic Disease Action Plan for SA 2009-2018 LGA of SA & SA Health Immunisation Memorandum of Understanding (Draft)
4.3 Support the provision of accessible childhood, school and other community immunisation services across the region to achieve target vaccination rates	☆☆	- Investigate a regional model to integrate Councils existing, independent immunisation services with consideration of: existing (and pending) service agreements; current accessibility; service and fiscal improvements - Promote key SA Health immunisation awareness programs: Big Help for Little Adventurers	
4.4 Advocate for health services to meet the needs of a growing and ageing population profile	☆☆	- Advocate with RDA Barossa for adequate health facilities and services in the region - Advocate for broadband roll-out and utilisation by the health sector - Provide a Development Policy framework which enables consideration of social infrastructure requirements, accessible housing and aged accommodation	
4.5 Liaise with the health service sector regarding planning for regional climate change vulnerability	☆☆	- Raise awareness of the Central LGA vulnerability assessment findings with the health care sector - Promote adaptation planning by the regional health care sector (through current regional adaptation planning)	

7.5 Natural and Built Environment

Councils have the potential to plan urban environments and infrastructure to facilitate physical activity, access and community connectedness. The physical and mental health benefits of access to the natural environment and green spaces are well documented.¹⁵ The Barossa, Light and Lower Northern Councils can embrace the opportunity to integrate health considerations into the significant urban development projects planned for the region. The potential public health impacts of climate change on the region also need to be considered. Council functions across environmental health, waste management, food safety and emergency management, are critical to promoting safe, aesthetic environments in which communicable diseases are controlled.

Our mission is to provide a regional environment that protects and improves the community's health through planning, education and regulatory enforcement.

Our Stakeholders - Barossa RDA, LGA, Department for Planning, Transport and Infrastructure, Adelaide and Mount Lofty Ranges Natural Resources Management (AMLR NRM) Board, Conservation Volunteers Australia, Office for Recreation and Sport, Developers, Heart Foundation, SA Health: Country Health SA (Barossa, Hills, Fleurieu Region), Health Protection and the Immunisation Section, Volunteers SA, Country North SA Medicare Local, Northern Adelaide Medicare Local, Zero Waste SA, KESAB, Environment Protection Authority, Department for Premier and Cabinet, Environmental Health Australia.

Commitment	Status	Actions	Strategic Linkages
5. Planning Environments Supportive to Wellbeing			
5.1 Provide facilities and infrastructure to promote recreation and physical activity in priority locations	★	- Implement the 'Regional Open Space and Public Realm Strategy. - Continue to maintain and upgrade local recreation and sporting facilities in line with Council strategies and plans.	Local Gawler Strategic Plan – Strategic Directions 3 and 5. Barossa Strategic Plan – Focus Areas 1 and 2 Mallala Strategic Plan – Goal 1 Light Strategic Plan – Section 3
5.2 Consider public health and wellbeing through urban planning projects and policies	★★	- Engage with developers to incorporate: 'Healthy by design', green infrastructure and water sensitive urban design guidelines into key regional urban development projects. - Incorporate 'Healthy by design' arts and cultural planning into re-developments of key precincts. - Advocate for incorporation of 'healthy by design' policies into State level planning reforms and modules.	Regional RDA Roadmap Priorities: <i>Infrastructure for Sustainable Populations</i>

★ = Adequately addressed ★★ = Further development required ★★★ = New initiative

Commitment	Status	Actions	Strategic Linkages
		- Provide training for planning, engineering and asset management staff in health in planning principles, including ¹⁸⁻²³: 'Healthy by design' guidelines - Healthy by Design SA (National Heart Foundation of Australia, 2012) - CHESS (Connected, Healthy Eating, Supportive and Sustainable) development principles - Age and child friendly design – SA Health Age Friendly Guidelines	AMLR NRM Board Plan: Northern Coast and Plains Northern Hills State SA: A Better Place to Live - SP 1. 30 Year Plan For Greater Adelaide Green Infrastructure Strategy The People and Parks Strategy
5.3 Promote, protect and enhance the region's natural environment	★	- Continue to partner with the NRM Board in regional natural resource management projects (<i>all</i>) - Implement Council sustainability and environmental management plans (<i>all</i>) - Promote co-planning of biodiversity protection and infrastructure for physical recreation in the region: trails, nature-based tourism (<i>all</i>) - Continue partnership programs with the AMLR NRM Board for catchment management, vegetation management and coastal protection (<i>Mallala Council</i>) - Ensure roadside vegetation protection through marking and Council works procedures (<i>rural Councils</i>) - Undertake programs to protect coastal vegetation from recreational activities (motor-bike riding, vehicles) (<i>Mallala Council</i>)	
6. Accessibility for All			
6.1 Plan and advocate for accessible transport across the region	★★	- Provide community transport services in partnership with other community stakeholders - Review community transport services to cater for key needs: remote areas, needs groups, east-west linkages - Investigate a regional youth transport/mobile health service - Advocate for transport services and infrastructure to meet population growth demand and East-West transport gaps	Local Gawler Strategic Plan - Strategic Directions 3 and 5. Barossa Strategic Plan – Focus Areas 2, 1 and 4 Mallala Strategic Plan – Goal 1 Light Strategic Plan – Sections 2 and 3
6.2 Support accessibility for all through Council services and facilities	★	- Implement Council Disability Discrimination Act Plans - Investigate the opportunity for a regional Disability Discrimination Act Plan - Integrate access considerations into urban, asset and community planning	Regional RDA Roadmap Priorities: <i>Health and Wellbeing</i>

Commitment	Status	Actions	Strategic Linkages
			State SA: A Better Place to Live - SP 1. SA's Communities for All.
7. Safe and Affordable Housing			
7.1 Promote affordable and diverse housing choices	★	Commit to SA targets for affordable housing provision in new urban developments	Local Gawler Strategic Plan - Strategic Directions 3 and 5. Barossa Strategic Plan – Focus Areas 1, 2 and 4 Mallala Strategic Plan – Goal 1 Light Strategic Plan – Sections 2 & 3 Regional - RDA Roadmap Priorities: <i>Health and Wellbeing</i> State SA: A Better Place to Live - SP 1 and SP 4. 30 Year Plan for Greater Adelaide
7.2 Enforce safe and healthy housing conditions	★★	- Enforce housing safety and living standards through the: - Development Act 1993 - e.g. building standards, fire and swimming pool safety - SA Public Health Act 2011 – new domestic squalor policy - Local Government Act 1999- fit for habitation - Fire and Emergency Services Act 2005 - Establish a regional forum for the Public Health (Severe Domestic Squalor) Policy	State SA: A Better Place to Live - SP 1 and SP 4. 30 Year Plan for Greater Adelaide
8. A Sustainable Environment for Health			
8.1 Plan for regional water security	★	- Promote water recycling (Revision 2045 Project) and minimisation - Promote regional water re-use projects e.g. the Greater Gawler Water Re-use Project	Local Gawler – Strategic Plan Strategic Directions 3 and 5. Barossa Strategic Plan – Focus Areas 1.2 and 4 Mallala Strategic Plan – Goal 1 Light Strategic Plan – Sections 2 and 3 Regional RDA Barossa Roadmap Priorities: <i>Health and Wellbeing</i> Central LGA Waste Management Strategy
8.2 Minimise energy and resource use in the region	★	- Support ongoing research and partnerships with industry in the region (Sustainable Environs Committee) - Implement energy use reduction for Council facilities and infrastructure	
8.3 Reduce waste generation and illegal dumping	★★	- Implement a regional strategy for waste management and recycling - Implement specific waste management programs: Agricultural waste management, electronic waste - Undertake illegal dumping surveillance and prevention trials	

★ = Adequately addressed ★★ = Further development required ★★★ = New initiative

Commitment	Status	Actions	Strategic Linkages
			State SA: A Better Place to Live - SP 1 and SP 4. South Australia's Waste Strategy Water for Good
9. Environmental Health Protection			
9.1 Maintain effective public health enforcement standards for the management of communicable diseases	☆☆	- Develop regional public and environmental health performance standards (in consultation with SA Health) - Explore regional shared service approaches to: environmental health education for common issues (e.g. food safety, wastewater management) and certain services (e.g. immunisation) - Adopt standardised enforcement policies and procedures - Adopt Council based customer response targets - Provide education and training on new legislative requirements	Local – Gawler Strategic Plan – Strategic Directions 3 and 5. Barossa Strategic Plan – Focus Areas 1, 2 and 4 Mallala Strategic Plan – Goal 1 Light Strategic Plan – Sections 2 and 3 Regional – RDA Roadmap Priorities: <i>Health and Wellbeing</i> State SA: A Better Place to Live - SP 4.
9.2 Address environmental protection and nuisance such as odour, dust air quality and noise	☆☆	- Enforce animal keeping policies (animal husbandry zone) - Implement Council road maintenance programs (to address dust from unsealed roads) - Undertake environmental education and enforcement for building and construction industry - Consider urban planning measures to address interface issues between residential areas and regional industries (agriculture)	
10. Preparing for the Public Health Impacts of Climate Change			
10.1 Plan for potential public health risks associated with climatic changes and extreme weather events in the region	☆☆	- Integrate public health considerations in emergency management planning - Tailor adaptation measures for vulnerable groups in the community (ageing, disabled, farming sector, coastal communities) - Plan climate change adaptation with key sectors: agricultural, health, primary production, animal husbandry - Undertake adaptation planning for coastal communities - Undertake surveillance of potential changes to environmental health conditions in the region (mosquito breeding, food production and safety, on-site water reuse and evaporative cooling) - Consider potential climate change impacts to regional public health infrastructure: stormwater and wastewater treatment schemes.	Local Gawler Strategic Plan – Strategic Directions 3 and 5. Barossa Strategic Plan – Focus Areas 1, 2 and 4 Mallala Strategic Plan – Goal 1 Light Strategic Plan – Sections 2 and 3

Commitment	Status	Actions	Strategic Linkages
			Regional RDA Barossa Climate Adaptation Strategy (in progress). RDA SA Barossa Region Sector Agreement 2001 State SA: A Better Place to Live - SP 3. Climate Change Adaptation Framework for SA

7.6 Economic Wellbeing

The World Health Organisation identifies the social gradient, stress, work conditions and employment as key social determinants where action can be taken to address health. Economic conditions are not only an important determinant of health, conversely there is evidence that investing in a healthy population brings benefits to the economy. This has been recognised by RDA Barossa who have identified 'health and wellbeing' as a key priority to support economic growth in the region.

Our mission is to support the health of our community through a thriving economy.

Our Stakeholders: RDA Barossa, Department for Planning, Transport & Infrastructure, Northern Connections, Northern Adelaide Regional Collaboration, Northern Adelaide Councils (Salisbury and Playford), Barossa Tourism, Yorke Tourism.

Commitment	Status	Actions	Strategic Linkages
11. Diverse Employment Opportunities			
11.1 Work with key stakeholders to diversify the regional economic base	★	Continue partnership with RDA Barossa to implement Regional Roadmap priorities for economic diversification	Local Gawler Strategic Plan – Strategic Directions 3 and 5.
11.2 Support local employment opportunities	★★	- Continue support for RDA youth and community employment programs. - Review Council policies to support youth employment/work experience opportunities. - Participate in the Northern Adelaide Regional Collaboration (NARC) to build workforce opportunities for northern Adelaide	Barossa Strategic Plan– Focus Areas 1 and 2 Mallala Strategic Plan– Goal 1
11.3 Protect and enhance local agricultural industries	★	- Implement RDA Roadmap initiatives (priority: premium food and wine production) - Implement the Virginia and Northern Adelaide Plains Horticultural Study recommendations (<i>Mallala Council</i>)	Light Strategic Plan – Section 3 Regional RDA Roadmap Priorities: <i>Infrastructure for Sustainable Populations</i> Virginia and Northern Adelaide Plains Horticultural Study State 30 Year Plan for Greater Adelaide

★ = Adequately addressed ★★ = Further development required ★★★ = New initiative

Commitment	Status	Actions	Strategic Linkages
12. Vibrant Places			
12.1 Re-vitalise main streets and town centres	☆☆	- Promote connections between potential economic growth sectors and health and wellbeing: local fresh food production, recreation and ecological based tourism. - Incorporate 'health in planning' principles in main street and town centre projects (recognising dual benefits to public health and local economy).	Local Gawler Strategic Plan – Strategic Directions 3 and 5. Barossa Strategic Plan– Focus Areas 1 and 2 Mallala Strategic Plan– Goal 1 Light Strategic Plan – Section 3 Regional RDA Roadmap Priorities: <i>Infrastructure for Sustainable Populations</i> State 30 Year Plan for Greater Adelaide
13. Digital Economy			
13.1 Advocate for improved internet services	☆☆	- Implement RDA Roadmap initiatives: - Support for the NBN roll-out and utilisation by the health sector - Advocacy for broadband access for economic development, community information, life-long learning	Local Gawler Strategic Plan – Strategic Directions 3 and 5. Barossa Strategic Plan– Focus Areas 1 and 2 Mallala Strategic Plan– Goal 1 Light Strategic Plan – Section 3 Regional RDA Roadmap Priorities: <i>Infrastructure for Sustainable Populations</i>

8. A Regional Model for Plan Implementation

The Public Health Plan Project Team and Council reference groups will manage the implementation of the Regional Public Health and Wellbeing Plan.

Cementing an effective regional governance structure for the Plan implementation is a key priority for this initial planning cycle. The continued engagement of key stakeholders beyond the regional Councils is fundamental to the successful implementation of the Plan. The establishment of a regional 'Public Health and Wellbeing Stakeholder Reference Group' is recommended for maintaining external stakeholder communication and input.

The Public Health Project Team will initially focus on the development of an Implementation Plan in consultation with the key stakeholders. During this stage the roles and responsibilities of Council and other agencies, as well as support from SA Health and the LGA of SA, will be determined.

A proposed model for regional governance of the Public Health and Wellbeing Plan is provided in Figure 4.

Figure 4 – Regional Governance Model for Public Health



8.1 Plan Review and Reporting

Progress against the Plan will be reported on every two years in accordance with the *SA Public Health Act 2011*. A review of the Plan will be undertaken every five years in association with Council strategic planning requirements under *section 122 of the Local Government Act 1999*. Each regional Council should seek to align the public health commitment areas with their strategic plans, during the next strategic planning review cycle.

The Public Health and Wellbeing Plan Project Team will monitor the 'measures of success' and the implementation of each commitment, for biennial reporting on Plan progress to the Council and Chief Public Health Officer (CPHO). Plan progress will also be reported through Council annual reports.

9. References

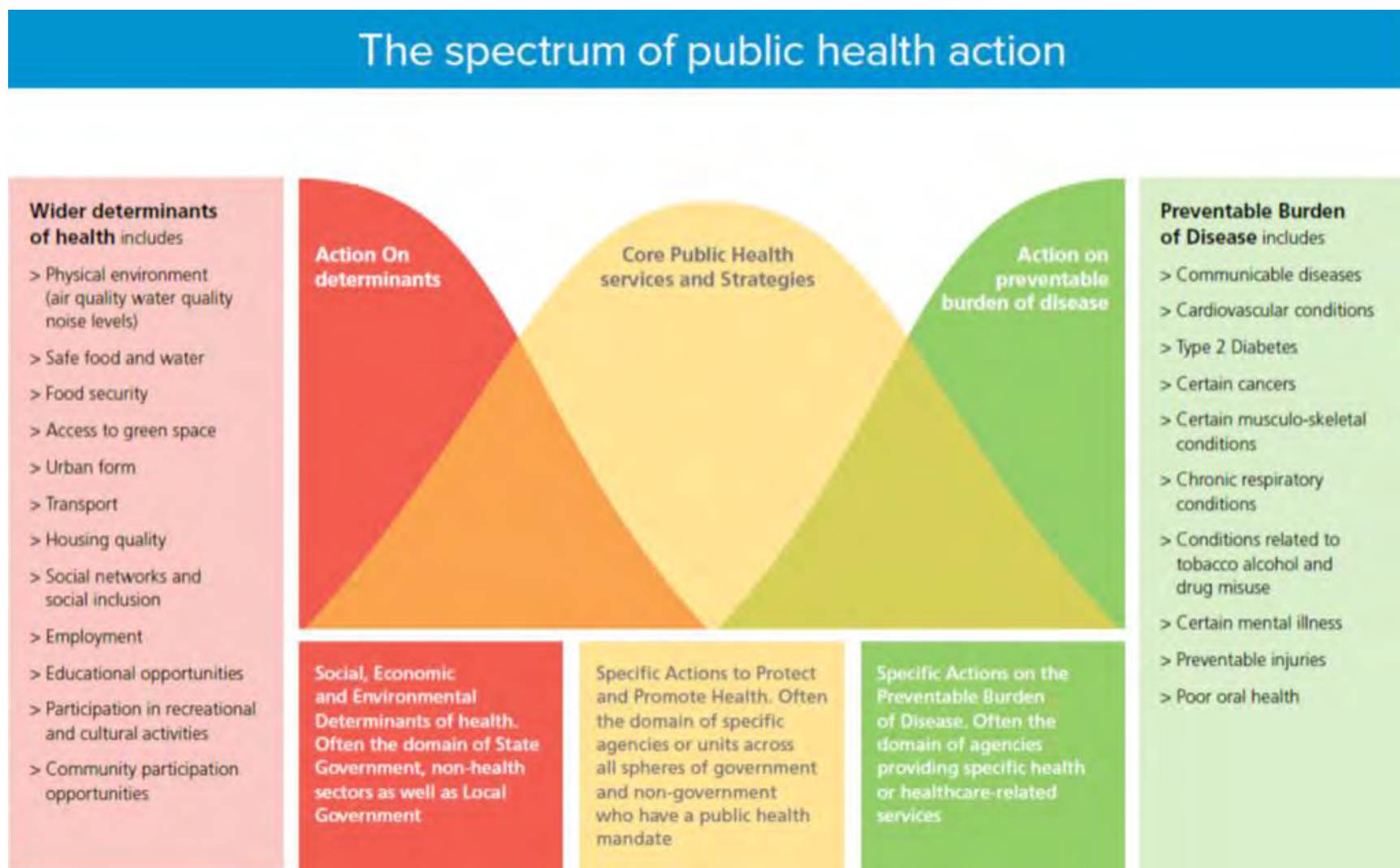
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10. Glossary

- **Chronic Disease** - The term “chronic disease” describes health problems that persist across time and require some degree of health care management.
- **Community Wellbeing** -Wellbeing refers to the condition or state of being well, contented and satisfied with life. Wellbeing has several components, including physical, mental, social and spiritual. Wellbeing can be used in a collective sense, to describe how well a society satisfies people's wants and needs.
- **Communicable Disease** - An infectious disease that can be transmitted from one infected individual to another.
- **Epidemic** – An epidemic occurs when new cases of a certain disease, in a given human population, and during a given period, substantially exceed what is expected based on recent experience.
- **Health** - Health is ‘an everyday resource – the capacity to adapt to, respond to, or control life's challenges and changes’.³
- **Infectious Disease** - A disease that is caused by the entrance of micro-organisms (bacteria, viruses, protozoa, fungi) to the body that grow and multiply there.
- **Pandemic** - An epidemic of infectious disease that has spread through human populations across a large region; for instance multiple continents, or even worldwide.
- **Public Health** - ‘Public health means the health of individuals in the context of the wider health of the Community’.¹
- **Strategic Management Plans** - The *Local Government Act 1999* (section 122) requires Councils to prepare Strategic Management Plans which set a clear vision and objectives for the management of their area for a minimum four year period.

Appendix A – The Spectrum of Public Health Action



Source: South Australia: A Better Place to Live (Department for Health and Ageing, 2013)

Appendix B – Organisations Represented at the Stakeholder Forums

- *Country North Medicare Local*
- *Northern Adelaide Medicare Local*
- *Department for Health and Ageing (including regional Country Health SA representatives)*
- *Regional Health Advisory Councils*
- *Local Government Association of SA*
- *Department for Planning Transport and Infrastructure*
- *Department for Education and Child Development (Elsie Ey Children's Centre)*
- *Northern Adelaide Waste Management Authority*
- *Regional Development Australia (Barossa)*
- *Barossa Sustainable Environs Committee*
- *The Barossa Council*
- *Town of Gawler*
- *Light Regional Council*
- *District Council of Mallala*