



PUBLIC HEALTH PLAN 2021 - 2025

A plan to protect, improve and promote public health and wellbeing amongst all residents of the Shire of Dardanup.



The Shire of Dardanup acknowledges the Noongar people as the traditional owners of the land upon which the Shire is situated. In doing this, we recognise and respect their continuing culture and contribution they make to the life of this region and pay our respects to their elders, past, present and emerging.

Document History

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This plan was formally adopted by the Shire of Dardanup Council at the Ordinary Council Meeting on the 25th of August 2021.

Contents

| | |
|--------------------------------------|----|
| 1. Introduction | 4 |
| 2. Strategic Context | 5 |
| 3. Vision and Priority Areas | 7 |
| 4. The Social Determinants of Health | 9 |
| 5. Our Community Profile | 10 |
| 6. Our Health and Wellbeing Profile | 11 |
| 7. Developing the Plan | 12 |
| 8. Our Action Plan | 13 |
| 9. Sustainable Environment | 14 |
| 10. Connected Community | 15 |
| 11. Healthy Amenity | 17 |



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1. Introduction

Local governments act at the community level contributing to health and wellbeing in many ways including the provision of parks, running recreation facilities, holding community events, ensuring high levels of hygiene in food premises and many other actions that enable residents to actively participate and enjoy their local community.

There is evidence that shows our health and wellbeing is affected by a broad range of lifestyle factors including the quality and quantity of the food we eat; the amount of exercise we do; how much we drink; and whether we smoke. It is also affected by the natural, built, social and economic environments in which we live.

Walkable neighbourhoods, affordable appropriate housing, access to public transport, sport and recreational facilities, social opportunities to connect to others in the community, access to natural spaces, having a job, and being safe in our neighbourhoods are all determinants of health. The Shire of Dardanup (the Shire) recognises that working holistically to address all of these factors will have the greatest impact on health and wellbeing.

This Public Health Plan (Plan) was developed in accordance with the Public Health Act 2016 which requires local governments to develop local public health plans. This Plan has a prevention focus, which advocates for an approach that encourages individuals to change their attitudes and lifestyles, and focusses on the environment in which they live and work to provide the skills and support needed to lead a healthier, happier and longer life.

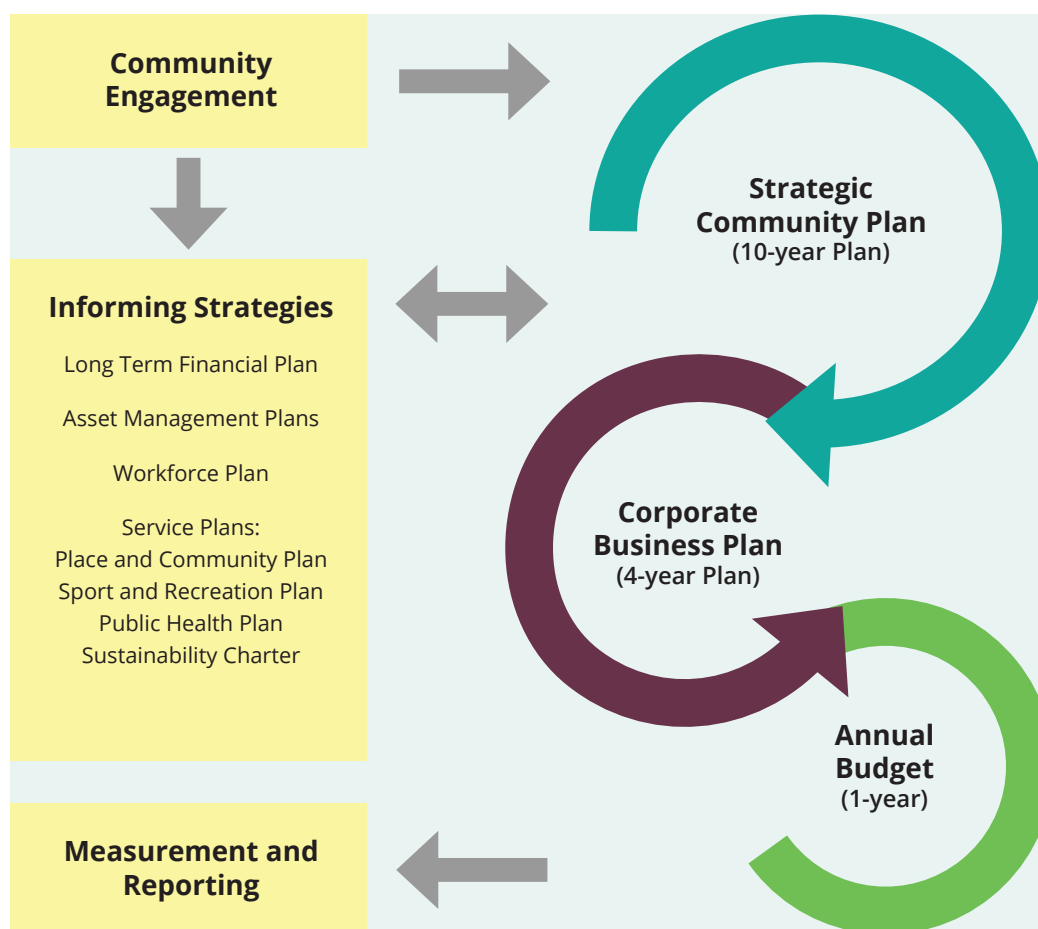
This plan does not address any clinical treatment of health issues, instead it focusses on aspects that the Shire can directly affect to improve health.



2. Strategic Context

The Integrated Planning Framework, introduced by the Western Australian State Government in 2012 requires each local government to have a Strategic Community Plan, a Corporate Business Plan and other informing strategies in place to ensure the future provision of services is sustainable.

This Plan forms part of the Shire's suite of informing strategies as shown below:



Infographic: Elements of Integrated Planning and Reporting

Strategic Community Plan

The Strategic Community Plan is the highest level integrated strategic corporate planning document, setting out the long term vision of the community for the next 10 years. It will influence how the Shire uses its resources to deliver services to the community.

Corporate Business Plan

The Corporate Business Plan is a key component of the Shire's Integrated Planning and Reporting Framework and is the organisation's commitment to activating the Shire's Strategic Community Plan.

The Corporate Business Plan maps the Shire's key priorities, projects, services and actions over the next four years. It provides the detail for the first years of the Strategic Community Plan as well as detailing business as usual service delivery.

Informing Strategies and the Public Health Plan

Informing strategies inform both the Strategic Community Plan and the Corporate Business Plan and this Public Health Plan 2021-2025, is one of the informing strategies.

The Shire provides a range of services to the community, which may affect community health and wellbeing. Collectively, these services impact (directly or indirectly) on the health of residents. As a local government there is also statutory responsibility for public health protection under various legislation including the Public Health Act 2016, the Environmental Protection (Noise) Regulations 1997, the Food Act 2008 and a range of subsidiary legislation.

In addition to the more traditional environmental health roles, local government are now required by the Public Health Act 2016 to initiate a range of other activities, programmes, assets and services, intended to protect and promote the health of communities on behalf of their ratepayers (such as urban planning, parks and facilities, transport, social support and community inclusiveness and participation).

This new direction in planning for health calls for a more integrated approach to the provision of facilities, programmes and services to address not only environmental health, but chronic disease, mental health issues, communicable diseases and other issues common in our communities. This Plan integrates all of these requirements for the Shire to coordinate and facilitate across various stakeholders.



3. Vision and Priority Areas

The Shire's **Strategic Community Plan 2020-2030** has the following vision: *Provide effective leadership in encouraging balanced growth and development of the Shire while recognising the diverse needs of the community.* The five key strategic objectives of the Strategic Community Plan are:



ENVIRONMENT

To achieve a balanced respect for our natural assets and built environment, while retaining our lifestyle values, community spirit and identity.

LEADERSHIP

To provide strong civic leadership representing the whole of the Shire which is supported by responsible and transparent corporate governance.



COMMUNITY

To create a safe, healthy and vibrant community which is inclusive and welcoming for all ages.

PROSPERITY

To promote and facilitate a diverse and resilient economy that supports a range of local employment opportunities.



AMENITY

To provide and maintain facilities, assets and services that promote the Shire as an attractive and desirable place to live.

Recently the Shire has produced the **Shire of Dardanup 2050 Vision**. This document aims to set out a future the community is proud of, passionate about being involved in and committed to achieving with a vision that: *In 2050 the Shire of Dardanup will be a healthy, self-sufficient and sustainable community that is connected and inclusive, and where our culture and innovation are celebrated.*

This vision sets out an aspirational future for how our community will develop, look and feel like and how we will ultimately live and reside within our communities. It identifies five guiding aspirations that will drive our fundamental ambitions and actions into a reimagined Shire of Dardanup of 2050:



SUSTAINABLE

In 2050, the Shire of Dardanup is a leading light in Western Australia for its commitment to sustainable living practices.

INNOVATION

In 2050, the Shire of Dardanup sits at the forefront of research, development and innovation in food production, energy and advanced manufacturing.



CONNECTED

In 2050, the Shire of Dardanup contains a multitude of vibrant community spaces and has well developed programs that bring people together, fostering positive community connection.

SELF-SUFFICIENT

In 2050, Shire of Dardanup residents will have access to ample supplies of locally produced foods and materials that would be purchased in preference to imported products.



HEALTHY

In 2050, the health and well-being of the Shire of Dardanup Community has been cultivated and delivers a lifestyle of choice.

It is within this context of both the Shire of Dardanup Community Strategic Plan 2020-2030 and the longer-term Shire of Dardanup 2050 Vision that this Plan has been developed to:

**Protect, improve and promote public health and wellbeing
amongst all residents of the Shire of Dardanup.**

The priority areas for this Plan are:



**SUSTAINABLE
ENVIRONMENT**



**CONNECTED
COMMUNITY**



**HEALTHY
AMENITY**





4. The Social Determinants of Health

Our health and wellbeing are significantly influenced by social and environmental factors, also known as the 'Social Determinants of Health'. The determinants are broad and include employment, education, housing, social support, access to health care and other services, transport, food security, community safety, and community connection. They also include personal factors such as the conditions in which a person is born, grows up, lives, works, and ages.

These variables all have an effect on a person's opportunity to be healthy, their sense of wellbeing, their risk of developing illness, and their life expectancy.

Shaping these determinants of health is a shared responsibility that is beyond the scope of any one agency or level of government. However, improving health outcomes starts with giving people more opportunities to make choices that support them to lead healthier, more active lives, regardless of their income, education or cultural background.

Through the development of this Plan, the Shire recognises that the greatest impact on health and wellbeing comes from working to address all of these factors using a holistic approach.

5. Our Community Profile

The social determinants of health demonstrate that public health is linked with many other aspects of a community's profile. The health and wellbeing of the population contributes to social interaction, and the vitality and productivity of the community. It enables participation in employment, industry, sports, volunteering, arts, culture and other activities that bring the community together. By contrast, poor health and wellbeing reduces this participation and brings with it the high cost of medical care and other community services.

Below is a snapshot of the Shire's community health and wellbeing. It gives us an overall picture of where we are at, and what areas we need to focus on to improve our health, now and into the future.

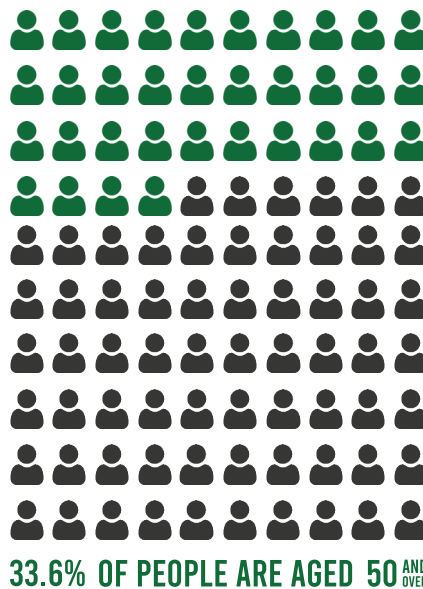
The Shire contains the main suburban areas of Eaton and Millbridge; the townsites of Burekup and Dardanup; substantial rural land along with industrial land.

TOTAL LAND AREA
525.8 KM²

14,969 **PEOPLE** **MEDIAN AGE 37**

44.5%
COUPLES WITH CHILDREN

23.5%
BORN OVERSEAS



Priority Population Groups

The Shire recognises there are population groups that may require some targeted support, or specific focus, as part of this Plan. They include:

- Aboriginal and Torres Strait Islander peoples – 1.8% of the population are Aboriginal and Torres Strait Islander.
- Seniors – 20.6% are aged 60 years and over.
- People living in low socioeconomic circumstances – 8.8% of households live with low income, and are welfare dependent with children.

97.8%
OF RESIDENCES HAVE A MOTOR VEHICLE

2.8% TAKE PUBLIC TRANSPORT TO WORK
1.5% WALK

21.6%
RENT



78.2%
FAMILY HOUSEHOLDS

93.1%
OCCUPIED DWELLINGS ARE SEPARATE HOUSES

\$80,392
MEDIAN ANNUAL HOUSEHOLD INCOME

54.7% EMPLOYED FULL-TIME

32.2% EMPLOYED PART-TIME

6.9% UNEMPLOYED OR LOOKING FOR WORK

13.3%
COMPLETED YEAR 12

29.1%
HOLD A CERTIFICATE LEVEL III OR TERTIARY QUALIFICATION

20.3% HAVE DONE VOLUNTARY WORK

Graphic: Australian Bureau of Statistics (Census 2016)

6. Our Health and Wellbeing Profile

Healthy behaviours play an important part of people leading longer and healthier lives. Many chronic diseases such as cardiovascular disease, type 2 diabetes, respiratory disease and some cancers are associated with risk factors such as being overweight or obese, having a poor diet, getting insufficient physical activity, smoking,

and consuming alcohol at harmful levels. These chronic diseases can have a profound impact on an individual's health and wellbeing. When thinking about public health and wellbeing in our community it is important to consider the following lifestyle factors:



20.6%

incidence rate of mental health problems.



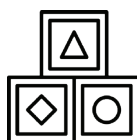
34%

are above a healthy weight.



39%

do less than 150 minutes of physical activity per week.



45%

of children are developmentally at risk with their language and cognitive skills.



26%

suffer from arthritis.



45%

do not eat enough fruit.

88%

do not eat enough vegetables.

Graphic: Population profile for the Shire of Dardanup, Epidemiology Branch, Department of Health WA

There are opportunities to improve the health of the population by raising awareness and creating healthier environments across the community to make it easier, and more accessible, to choose healthy behaviors. Following analysis of the Shire's population health data, the following priority health issues have been identified which will be a focus for this Plan:

- **Physical activity;**
- **Healthy eating;**
- **Mental health and wellbeing;**
- **Youth initiatives;**
- **Early childhood development; and**
- **Environmental health.**

Further research of health data identified that the following health issues require particular attention and focus:

- **Screening** – as the incidence of cancer in our community is higher than the rest of Western Australia.
- **Vector Borne Disease** – the incidence of mosquito-borne disease in the population was 130 per 100,000 persons (higher than the state average);
- **Mental Health** – the general rate of mental health problems, including depression, stress and anxiety in our community is also higher than the state average.
- **Physical exercise and nutrition** – a higher incidence of sedentary leisure time, and lower rates of fruit and vegetable consumption than the rest of Western Australia.
- **Early childhood development** – There are a number of areas in which children in our community are considered developmentally vulnerable.

7. Developing the Plan

This Plan has been largely informed by community consultation undertaken previously as part of formulating the Shire's Strategic Community Plan, Vision 2050, Place and Community Plan and Sport and Recreation Plan. Additionally the Plan has been informed by ideas and feedback gathered from an online community survey and consultation with the Shire's Community Advisory Group, external and internal stakeholders.

The consultation and feedback identified the following themes for our community to live a healthy, happy and connected life. These themes (grouped under the priority areas) form the basis for the actions of this Plan and the long-term outcomes this Plan is seeking to achieve.

It is important to recognise there are many non-government organisations (in addition to the Department of Health and the West Australian Country Health Services) that have a role to support a healthy, happy and connected community. A number operate in the Bunbury region and they support priority population groups by advocating for, or delivery of programs on important health topics. They include the South West Cancer Services, Injury Matters, Live Lighter and the Cancer Council. These organisations have indicated their desire to work with the Shire on issues such as mental health and wellbeing, reducing obesity and promoting health and safety messages to the community.

Through this Plan the Shire will continue to provide the traditional health roles such as ensuring safe drinking water, managing food safety and control of mosquitoes. The Shire will also play a role in building the capacity and wellbeing of the community to ensure we are stronger, healthier and more self-reliant. Collaboration with stakeholder organisations will also form a key part of this Plan in order to increase our community's knowledge on health, and seek opportunities to provide the community with health and wellbeing programs, strategies or initiatives.



SUSTAINABLE ENVIRONMENT

*Sport and Recreation Initiatives
Environmental Preservation*



CONNECTED COMMUNITY

*Youth Initiatives
Mental Health Initiatives
Better Accessibility and
Connectedness*



HEALTHY AMENITY

*Community Safety
Better Health and Nutrition*

8. Our Action Plan

This Plan lists a number of actions under the 3 priority areas and also relates them directly to the outcomes of the Shire's Strategic Community Plan. The actions include specific projects, services, initiatives, facilities or programs aimed at minimizing public health risks, and promoting health and wellbeing. These actions may be delivered through the Shire's projects and programs or through partnerships with external stakeholder organisations and the community.

The Shire will work with the community and other stakeholders to achieve the outcomes of this Plan and will take on the following roles:

- Deliver:** to provide a service, program, event or initiative.
- Facilitate:** to make it easier to achieve.
- Partner:** to work directly with others.
- Advocate:** to voice support or actively promote.

The actions include a delivery timeframe and this Plan will be prioritised in stages of:

- Short:** 0 to 3 years
- Medium:** 3 to 5 years
- Long:** 5 years plus

This Plan will provide guidance for decision-making in terms of the annual budget and may be of assistance when seeking State and Federal Government funding opportunities for health related matters.





Priority Area: Sustainable Development

| WHAT? | DELIVER | FACILITATE | PARTNER | ADVOCATE | WHEN? | WHO? | LONG-TERM OUTCOMES |
|--|---------|---|---------|----------|---------|----------------------------------|--|
| Strategic Community Plan | | 2.1 Enhanced, protected and responsibly manage our natural environment and public open spaces | | | | | |
| Incorporate Healthy Active by Design principles into natural areas and public open spaces. | X | | | | Ongoing | Infrastructure Planning & Design | Environmental preservation |
| Provide diverse waste disposal and processing options including, recycling and FOGO, to minimise waste to landfill. | X | | | | Ongoing | Infrastructure | Environmental preservation |
| Strategic Community Plan | | 2.3 Land use provisions that reflect current and future needs. | | | | | |
| Ensure the local planning framework (including the local planning strategy, scheme and policies) are reviewed and updated in accordance with statutory requirements. | X | | | | Short | Development Services | Environmental preservation Better accessibility and connectedness |



Priority Area: Connected Community

| WHAT? | DELIVER | FACILITATE | PARTNER | ADVOCATE | WHEN? | WHO? | LONG-TERM OUTCOMES |
|--|---------|---|---------|----------|---------|------------------------------|---|
| Strategic Community Plan | | 3.2 An inclusive community that promotes active involvement in community life and a strong sense of community pride. | | | | | |
| Deliver and promote activities and programs that contribute to increased physical activity including local sports and fitness activities. | X | | | X | Ongoing | Sport & Recreation | Sport and recreation initiatives Better health and nutrition |
| Deliver and promote activities and programs that contribute to increased mental health and wellbeing including community groups and cultural activities. | X | | | X | Ongoing | Place & Community Engagement | Mental health initiatives Better health and nutrition |
| Build the capacity of local clubs and groups to deliver health and wellbeing activities. | | | X | | Ongoing | Sport & Recreation | Sport and recreation initiatives Better health and nutrition |
| Contribute to the development of a collaborative <i>Greater Bunbury Youth Strategy</i> . | | | X | | Medium | Place & Community Engagement | Youth initiatives |

| WHAT? | DELIVER | FACILITATE | PARTNER | ADVOCATE | WHEN? | WHO? | LONG-TERM OUTCOMES |
|--|---------|------------|---------|----------|---------|------------------------------|---|
| Develop, support and implement events and programs that encourage inclusive cross-generational interactions. | X | X | X | | Ongoing | Place & Community Engagement | Youth initiatives Better accessibility and connectedness |
| Contribute towards a welcome pack for new residents to provide key information on local services, programs and facilities. | X | | | | Short | Place & Community Engagement | Better accessibility and connectedness |
| Strategic Community Plan 5.1 An inter-connected community. | | | | | | | |
| Contribute towards the development of a <i>Transport Strategy</i> for the Shire. | X | | | | Medium | Infrastructure | Better accessibility and connectedness |
| Support programs and events that promote active transport. | X | | | X | Ongoing | Place & Community Engagement | Better accessibility and connectedness |



Priority Area: Healthy Amenity

| WHAT? | DELIVER | FACILITATE | PARTNER | ADVOCATE | WHEN? | WHO? | LONG-TERM OUTCOMES |
|---|---------|--|---------|----------|---------|----------------------|--|
| Strategic Community Plan | | 3.5 Our community will be a healthy place to live. | | | | | |
| Encourage healthy food options at Shire events. | X | | | | Ongoing | All of Shire | Better health and nutrition |
| Support a healthy and happy workplace for Shire staff with a focus on work life balance. | X | | | | Ongoing | Governance & HR | Better health and nutrition |
| Partner with health advocacy organisations to deliver programs or initiatives that build the community's knowledge and capabilities on health, nutrition and wellbeing for example: | | | | | | | |
| <ul style="list-style-type: none"> Healthway Diabetes WA Heart Foundation Injury Matters Regional Men's Health | X | | X | | Ongoing | Development Services | Mental health initiatives Better health and nutrition |

| WHAT? | DELIVER | FACILITATE | PARTNER | ADVOCATE | WHEN? | WHO? | LONG-TERM OUTCOMES |
|---|---------|------------|---------|----------|---------|----------------------|---|
| Strategic Community Plan 3.5 Our community will be a healthy place to live. | | | | | | | |
| Partner with mental health advocacy organisations to deliver initiatives or increase awareness of services that address mental health including stress and depression for example: <ul style="list-style-type: none"> • Headspace • Mental Health Commission WA | | X | X | | Ongoing | Development Services | Youth initiatives Mental health initiatives |
| Engage with the Cancer Council WA regional support service to improve community awareness of cancer prevention, screening and recovery services with a focus on: <ul style="list-style-type: none"> • Prostate Cancer – e.g. Movember • Breast Cancer – e.g. Pink Ribbon initiative • Skin Cancer – e.g. Sunsmart campaign | | X | X | | Short | Development Services | Better health and nutrition |
| Reduce the risk of mosquito-borne disease by continued partnership in the Leschenault CLAG mosquito control program. | X | | X | | Ongoing | Development Services | Environmental preservation |
| Provide environmental health services in accordance with statutory requirements including: <ul style="list-style-type: none"> • public health • food safety • noise • drinking water • asbestos • environmental contamination | X | | | | Ongoing | Development Services | Environmental preservation Community safety Better health and nutrition |

| WHAT? | DELIVER | FACILITATE | PARTNER | ADVOCATE | WHEN? | WHO? | LONG-TERM OUTCOMES |
|---|---------|------------|---------|----------|---------|----------------------|---|
| Investigate the feasibility of implementing a voluntary 'food safety rating system' for food premises. | X | | X | | Short | Development Services | Better health and nutrition |
| Strategic Community Plan 3.6 Our community will have access to adequate health, community and social services. | | | | | | | |
| Collaborate with other local governments to meet the outcomes of the <i>Greater Bunbury Early Years Strategy & Action Plan</i> . | X | | X | | Ongoing | Development Services | Youth initiatives Better health and nutrition |
| Collaborate with other local governments to meet the outcomes of the Greater Bunbury Age-Friendly Communities Strategy. | X | | X | | Ongoing | Development Services | Youth initiatives Better accessibility and connectedness |
| Increase the capacity of the community to recover from emergency events in terms of their health and wellbeing for example: <ul style="list-style-type: none"> I HEART DARDANUP. | X | X | X | | Ongoing | Development Services | Community safety |



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