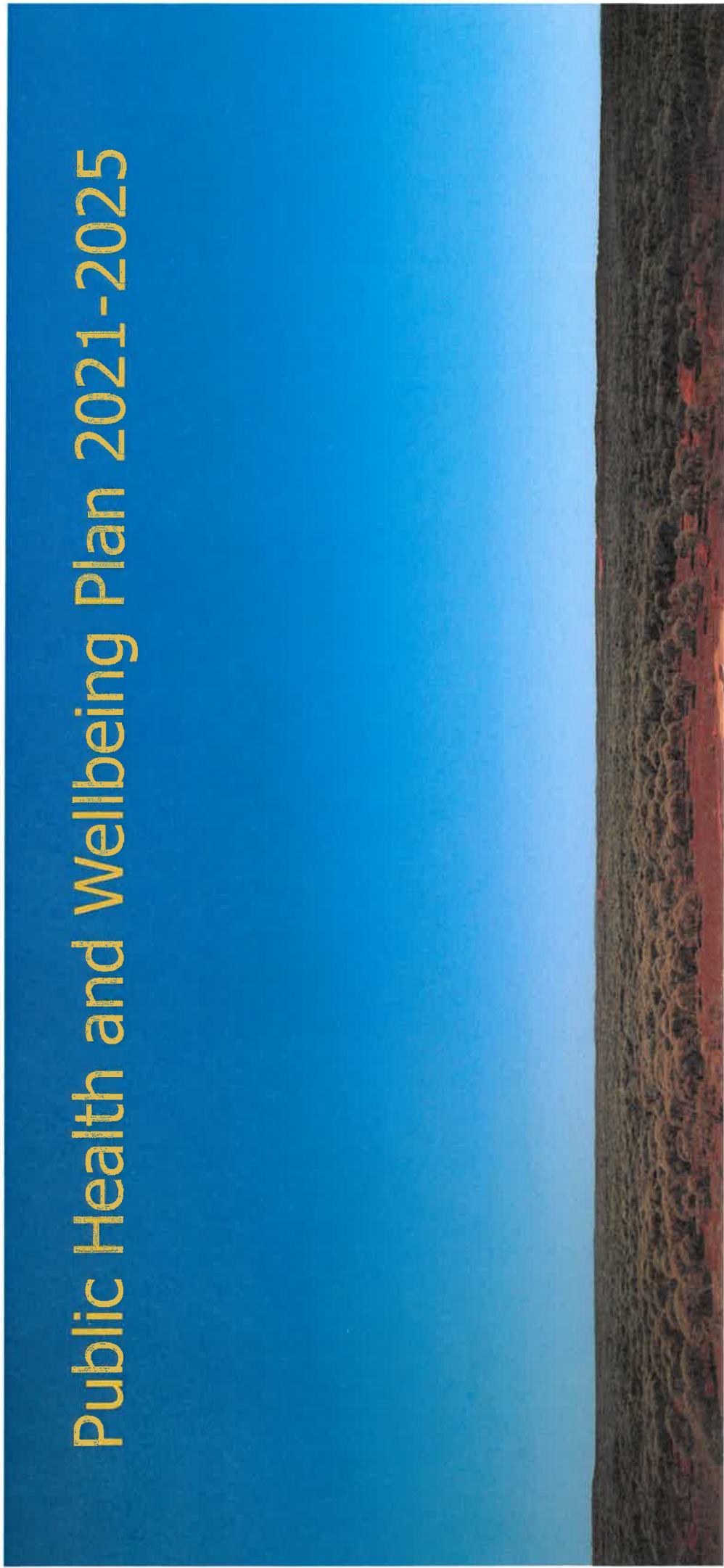




**SHIRE OF SANDSTONE**  
SERVE THE PEOPLE

# Public Health and Wellbeing Plan 2021-2025



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# Acknowledgement of Country

The Shire of Sandstone acknowledges the Wongi and Yamagee Peoples, the Traditional Owners of the country within the Council's boundaries.

## Introduction

We are proud to present the Shire of Sandstone Public Health Plan. This Plan is designed to be both a stand-alone plan and also one that influences the periodic revisions of the Shire of Sandstone Strategic Community Plan 2017 – 2027.

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 the local community.

As a result of the COVID 19 lockdown during 2020, in order to keep the momentum of the plan develop underway, it was decided to consult with all community by an electronic survey process using social media and the website. In the Sandstone Shire, with a total population of 87 persons, we were able to attract a respondent from most families living in the shire and received a total of 11 surveys completed.

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

Beth Walton  
Shire President  
December 2020

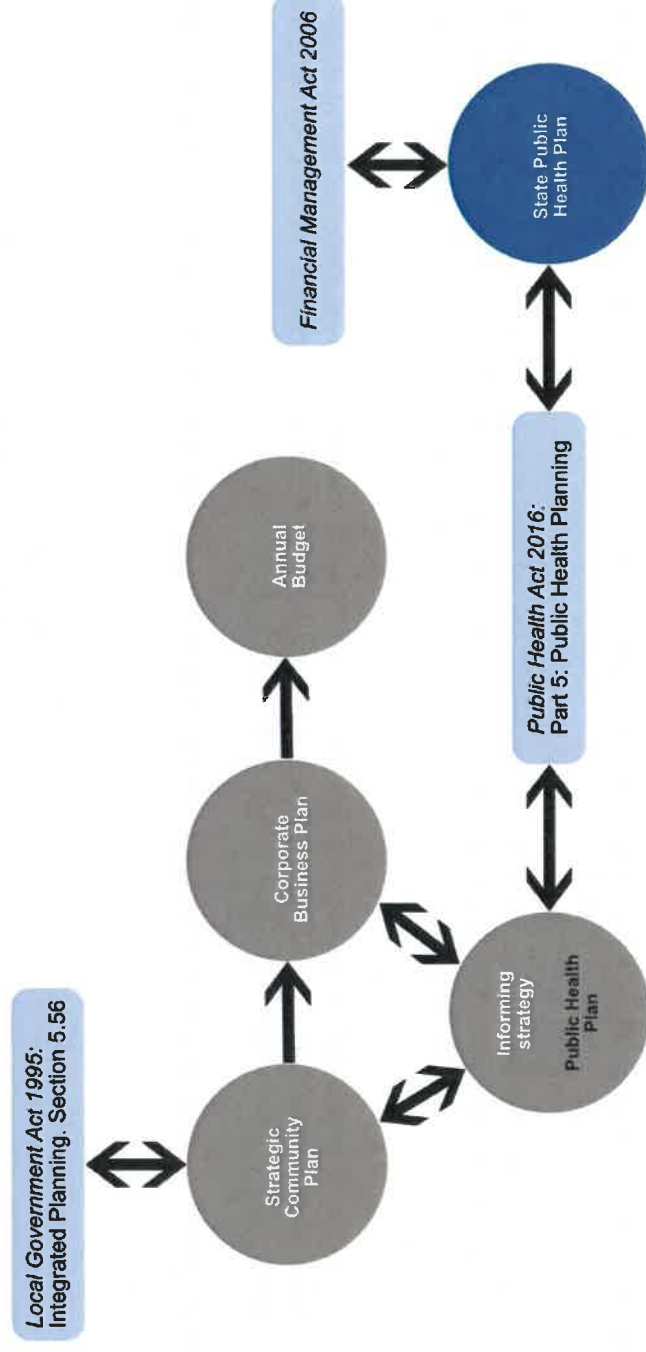
Charlie Brown  
Chief Executive Officer



# Plan Implementation

The State Public Health Plan is a stand-alone plan and each local government 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 Plan connects with Council's Corporate Plan which is funded by each Council 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 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 Sandstone provides a broad range of funding to support and promote the health of the community.



- **Infrastructure and property services** including provision of local roads, footpaths, drainage, waste collection and management, and publication of the Bush Telegraph newsletter covering all aspects of personal health care.
- **Environmental Health Services** to prevent and control health hazards, emissions, and communicable diseases. These include tobacco control, water and food safety, noise and air pollution, mosquito fogging, animal control, immunisation of Council workers for influenza, and free skin checks extended to all community members.
- **Community Services** such as provision of a nursing post for weekly clinic sessions and RFDs fortnightly clinic sessions, access to an optometrist and physiotherapist, and a community bus for medical services twice monthly and breast screening services (as arranged) in Mount Magnet. The Shire annually arranges the pickup & dropping off of the Dental Van from Mount Magnet for a week long clinic in June.

- **Cultural facilities and services** such as libraries, art galleries, places of historic importance, and museums.
- **Provision of recreation facilities** such as water spray park, golf course, sports centre, halls and bowling club.
- **Building services, planning and development control** including inspections, licensing, certification and enforcement, and maintenance of the health care building and the Ambulance Centre.
- **Administration of facilities** such as airport, cemetery, street parking, and waste collection and disposal.
- **Local Government Health Law Enforcement, Ranger and Emergency Services.**



# Snapshot of the Health of Midwest Residents

Midwest population 64,884  
 12% of WACHS\* population  
 (2.5% of State)  
 13% are Aboriginal people  
 ERP 2016

No change in birth rate  
 in Midwest hospitals from  
 2011-2012 to 2015-2016

543 Dental and 406 Ear, Nose & Throat  
 Potentially Preventable Hospitalisations  
 (PPH)  
 0-14 years old  
 2011-2015

9,852 hospitalisations for  
 digestive diseases  
 15-64 years old  
 2011-2015

1 in 4 have high cholesterol levels  
 1 in 5 have high blood pressure  
 adults 16+ years old  
 2013-2016

1.3% are obese  
 adults 16+ years old  
 2013-2016

1.4 x higher rate of  
 alcohol-related hospitalisations\*\*  
 2011-2015

11,401  
 Potentially Preventable Hospitalisations  
 (PPH)  
 3,074 were Aboriginal people  
 2011-2015

1,183  
 Potentially Preventable Hospitalisations  
 (PPH) for  
 Chronic Obstructive Pulmonary Disease  
 2011-2015

1.4 x higher rate of lung cancer\*\*  
 2011-2015

1.5 x higher cancer mortality rate\*\*  
 for Aboriginal people  
 2006-2015

522 avoidable deaths  
 (53% of all deaths)  
 <75 years old  
 2011-2015

74% were able to receive  
 hospital care in the region  
 2016-2017

3.1 x higher hospitalisation  
 rate for Aboriginal people  
 15-64 years old  
 2006-2015

2.4 x higher death rate\*\*  
 from transport accidents  
 2011-2015

Youth Suicide  
 1.1 x higher for males,\*\*  
 1.7 x higher for females\*\*  
 15-24 years old  
 2006-2015

\*Western Australian Country Health Services

\*\*Compared with the WA State average



# THE RESIDENTS OF SANDSTONE SPEAK

## Key results from the Sandstone Health and Wellbeing Survey

### AS THINGS ARE NOW

The worst health risks in the community are from:

- Having high blood pressure
- Not eating enough fruit and vegetables
- Tobacco/cigarette smoking
- Being overweight
- Using illegal drugs

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

- Alcoholism
- Worry about COVID-19
- Anxiety

The sport & recreation facilities we use the most are:

- Sandstone CRC
- Sandstone Bowling Club

The top volunteering activities we do are for:

- Emergency Services
- Public events
- Sporting events
- Community groups & services

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

- Our families' future health
- Our families' future finances

I enjoy interacting with my neighbours (50%)

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

There is strong community spirit in Sandstone (67%)

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

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

I am proud of the community where I live (90%)

I know where to get help when I need it (90%)

What we like the best about living in Sandstone

Weather fresh air **freedom** safety **Quietness** lack of stress

trails **people** no crime **lifestyle** great friends

**Community Spirit** clean & tidy shire projects **museum** good

### CHANGE FOR THE FUTURE

The programs we rate highest to improve the health of our community:

- Community events for residents
- Routine screening for health issues
- Community Safety and Security programs
- Programs for Seniors/aged people

To help us be more physically active, we'd like:

- Exercise/play equipment in parks for different age groups
- Public exercise equipment that is free to use
- More hikes, walks, cycle paths and maps

We support new programs to reduce harm from:

- Illegal drugs
- Alcohol

For good community health, we need:

- Safe Roads
- Parks and public open spaces
- Recreation facilities
- Disability access to buildings and recreation

For easier access to healthy food, we need:

- Healthy foods being easier to identify and find in the shops
- More healthy food options at sporting & community &

The key environmental issues for good community health are:

- Clean and safe air
- Access to safe, affordable and nutritious food
- Provision of safe, clean water for the Water Park and Town supply

# Integrating the Public Health Vision into the Strategic Community Plan

The Public Health Plan incorporates the 4 key themes of community interest from the Shire of Sandstone Strategic Community Plan:

- **Economic** A prosperous, diverse and thriving economy
- **Environment** A natural and built environment, recognising our heritage for the benefit of present and future generations;
- **Social** A safe, welcoming and resilient community
- **Leadership** Strong governance and leadership

And introduces a new theme:

- **Health** Improving the health outcome of all people living in our community

While the Australian Bureau of Statistics has found that persons living in remote areas with town populations less than 1,000 are happier than those living in urban areas, this is balanced against greater travelling distances to access hospitals and specialised medical care and higher number of preventable deaths from lifestyle factors (obesity, smoking, diabetes), occupational incidents and road trauma.

The Sandstone Shire provides a number of recreational facilities such as the water park, and has demonstrated its commitment to public health through health and building administration, and providing ongoing services and facilities for the aged.





# The Strategic Community Plan incorporating the Public Health Vision

## ECONOMIC

*A prosperous, diverse and thriving economy*

- 1.1 An attractive destination for visitors
- 1.2 A diverse and stable economy
- 1.3 An effective transport network

## ENVIRONMENT

*A natural and built environment, recognising our heritage for the benefit of present and future generations*

- 2.1 An effectively managed natural environment
- 2.2 A built environment supporting the community and retaining our heritage

## SOCIAL

*A safe, welcoming and resilient community*

- 3.1 A welcome and resilient community
- 3.2 A healthy and safe community

## LEADERSHIP

*Strong governance and leadership*

- 4.1 A strategically focussed Council
- 4.2 An efficient and effective organisation

## HEALTH

*Planning for a healthy and sustainably active community*

- 5.1 A COVID safe and healthy community
- 5.2 Improving Health by encouraging preventable health screening
- 5.3 Preventing obesity and increasing healthy affordable food options
- 5.4 Providing environmental health protection
- 5.5 Preventing harm from unsafe use of alcohol and drugs



# Health - Community and Public Health Outcomes

## Communicable Disease

### 5.1 A COVID safe and healthy community

5.1.1 Keep the community informed with COVID 19 updates

5.1.2 Reduce infectious disease by surveillance and providing information e.g. mosquito control

5.1.2 Implement COVID 19 Safety plans in consultation with emergency authorities

5.1.4 Develop COVID risk management guidelines for public events

## Improving Community Health Outcomes

### 5.2 Encouraging preventable health screening

5.2.1 Encourage more personal screening services such as dental checks and breast cancer screening

5.2.2 Continue to promote smoke free playgrounds and public spaces

## Preventing Obesity

### 5.3 Preventing obesity and increasing healthy affordable food options

5.3.1 Link with LiveLighter and get involved in the campaigns to raise awareness

5.3.2 Raise awareness to reduce overweight and obesity

5.3.3 Promote recipes for healthy meals in takeaway / fast food outlets prepared with local ingredients

## Better Environmental Health Protection

### 5.4 Providing better environmental health protection

5.4.1 Provide access to education on public health matters, e.g. Foodsafe online

5.4.2 Continuing inspection of food premises based on risk

5.4.3 Continue to monitor and report on all drinking and aquatic facility waters highlighting any areas of high risk

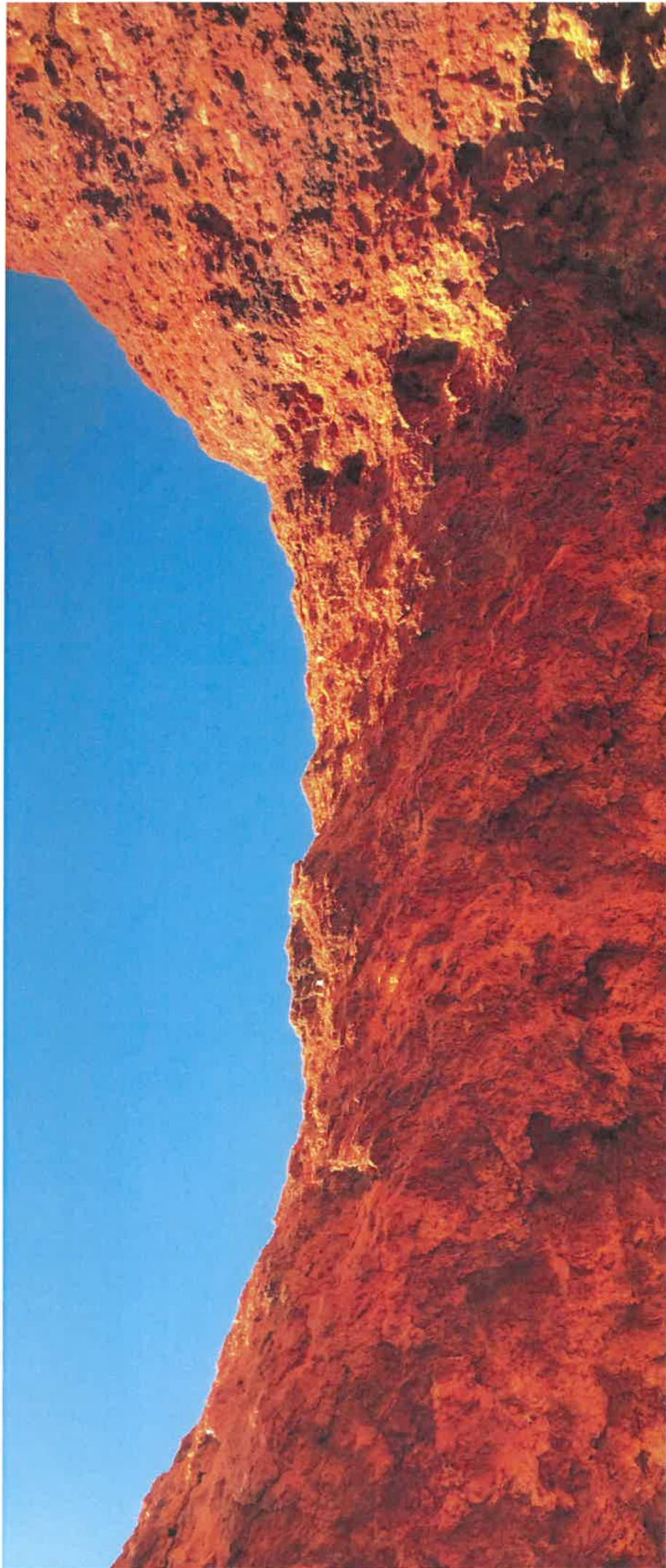
## Harm Minimisation

### 5.5 Preventing harm from unsafe use of alcohol and drugs

5.5.1 Work with Road Safety authorities to make safer roads

5.5.2 Working in the built environment for safe and sustainable constructions





# Conclusion

This Plan was developed in consultation with elected members and the community to reflect the needs of the local community.

Although health is everyone's responsibility, the Shire is already contributing substantially to supporting the community through the provision of recreational services, tourism activities, and health and building administration.

Specifically, the Plan will directly influence the way in which Council supports public health in the community by addressing better health outcomes for its citizens through the Strategic Community Plan outcomes.

These initiatives will provide Council with a strong leadership role in the health and wellbeing of its population by:

- Adopting a leadership and advocacy role in better health planning;
- Having a whole of Council approach to delivering better health and wellbeing initiatives;
- Encouraging external partnerships in health; and
- Engaging elected members with the community to promote healthy lifestyles.

The Plan was developed by including:

- Extensive analysis of health data;
- Participation in an electronic Health and Wellbeing Survey; and
- Consultation with Elected Members and Senior Officers.



# The Way Forward

The strategies contained in Council's Public Health Plan are intended to mirror the work already underway. The Shire of Sandstone effectively communicates with its citizens and provides a wide range of recreational services and facilities. This connection with Community was noted by the number of positive comments in the Public Health and Wellbeing Survey.

It is intended that the Plan be one where Council can continue to do the good work already underway but take the opportunity to also include measurers designed to increase early intervention against health illnesses (heart through overweight & obesity, harm minimisation through addressing smoking and drug awareness and cancer screening by lobbying health agencies to increase the number of opportunities for screening of cancers). There are a number of strategies that are designed to guide Council in the manner in which it addresses better public health outcomes in this locality.

Council may give consideration to liaising with the Mid West Population Health Unit Health Education Officer in conjunction with neighbouring shires to review the supporting information in the Health Profile Report and the Better Health & Wellbeing Survey and to work with government and funding agencies to raise awareness of disease situations and lifestyle illnesses.

Over the next four years, the Shire will undertake initiatives to achieve the key strategies under each theme. Success will be measured by reporting against the outcomes of the plan. Modifying public health outcomes in the community is likely to be a slow process and may take a number of plans implemented to bring about generational change.

Information used in the research phase of this plan was principally drawn from Census material (2011 & 2016), SEIFA Index (2016), AEDC (Education) data (2018) and Health Department hospital admissions data (2018).



