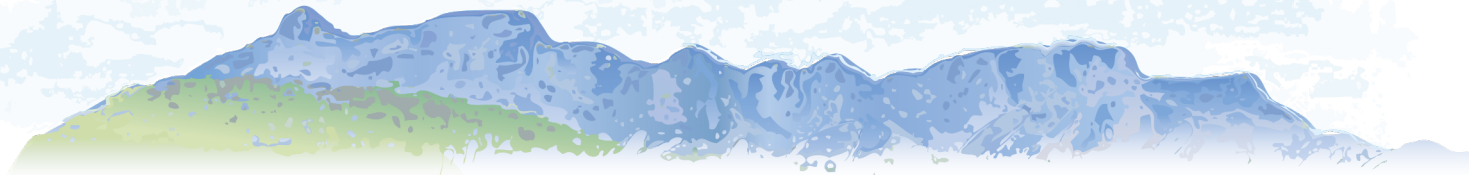


*Heart of the Stirlings*



**SHIRE OF GNOWANGERUP**

## Public Health & Wellbeing Plan

2022-2026

(extended to 2027 with Annexure)

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# Acknowledgement of Country

The Shire of Gnowangerup acknowledges the Noongar People, the Traditional Owners of the Country within the Council's boundaries

## Introduction

We are proud to present the Shire of Gnowangerup 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 Gnowangerup Integrated Strategic Plan 2021 – 2031 (incorporating the Strategic Plan 2021 – 2031 and the Corporate Business Plan 2021 – 2025).

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

The production of this Plan has involved the Community in three stages, being: an extensive Health Profile Report of persons living in our Community, and an electronic Health & Well Being Survey that drew a substantial range of comments, leading to the production of this document.

It was decided to consult with our community by an electronic survey process using social media and the Shire website. In the Shire of Gnowangerup, this method proved to be very successful, attracting electronic and paper submissions.

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.

**Fiona Gaze**

**Shire President**  
March 2022

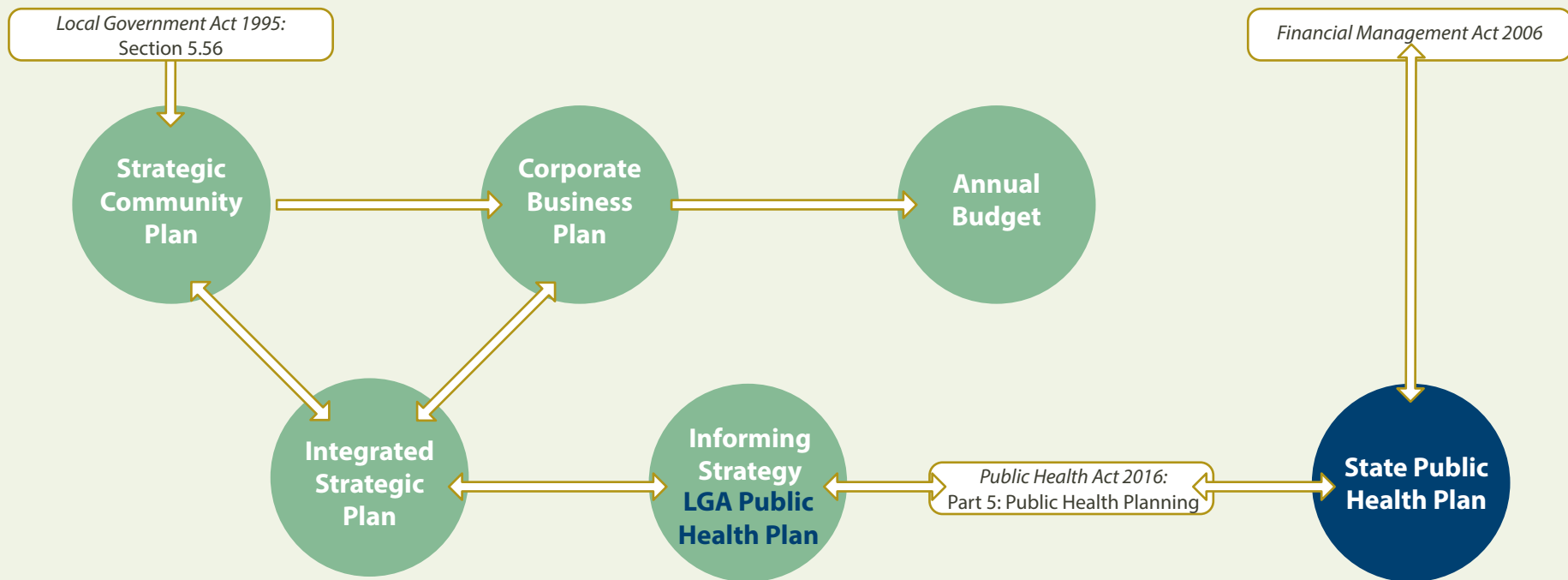
**Bob Jarvis**

**Chief Executive Officer**  
March 2022

# Plan Implementation

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

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



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

# Our Current Health Role

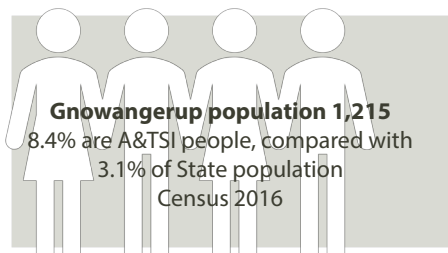
The Shire of Gnowangerup provides a range of funding to support the health of our community



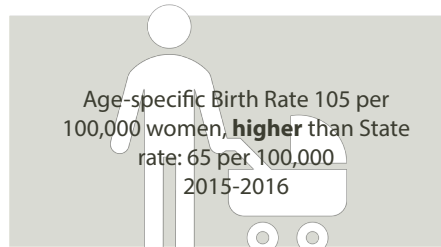
These are explained in more detail in the core business described here:

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

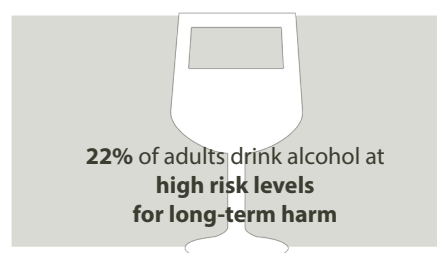
# Snapshot of the health of people living in the Great Southern Region



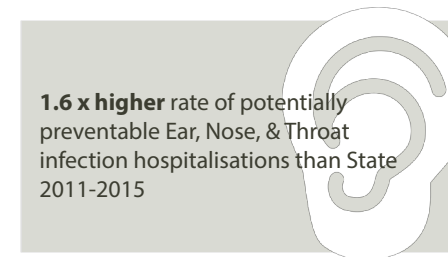
**Gnowangerup population 1,215**  
8.4% are A&TSI people, compared with 3.1% of State population  
Census 2016



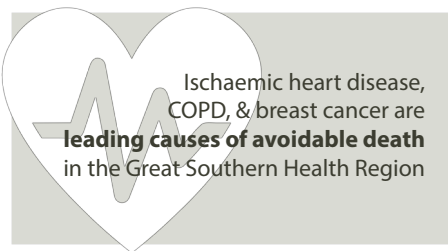
Age-specific Birth Rate 105 per 100,000 women, **higher** than State rate: 65 per 100,000  
2015-2016



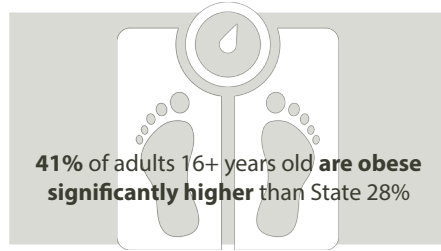
**22%** of adults drink alcohol at **high risk levels** for long-term harm



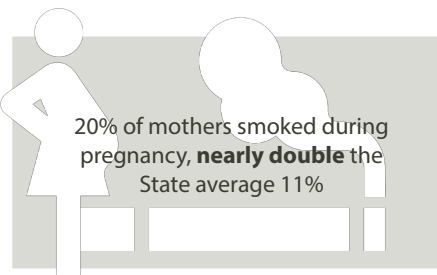
**1.6 x higher** rate of potentially preventable Ear, Nose, & Throat infection hospitalisations than State 2011-2015



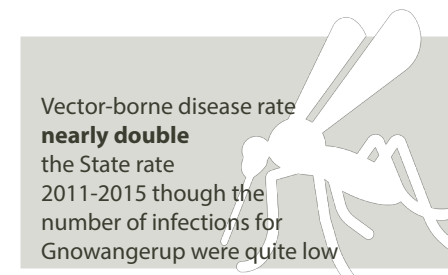
Ischaemic heart disease, COPD, & breast cancer are **leading causes of avoidable death** in the Great Southern Health Region



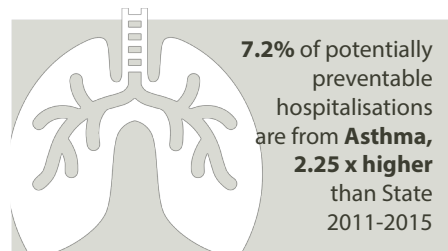
**41%** of adults 16+ years old are **obese** significantly higher than State 28%



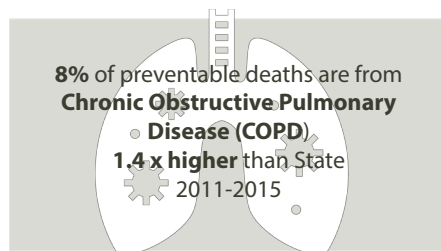
**20%** of mothers smoked during pregnancy, **nearly double** the State average 11%



Vector-borne disease rate **nearly double** the State rate 2011-2015 though the number of infections for Gnowangerup were quite low



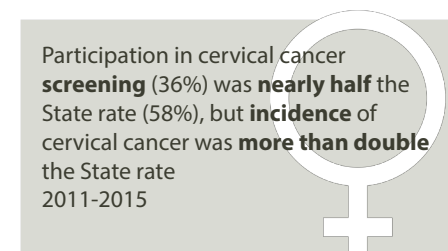
**7.2%** of potentially preventable hospitalisations are from **Asthma**, **2.25 x higher** than State 2011-2015



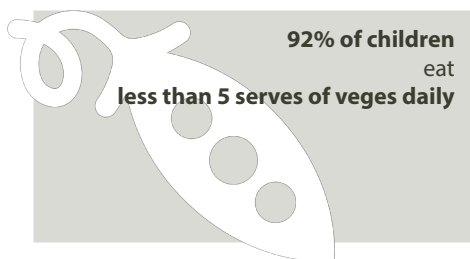
**8%** of preventable deaths are from **Chronic Obstructive Pulmonary Disease (COPD)**, **1.4 x higher** than State 2011-2015



**1.8 x** State suicide rate for Males, **1.3 x** State suicide rate for **Females aged 15-24**  
2006-2015



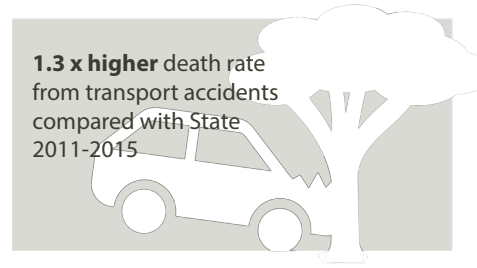
Participation in cervical cancer **screening** (36%) was **nearly half** the State rate (58%), but **incidence** of cervical cancer was **more than double** the State rate 2011-2015



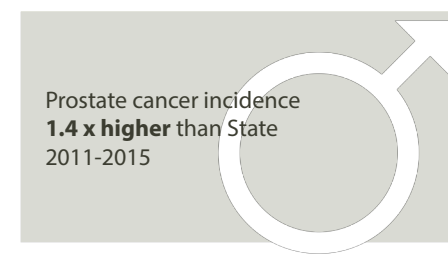
**92%** of children eat **less than 5 serves of veges** daily



**2 x hospitalisation rate** for Aboriginal people aged 15-64 years vs non-Aboriginal people 2006-2015



**1.3 x higher** death rate from transport accidents compared with State 2011-2015



Prostate cancer incidence **1.4 x higher** than State 2011-2015

# Key results from the Shire of Gnowangerup Health & Wellbeing Survey

## THE RESIDENTS OF GNOWANGERUP SPEAK

### AS THINGS ARE NOW

#### The three most harmful health risks in our community are:

- Use of illegal drugs 87.8%
- Sniffing volatile substances 81.6%
- Tobacco / cigarette smoking 68.0%

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

- Drug addiction
- Anxiety
- Alcoholism
- Depression

#### Our top three volunteering activities are:

- Public events
- Community Groups & Services
- Sporting

#### The sport & recreation facilities we use the most are:

- Gnowangerup Sporting Complex
- Gnowangerup Playgrounds
- Gnowangerup CRC

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

- My family's future finances
- My family's future health

I enjoy interacting with my neighbours (51%)

There is strong community spirit in our Shire (47%)

I know where to get help when I need it (62%)

I am proud of the community where I live (55%)

I feel like my life has a sense of purpose (64%)

I feel like I belong in my local community (47%)

I feel the Shire cares about our welfare (57%)

safe  
visit friends  
community live  
family clean

The words we used the most, to say what we like best about living in Gnowangerup

### CHANGE FOR THE FUTURE

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

- Programs for seniors/aged people
- Programs for teens
- Community safety & security programs

#### Our top three programs to help us be more active are:

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

#### We support new programs to reduce harm from:

- Illegal drugs
- Alcohol
- Tobacco
- Sniffing volatile substances

#### Our top four resources for good community health are:

- Safe roads
- Affordable housing
- Parks and public open spaces
- Disability access to buildings & recreation

#### Our top two priorities to encourage eating healthy food are:

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

#### Our top three environmental issues for good community health are:

- Clean, safe air
- Safe water for our homes & swimming pools
- Waste & rubbish recycling programs

# Adding the Public Health Vision to the Integrated Strategic Plan

The Public Health Plan incorporates the 5 themes of community interest from the Shire of Gnowangerup Integrated Strategic Plan:

1. Our Community
2. Our Economy
3. Our Infrastructure
4. Our Natural Environment
5. Our Organisation

And introduces a new theme:

6. Our Health

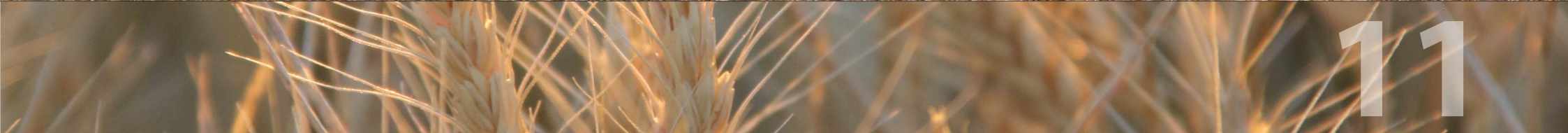


# The Integrated Strategic Plan

1. Our Community	2. Our Economy	3. Our Infrastructure	4. Our Natural Environment	5. Our Organisation	6. Our Health
1.1. Identify and deliver opportunities for young people across the Shire	2.1. Support businesses and business growth across the Shire	3.1. Parks, gardens, streetscapes, recreational and social spaces are safe and encourage active and healthy lifestyles	4.1. A high standard of environmental health and waste services.	5.1. Investment in the skills and capabilities of our staff and leaders	6.1. Minimise harm from unsafe use of alcohol, drugs, solvents and tobacco
1.2. Facilitate and advocate for the provision of quality health services, health facilities and programs	2.2. Coordinated planning and promotion of our Shire to visitors and tourists	3.2. We prepare and maintain our assets for current and future community use	4.2. Conservation of our natural environment	5.2. Shire communication is consistent, engaging and inclusive	6.2. Adequate recreation facilities, and healthy lifestyle choices
1.3. Strengthen the sense of place and culture and belonging through inclusive community interaction and participation	2.3. Local businesses and the Shire have access to diverse skills and experiences			5.3. Forward planning and implementation of plans to achieve strategic priorities	6.3. A Healthy and sustainable community with access to relevant health services for all demographics
1.4. Support local volunteer organisations through initiatives that reduce volunteer fatigue and strengthen their resilience					6.4. Planning a COVID safe and healthy outcome
1.5. Support emergency services planning, risk mitigation, response and recovery					6.5. Environmental health protection to reduce risks to community health

# Public Health Strategies

Minimise Harm	Active and Healthy Lifestyles	A Healthy and Sustainable Community	Protection from Disease	A Safe Environment
6.1 Minimise harm from unsafe use of alcohol, drugs, solvents and tobacco	6.2 Adequate recreation facilities and healthy lifestyle choices	6.3 Access to relevant health services for all demographics	6.4 Planning a COVID safe and healthy outcome	6.5 Environmental health protection to reduce risks to health
6.1.1 Support education to reduce alcohol and drug consumption and family violence	6.2.1 Investigate community recreation activities and provision of free age-appropriate exercise equipment, programs and classes	6.3.1 Support health and wellbeing initiatives to improve mental and physical health, particularly for young people	6.4.1 Keep the community informed with COVID 19 updates, including indigenous and other cultural groups	6.5.1 Monitor public health indicators and encourage other government intervention
6.1.2 Encourage safe sale and service of alcohol and tobacco, and support no/low alcohol and smoke free community venues and events and at Shire facilities	6.2.2 Support Livelighter or similar as a community campaign to raise community awareness in healthy eating and living	6.3.2 Create accessible spaces and encourage disabled, indigenous and other cultural participation	6.4.2 Implement COVID19 Safety Plans in consultation with emergency authorities and develop risk management guidelines for public events	6.5.2 Provide public health education on matters such as FoodSafe, vector and other disease control
6.1.3 Encourage the community, particularly pregnant mothers, to reduce smoking and promote smoke free public spaces such as playgrounds	6.2.3 Measure the adverse health impacts of inactivity and obesity and encourage weight reduction	6.3.3 Encourage personal health screening services such as prostate and cervical cancer, blood pressure and mammograms	6.4.3 Provide community education for personal hygiene, safe sex, home and workplace hygiene, including cleaning and disinfection	6.5.3 Maintain safe food standards by regular surveillance of food premises and food & packaged water manufacture
6.1.4 In conjunction with the Police and other stakeholders conduct a Safety Audit to improve safety and prevent crime and anti-social behaviour	6.2.4 Promote healthy eating and affordable meals and drinks in food outlets and at venues and events	6.3.4 Engage with agencies to maintain safe roads, provide bushfire prevention and manage climate change impacts	6.4.4 Minimise the incidence and community spread of infectious disease through education, vaccination, food surveillance and vector control	6.5.4 Monitor drinking and recreational waters, public aquatic facilities to maintain standards and reduce public health risks
	6.2.5 Provide safe and accessible public open spaces and walking trails	6.3.5 Monitor the safe use of pesticides & herbicides and their equipment & disposal of liquid wastes		6.5.5 Maintain an active monitoring & education program to minimise mosquito nuisance



# Conclusion

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

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

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

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

The Plan was developed by including:

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

# The Way Forward

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

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

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

Information used in the research phase of this plan was principally drawn from ABS Census (2016), SEIFA Index, AEDC (Education) data, Health Department hospital admissions data (2018 – 2020), and the Shire of Gnowangerup Public Health & Wellbeing Survey.

