



Public Health and Wellbeing Plan

Shire of Leonora 2021-2025



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Acknowledgement of Country

The Shire of Leonora acknowledges the Wongatha People, the Traditional Owners of the country within the Council's boundaries.

Introduction

We are proud to present the Shire of Leonora 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 Leonora 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.

While the process of the development of the plan has been taken over a four year period, some of the delay has been caused by the inability to travel to the Goldfields during the COVID 19 lockdown during 2020 and the need to consult with nearby shires and trying to coordinate information sessions through a combined consultation process.

In a practical sense, it was decided to consult with all communities by local government by an electronic survey process using social media and the website. In the Shire of Leonora, this method proved to be very successful attracting over 80 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.

Peter Craig

Shire President

February 2021

Jim Epis

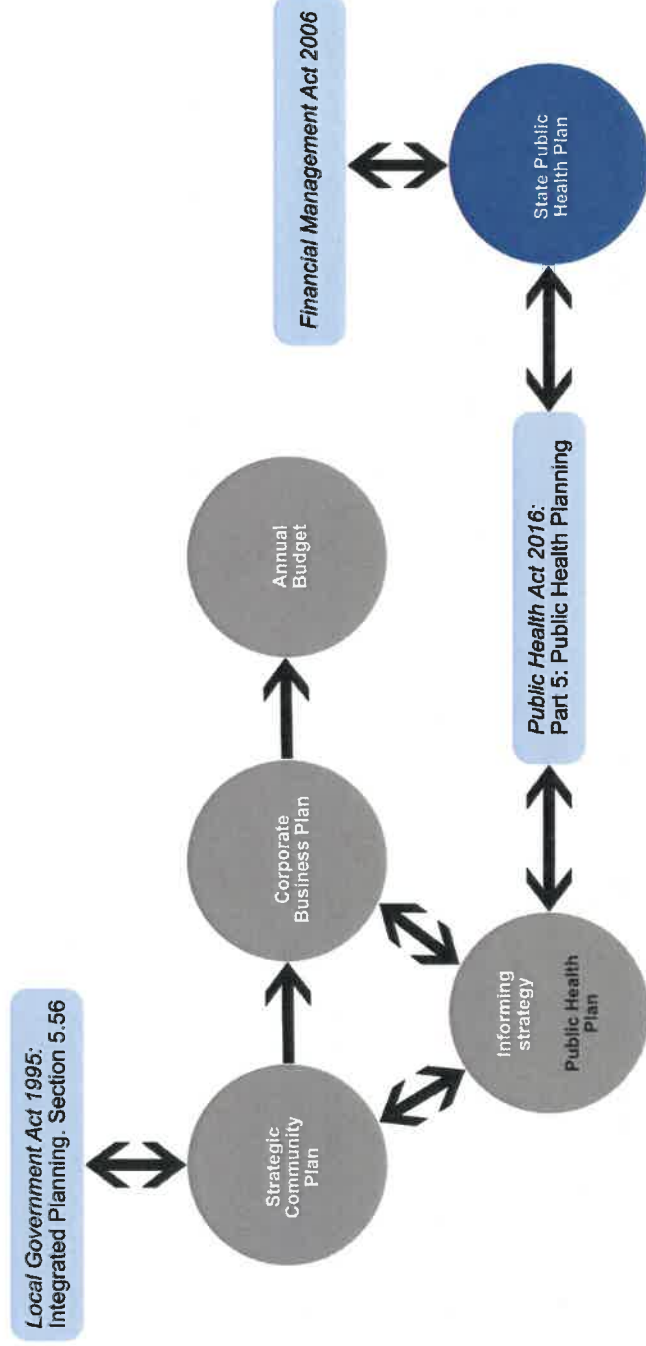
Chief Executive Officer



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 Community Plan connects with Council's Business Plan which is funded by each local government 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 Leonora currently supports the promotion of Public Health outcomes through its community.



These may be explained in more detail in the core business described here:

- **Infrastructure and property services** including provision of local roads, footpaths, drainage, waste collection and management.
- **Environmental Health Services** to prevent and control environmental health hazards, emissions and communicable diseases e.g. tobacco control, water and food safety, noise and air pollution, and mosquito and animal control.
- **Community Services** such as provision of a doctor, and proposed aged care accommodation.
- **Cultural facilities and services** such as libraries, art galleries, places of historic importance and museums.
- **Provision of recreation facilities** such as parks, ovals, golf course, swimming pool, sports centre, and camping grounds.
- **Building services, planning and development control** including inspections, licensing, certification and enforcement.
- **Administration of facilities** such as airport, cemetery, waste collection, CRC, and wastewater reuse.
- **Local Government Health Law Enforcement, Ranger and Emergency Services.**



Snapshot of the Health of Goldfields Residents

Goldfields population 54,821
 10% of WACHS* population
 (2% of State)
 12% are Aboriginal people
 ERP 2016

3% decrease in birth rate
 for Goldfields residents from
 2011-2012 to 2015-2016

333 dental and 457 ear, nose & throat
 Potentially Preventable Hospitalisations
 (PPH)
 0-14 years old
 2011-2015

7,135 hospitalisations for
 digestive diseases
 15-64 years old
 2011-2015

2 in 5 did not do
 sufficient physical activity
 1 in 5 have high blood pressure
 adults 16+ years old
 2013-2016

38% are obese
 adults 16+ years old
 2013-2016

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

4,773
 Potentially Preventable Hospitalisations
 (PPH)
 1,942 (40%) were Aboriginal people
 2011-2015

756
 Potentially Preventable Hospitalisations
 (PPH) for dental conditions
 all ages
 2011-2015

1.6 x higher rate of lung cancer**
 2011-2015

2.8 x higher ischaemic heart disease
 mortality rate**
 for Aboriginal people
 2006-2015

415 avoidable deaths
 (56% of all deaths)
 <75 years old
 2011-2015

81% were able to receive
 hospital care in the region
 2016-2017

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

2 x higher death rate**
 from transport accidents
 <75 years old
 2011-2015

Youth Suicide
 1.2 x higher for males,**
 1.3 x higher for females**
 15-24 years old
 2006-2015

*Western Australian Country Health Services

**Compared with the WA State average



THE RESIDENTS OF LEONORA SPEAK

Key results from the Leonora Health and Wellbeing Survey

AS THINGS ARE NOW

The worst health risks in the community are from:

- Sniffing volatile substances
- Using illegal drugs
- Tobacco/cigarette smoking
- Drinking too much alcohol
- Being overweight

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

- Alcoholism
- Drug addiction
- Violence in the home

The sport & recreation facilities we use the most are:

- Leonora Pool
- Leonora Recreation Centre

The top four volunteering activities we do are for:

- Public events
- Community groups & services
- Charities
- Sporting

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

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

I feel like my life has a sense of purpose (78%)

There is strong community spirit in Leonora (66%)

I feel like I belong in my local community (66%)

I feel the Shire cares about our welfare (71%)

I am proud of the community where I live (73%)

I know where to get help when I need it (75%)

Great bush small open spaces making need town place
community life people love friendly

weather live sense Freedom time

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

CHANGE FOR THE FUTURE

More of these programs will improve the health of our community

- Routine screening for health issues eg cervical cancer, prostate cancer
- Programs for Children
- Programs for Teens

We support new programs to reduce harm from:

- Sniffing volatiles
- Illegal drugs
- Alcohol
- Tobacco

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

- Free fitness classes
- More recreational community activities
- Public exercise equipment that is free to use

For good community health, we need:

- Safe roads
- Recreation and sporting facilities
- Parks and public open spaces
- Affordable housing

For easier access to healthy food, we need:

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

The key environmental issues for good community health are:

- Access to safe, affordable & nutritious food
- Clean & safe air
- Environmental testing
- Safe waters in swimming pools



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 Leonora Strategic Community Plan:

- **Social** An empowered and spirited community
 - **Economic** Economic hub of the northern goldfields
 - **Environment** Forward thinking management of the built and natural environment
 - **Leadership** Innovative and proactive Shire and Councillors
- 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 Shire of Leonora provides a wide range of recreational facilities in Leonora and has demonstrated its commitment to public health through its continuing administration of environmental health and building services, provision of the Shire of Leonora Disability Access and Inclusion Plan, and supporting community use of recreational facilities.

Leonora has little disadvantage in the community (SEIFA Index) and has high employment in predominantly mining and service and tourism industries and as a regional centre in the Northern Goldfields, has a wider range of government and community services than surrounding shires. Public Health Indicators are more positive than not, with high rates of immunisation, low teenage birth rate, lower cancer rates than state average, a low rate of youth suicide but low participation in cervical cancer screening



The Public Health Vision added to the Strategic Community Plan

SOCIAL	ECONOMIC	ENVIRONMENT	LEADERSHIP	HEALTH
<p><i>An empowered and spirited community</i></p> <ul style="list-style-type: none">1.1 Foster a greater sense of community1.2 Support our senior residents in their community	<p><i>Economic hub of the Northern Goldfields</i></p> <ul style="list-style-type: none">2.1 Become the economic focal point for business and industry in the Northern Goldfields2.2 Increase awareness of the district and region's attractions	<p><i>Forward thinking, management of the built environment and natural environment</i></p> <ul style="list-style-type: none">3.1 Sustainable and effective environmental management3.2 Plan for continuous improvement of infrastructure and services	<p><i>Innovative and proactive Shire and Councillors</i></p> <ul style="list-style-type: none">4.1 Efficient service offerings to the Community4.2 Effective and open engagement with all sections of the community4.3 Innovative and safe working environment4.4 Diversify and strengthen revenue streams4.5 Strong leadership and planning	<p><i>Planning for a healthy and sustainably active community</i></p> <ul style="list-style-type: none">5.1 Planning a COVID safe and healthy community5.2 Preventing harm from unsafe use of alcohol, drugs, and solvents5.3 Preventing obesity and increasing healthy affordable food options5.4 Improving Community Health by encouraging preventable health screening5.5 Providing environmental health protection



Community and Public Health Outcomes

Infectious Disease

5.1 *Planning a COVID safe and healthy community*

5.1.1 Minimise incidents of infectious disease by surveillance and providing information for disease prevention

5.1.2 Keep the community informed on COVID-19 revisions

5.1.3 Implement COVID-19 Safety plans in consultation with emergency authorities

5.1.4 Develop COVID risk management guidelines for public events

5.1.5 Encourage all persons to keep premises safe by regular cleaning and disinfection

Harm Minimisation

5.2 *Preventing harm from unsafe use alcohol & drug & solvents.*

5.2.1 Work with the community and Police and other stakeholders to improve safety, prevent crime and anti-social behaviour associated with alcohol and drug use.

5.2.2 Plan more alcohol and smoke free community events.

5.2.3 Continue to promote smoke free playgrounds and public spaces.

5.2.4 Liaise with sporting clubs to promote good times without alcohol and reward those clubs with responsible service policies and alcohol-free areas.

5.2.5 Encourage FIFO workers to reduce smoking consumption.

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 of recreation activities and facilities to reduce overweight and obese persons.

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

5.3.4 Develop and implement a healthy catering policy for all Council functions and meetings

Improving Community Health

5.4 *Improving community health by encouraging preventable health screening*

5.4.1 Encourage government agencies to institute a regular cycle to promote personal screening services e.g. cervical cancer & mammograms.

5.4.2 Recognise child health nurses for achieving a 100% immunisation rate amongst pre-schoolers.

5.4.3 Review the AEDC score for vulnerable children to achieve a zero score.

5.4.4 Work with Road Safety authorities to make safer roads.

5.4.5 Continue to recognise individuals who volunteer in community health.

Environmental Health Protection

5.5 *Providing environmental health protection*

5.5.1 Provide access to educational information for relevant operators on public health matters, e.g. Foodsafe online.

5.5.2 Continuing inspection of food premises based on risk.

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

5.5.4 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 of Leonora is already contributing substantially to supporting the community through the provision of recreational services, tourism activities, airport and health and building administration.

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

These initiatives will provide the Shire of Leonora 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 (a well-developed Health Profile Report);
- Participation in an electronic Health and Wellbeing Survey; and
- Consultation with elected members and senior officers.



The Way Forward

The strategies contained in the Shire of Leonora's Public Health Plan are intended to mirror the work already underway. The Shire of Leonora 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. Three quarters of respondents (83 responses) offered a positive comment about *being proud of my community (73%) where I live* and feeling that the Shire of Leonora cares about my welfare (71%).

It is intended that the Plan be one where the Shire of Leonora can continue to do the good work already underway but take the opportunity to also include measures 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 which are designed to guide the Shire of Leonora in the manner in which it addresses better public health outcomes in this locality.

The Shire of Leonora within its financial capabilities will support the Goldfields Population Health Unit in conjunction with surrounding shires, to improve health outcomes for persons residing in the Shire of Leonora by raising awareness of unhealthy lifestyle conditions that have been identified in the Health Profile Report and the Better Health and Wellbeing Survey.

Over the next four years, the Shire of Leonora 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 community 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), Health Department hospital admissions data (2018) and the Shire of Leonora Public Health and Wellbeing Survey (2020).



