



Public Health & Wellbeing Plan

2022-2026



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Acknowledgement of Country

The Shire of Narembeen acknowledges the Noongar People - the Traditional Owners of the Country within the Shire's boundaries

Introduction

We are very pleased to present the Shire of Narembeen Public Health Plan. The Plan will provide direction for the next 4 years. The Public Health Plan will sit along side the Shire's Community Strategic Plan and is designed to provide direction in public health, healthy lifestyles and recreational pursuits.

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.

Development of this Plan has been taken at a steady pace to allow for many correspondents to participate in the Health and Well Being Survey. In a practical sense, the Survey was made available online through Shire newsletter and website.

The Plan will sit alongside the Council Sport and Recreation Plan and the Community Wellbeing Plan, and will be delivered in collaboration with Council key stakeholders to improve health outcomes for all residents.

Cr Kellie Mortimore



**Shire President
February 2022**

David Blurton



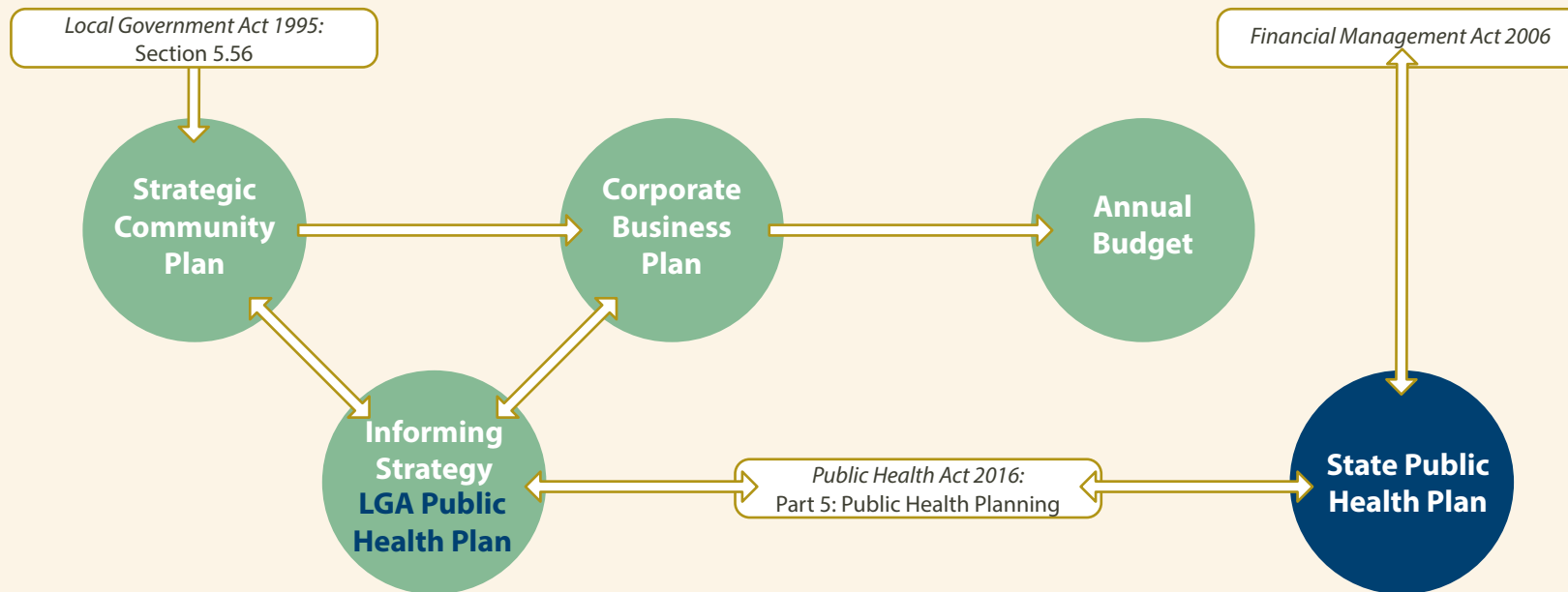
**Chief Executive Officer
February 2022**



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 Narembreen provides a range of funding to support the health of our community

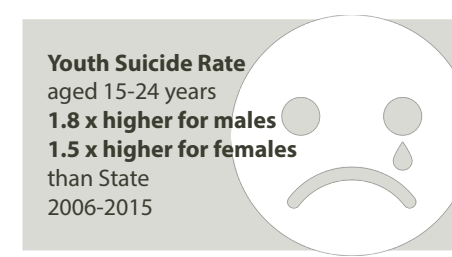
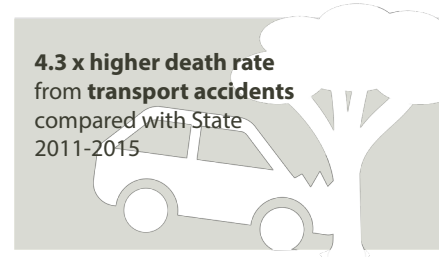
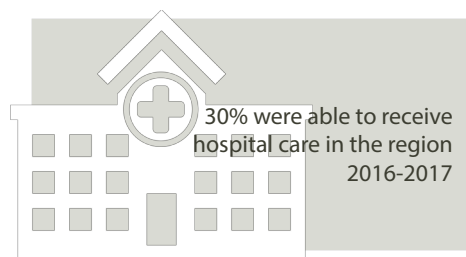
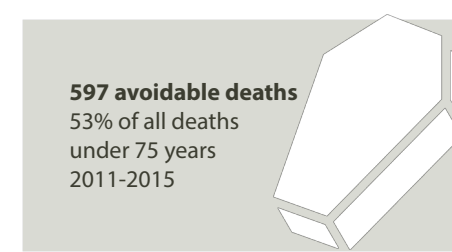
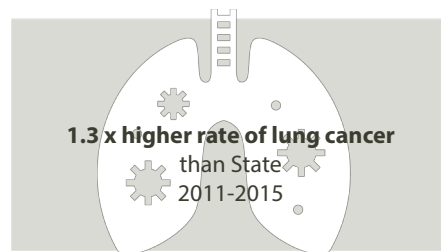
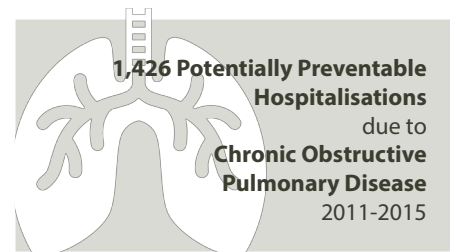
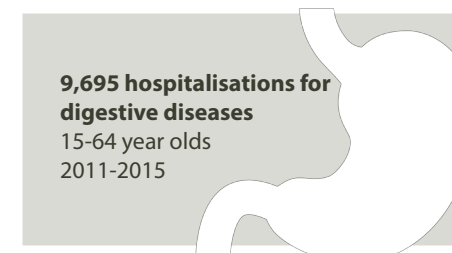
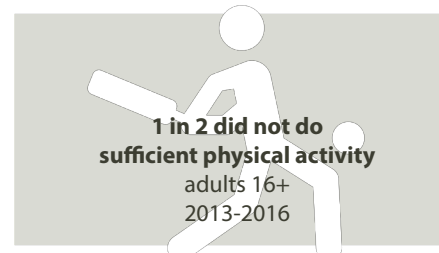
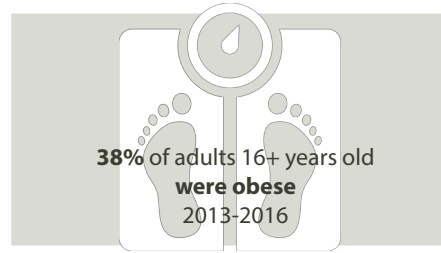
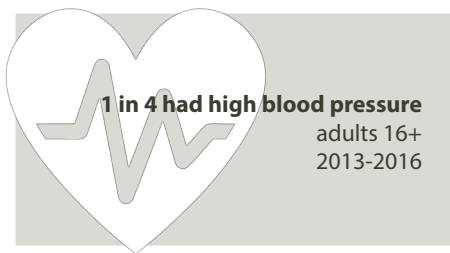
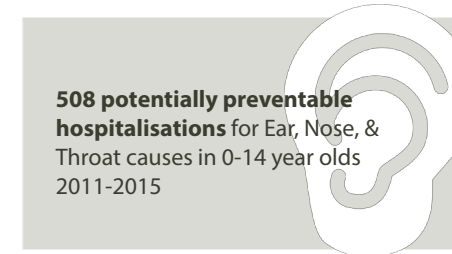
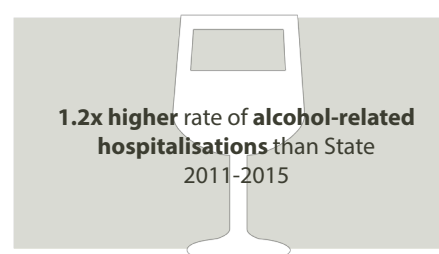
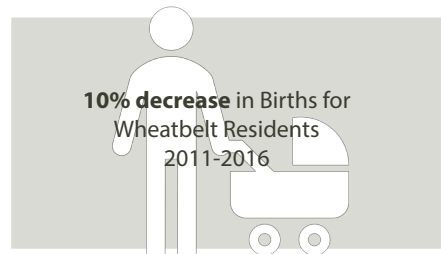
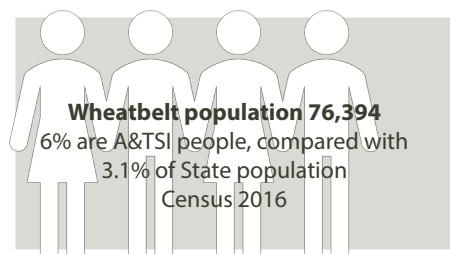


These are explained in more detail in the core business described here:

- Infrastructure and property services, including provision of local roads, footpaths, drainage, waste collection and management, and sewerage services.
- 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 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 Wheatbelt Region



Key results from the Shire of Narembeen Public Health & Wellbeing Survey

THE RESIDENTS OF NAREMBEEN SPEAK

AS THINGS ARE NOW

The two most harmful health risks in our community are:

- Use of illegal drugs
- Too much alcohol

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

- Depression
- Anxiety
- Alcoholism
- Isolation
- Drug addiction

Our top three volunteering activities are:

- Sporting
- Public events
- Community Groups & Services

The sport & rec facilities we use the most are:

- Walker Lake Walk Trails
- Narembeen Aquatic Centre
- Narembeen Sporting Facilities

The thing which worries us most about COVID-19 is:

- Our family's future health

There is strong community spirit in our Shire (93%)

I know where to get help when I need it (85%)

I enjoy interacting with my neighbours (77%)

I feel like my life has a sense of purpose (88%)

I am proud of the community where I live (92%)

I feel the Shire cares about our welfare (73%)

I feel like I belong in my local community (85%)

safe
freedom friendly
community active
social
welcoming people

What we like
best about
living in
Narembeen

CHANGE FOR THE FUTURE

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

- Routine screening for health issues eg cervical / prostate cancer
- Community safety & security programs
- Programs for seniors/aged people

Our top two programs to help us be more active are:

- More hikes, walks, cycle paths & maps
- Free fitness classes

We support new programs to reduce harm from:

- Illegal drugs
- Alcohol
- Tobacco

Our top three resources for good community health are:

- Safe roads
- Recreation facilities
- Disability access to buildings & recreation

Our top action to encourage eating healthy food is:

- More healthy food options in takeaway/fast food outlets

Our top three environmental issues for good community health are:

- Safe water for our homes & swimming pools
- Access to safe, affordable, & nutritious food
- Clean, safe air



Integrating the Public Health Vision into the Strategic Community Plan

The Public Health Plan incorporates the 3 themes of community interest from the Shire of Narembeen's Strategic Community Plan 2013 - 2023

1. Economic Drivers to grow existing businesses and attract new industry.

2. Internal and External Relationships to grow our local population and improve our finances.

3. Contributing to a sustainable community with a healthy lifestyle.



Public Health Strategies

4.1 Prevent harm from unsafe use of alcohol, drugs and tobacco.	4.2 Adequate recreation facilities, and healthy lifestyle choices.	4.3 A healthy and sustainable community with access to relevant health services for all demographics.	4.4 Planning a COVID safe and healthy outcome.	4.5 Environmental health protection to reduce risks to community health.
4.1.1 Support education to reduce alcohol and drug consumption and family violence	4.2.1 Support community recreation activities and provision of age-appropriate exercise equipment, programs and classes	4.3.1 Support health and wellbeing initiatives to improve mental and physical health	4.4.1 Keep the community informed with COVID 19 updates	4.5.1 Monitor public health indicators and encourage other government intervention
4.1.2 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	4.2.2 Support Livelighter or similar as a community campaign to raise community awareness in healthy eating and living	4.3.2 Support accessible spaces and encourage disabled, indigenous and other cultural participation	4.4.2 Implement COVID19 Safety Plans in consultation with emergency authorities if required	4.5.2 Provide public health education on matters such as FoodSafe, vector and other disease control
4.1.3 Encourage the community, particularly pregnant mothers, to reduce smoking and promote smoke free public spaces such as playgrounds	4.2.3 Measure the adverse health impacts of inactivity and obesity and encourage weight reduction	4.3.3 Encourage personal health screening services such as prostate and cervical cancer, blood pressure and mammograms	4.4.3 Provide community education for personal hygiene, home and workplace hygiene, including cleaning and disinfection	4.5.3 Maintain safe food standards by regular surveillance of food premises and food manufacture
4.1.4 In conjunction with the Police and other stakeholders conduct a Safety Audit to improve safety and prevent crime and anti-social behaviour	4.2.4 Promote healthy eating and affordable meals and drinks in food outlets and at venues and events	4.3.4 Engage with agencies to maintain safe roads, provide bushfire prevention and manage climate change impacts	4.4.4 Minimise the spread of infectious diseases in the community	4.5.4 Monitor drinking and recreational waters, public aquatic facilities to maintain standards and reduce public health risks
	4.2.5 Provide safe and accessible public open spaces and walking trails			4.5.5 Maintain an active monitoring & education program to minimise mosquito nuisance



Conclusion

This plan identifies strategies aimed at improving the health outcomes of all residents in the Narembeen community, regardless of age, health status or cultural background. Improving the health of individuals through exercise and nutrition were clear messages identified during the consultation phase of the plan, as was increased focus on mental health and the reducing the impacts of alcohol related harm in our community.

The Council is committed to working with the community and relevant stakeholders to improve public health outcomes by implementing the key strategies identified over the life of the plan. Council will undertake regular reviews during this period to measure its success and progress and to ensure strategies identified remain relevant.

Where possible, the Shire of Narembeen will also work collaboratively with neighbouring shires to improve outcomes where common issues are identified which impact the broader region.

Successful implementation of this plan will ensure the health needs of the Shire of Narembeen community are met in the short to medium term.



The Way Forward

The strategies contained in the Shire of Narembreen's Public Health Plan are intended to mirror work already underway. The Shire of Narembreen promotes tourism and recreational pursuits, whilst 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 Narembreen may give consideration to liaising with the Wheatbelt 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 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 Narembreen.

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



