



SHIRE OF

Chapman Valley

Love the rural life!

Public Health & Wellbeing Plan

2023-2027



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Acknowledgement of Country

The Shire of Chapman Valley would like to respectfully acknowledge the Naaguja Peoples, who are the traditional owners and first people of the land on which we stand.

Introduction

The Shire of Chapman Valley is proud to present the Public Health & Wellbeing Plan 2023-2027. The plan has been developed to protect, promote, and improve public health and wellbeing in our community and we are committed to ensuring that the residents of the Shire have an acceptable level of health today and into the future. Health is important to each of us as individuals, to our families and to our communities and we hope to ensure that we all have the opportunity to enjoy our health to the fullest extent.

The development of the Public Health & Wellbeing Plan has been a process of research and community consultation which has resulted in a roadmap for the people of Chapman Valley and their families to enjoy the benefits of a healthy community, lifestyle and environment. Traditional health protection initiatives will continue to occur while adopting a new focus on assisting the Local Health service providers and the State in preventing long term disease caused by poor lifestyle choices. Residents of the Shire will be encouraged to live healthy and fulfilling lives. The Shire is working towards having more opportunities for residents to engage in a healthy lifestyle and to make the choices that will lead them to greater physical, social, and mental health wellbeing while being a part of a growing and thriving community.

This Public Health & Wellbeing Plan will assist Chapman Valley in being and continuing to be a place where social, cultural, and economic benefits promote the quality of life necessary to maintain a healthy lifestyle and environment. The Shire is committed to working with its stakeholders, including the State Government, to make the goals of this plan a reality and to fully realise the benefits of a healthy lifestyle, through the right choices in exercise, diet and community interaction to our community today and into the future. This Public Health & Wellbeing Plan will guide our community along a path of health and wellbeing, which will be enjoyed by all residents now and into the future.

Kirrilee Warr
Shire President

May 2023

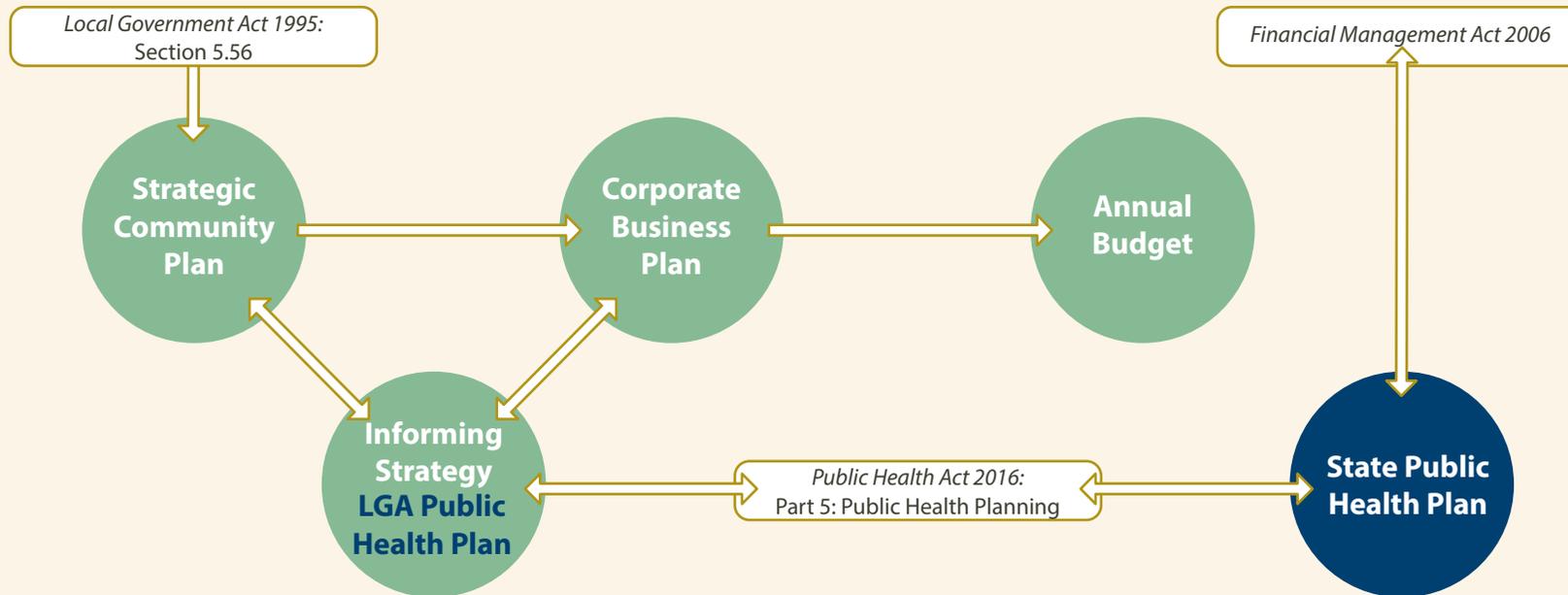
Jamie Criddle
Chief Executive Officer

May 2023

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

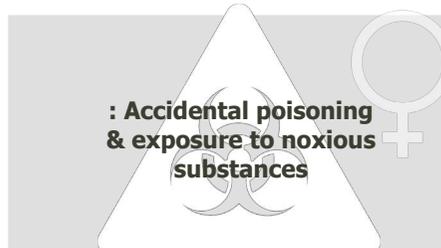
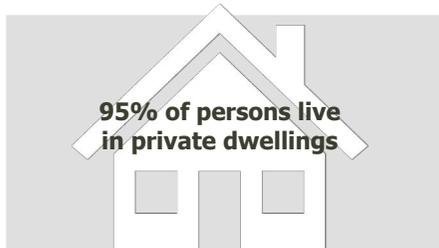
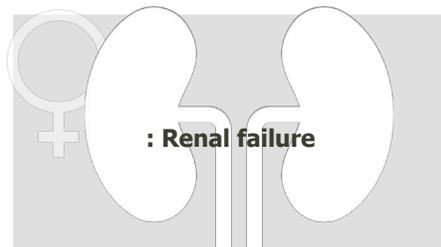
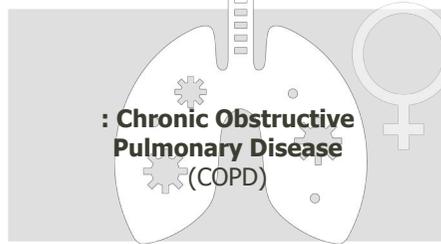
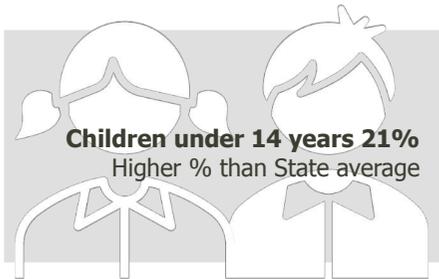
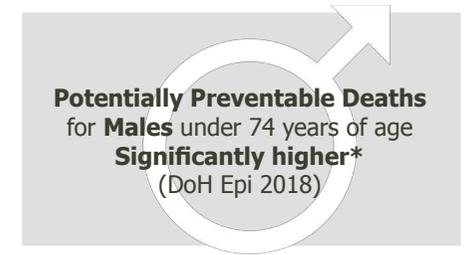
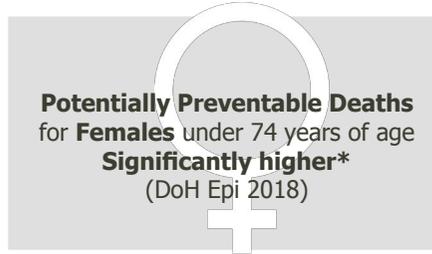
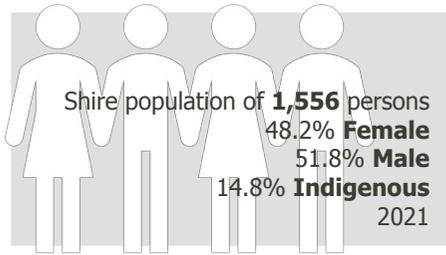
The Shire of Chapman Valley provides a range of funding to support the health of our community



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.
- 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 development, tourism, and events promotion.
- 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, recreation and community centres, and camping sites.
- Building services, planning and development control, including inspections, licensing, certification and enforcement.
- Administration of facilities, such as cemeteries, street parking, & refuse sites.
- Local Government Health Law Enforcement, Ranger and Emergency Services.

Snapshot of the health of people living in the Mid West Region



*Compared with the WA State average

Key results from our 2022 Public Health & Wellbeing Survey

THE RESIDENTS OF CHAPMAN VALLEY SPEAK

AS THINGS ARE NOW

We think the three most serious health risks in our community are:

- Using illegal drugs 63.2%
- Sniffing volatile substances 57.9%
- No regular medical checkups 47.4%

We think the three most serious mental & social health issues in our community are:

- Depression 73.7%
- Anxiety 68.4%
- Alcoholism 63.2%

We say our top four volunteering activities are:

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

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

- Coronation Beach
- Playgrounds

quieter lifestyle sense of place
distance great communities, all different,
rural feel but great all the same
people life landscape

What is the thing you like the best about living in the Shire of Chapman Valley?

CHANGE FOR THE FUTURE

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

- Programs for teens 84.2%
- Community events for residents 84.2%
- Routine screening for health issues eg cervical & prostate cancers 79.0%

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

- More hikes, walks, cycle paths & maps 66.7%
- Free fitness classes 66.7%

Our top three facilities or resources for good community health are:

- Safe roads 94.7%
- Parks & public open spaces 89.5%
- Recreation facilities eg: Nabawa Basketball Court, Yuna & Nanson Golf Courses etc 84.2%

Our top two priorities to encourage the eating of healthy food:

- More healthy food options in takeaway/fast food outlets 52.9%
- Healthy food options at sporting & community clubs & events 47.1%

SURVEY RESPONDENTS AGREED WITH THESE STATEMENTS:

There is strong community spirit in our Shire (94%)

I feel the Shire cares about our welfare (65%)

I know where to get help when I need it (76%)

I am proud of the community where I live (59%)

I feel like I belong in my local community (41%)

I enjoy interacting with my neighbours (82%)

I feel like my life has a sense of purpose (65%)

Adding the Public Health Vision to the Strategic Community Plan

Themes for the Strategic Community Plan 2017 – 2027 are:

- **Community and Lifestyle**
- **Environmental Protection and Sustainability**
- **Economic Development and Business Attraction**
- **Physical and Digital Infrastructure**
- **Governance and Accountability**

And incorporating:

- **Healthy Lifestyles**



The Integrated Strategic Community Plan

Community and Lifestyle	Environmental Protection and Sustainability	Economic Development and Business Attraction	Physical and Digital Infrastructure	Governance and Accountability	Environmental Health and Risk Management
Nurture the sense of community	Preserve the Natural Environment and address environmental risks as they arise	Build population and business activity through targeted strategies	Develop, manage, and maintain built infrastructure	Ensure governance and administration systems, policies and processes are current and relevant	Minimise harm and promote healthy lifestyles in sustainable communities
Strengthen our advocacy role and regional partnerships to support provision of local services and facilities	Maintain the rural identity of the Shire	Provide support for business development and local employment	Manage and maintain roads, drainage and other essential infrastructure assets	Be accountable and transparent while managing resources effectively	Encourage community participation in recreational activities to improve health and wellbeing
Maintain and enhance safety and security for the community		Welcome local tourism and participation in regional strategy	Aspire to robust communication and digital infrastructure in the Shire	Make informed decisions within resources and areas of responsibility	Promote preventative public health e.g. cancer screening and minimise disease transmission
		Ensure town planning complements economic development activities		Ensure robust processes and guidelines for development	Improve health outcomes through environmental health risk management



Community & Public Health Outcomes

Harm Minimisation	Encourage use of recreation activities	Promote preventative public health services & minimise disease	Environmental Health Risk Management
Promote health education opportunities to minimise the harmful effects of alcohol, drugs and tobacco	Provide safe and accessible public open spaces, walking trails and cycle paths	Promote health and wellbeing initiatives to improve mental and physical health	Maintain an environmental health service to minimise health risks in the community
Promote strategies that encourage the community to reduce smoking	Continue to provide recreation facilities to promote healthy lifestyle choices, including programs for seniors and aged persons.	Promote personal health services such as prostate and cervical cancer screening, mammograms, and blood pressure	Maintain food standards by regular surveillance of food premises
		Support relevant agencies in maintaining awareness for mitigating the presence of COVID-19 in the community	Monitor drinking and recreational waters to maintain standards and reduce public health risk





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 the Shire 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 Chapman Valley's Public Health Plan are intended to mirror work already underway. The Shire 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 2022 Public Health & Wellbeing Survey.

The Shire of Chapman Valley may give consideration to liaising with the Mid West 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.

Information used in the research phase of this plan was principally drawn from ABS Census material, SEIFA Index, AEDC (Education) data, Health Department hospital admissions data (2018 - 2020), and the Shire of Chapman Valley 2022 Public Health & Wellbeing Survey.

