Southern & Hills LGA
Draft Regional Public Health Plan 2022-2027

Summary Version - Kangaroo Island Council

The draft Regional Public Health Plan 2022-2027 aims to protect and improve the health of all residents across the Southern and Hills region.

The draft Plan was prepared by the Southern and Hills Local Government Association (the S&HLGA) and its six constituent councils: the Councils of Adelaide Hills, Alexandrina, Kangaroo Island, Mount Barker, Yankalilla and Victor Harbor. Development of the draft Plan included research and early stakeholder engagement to identify key regional challenges and responses (see page 2 of this document for a summary of regional challenges).

The draft Plan's **vision** is ***healthy, liveable, connected and resilient communities for all***.

The draft Plan outlines **five shared goals** that the six councils will work towards over the period 2022-2027:

- **Goal 1:** *Stronger communities and healthier environments*
- **Goal 2:** *Communities protected against public and environmental health risks*
- **Goal 3:** *Communities aware of and responding to the health risks of climate change*
- **Goal 4:** *Communities empowered for healthy living*
- **Goal 5:** *Working together to achieve regional public health outcomes*

For each goal, the draft Plan identifies **focus areas for collaborative action** that the councils will work on together (outlined on page 3 of this document).

Under each Goal, the draft Plan highlights the **top actions** that each constituent council is proposing to focus on over the period 2022-2027. The **Kangaroo Island Council's** priority actions are outlined on page 4 of this document.

The S&HLGA and its constituent councils are inviting all interested residents and local organisations to provide feedback on the draft Plan from Wednesday 6 July to Friday 29 July 2022. The councils will use the feedback received to finalise the plan. It is anticipated that the plan will come into operation by October 2022.

Share your feedback

To view the draft Plan and provide feedback visit engage.ahc.sa.gov.au/draft-rphp
For other ways to provide feedback please visit engage.ahc.sa.gov.au, email engage@ahc.sa.gov.au or phone 8408 0400.

The opportunity to provide feedback will close Friday 5 August 2022

8408 0400
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Southern & Hills LGA

Regional challenges for public health and wellbeing

The following key regional challenges were identified through assessing the latest available data and trends at the time of preparing the draft Plan:

- Mitigating and adapting to **climate change** and its impacts for present and future communities
- High % of people with **mental health issues**, exacerbated by the effects of the COVID-19
- Ongoing **impacts of COVID-19** on community and economic activities that support wellbeing
- Decline in **volunteering** since beginning of COVID-19
- High **population growth** projected between 2016-2036
- **Ageing population** with high numbers of Age Pension recipients
- High number of unpaid **carers** (before COVID-19)
- High levels of **housing stress** (mortgage and rental)
- Fewer **social housing** dwellings available for rent
- Low numbers of **school leavers admitted to university**
- Significant variation of **socioeconomic disadvantage** between the LGAs, with most disadvantaged areas experiencing the poorest health outcomes
- High levels of **obesity** (childhood, males and females)
- Increasing number of 'developmentally vulnerable' children

When compared with Greater Metropolitan Adelaide, the Southern and Hills region has:

a higher % of people who are clients of mental health services

a higher % of people aged 18+ who report being obese

a higher % of people aged 15+ who are physically active

a higher rate of suicide

Focus areas for collaborative action

The following 'focus areas for collaboration' have also been identified for each regional Goal. These focus areas respond to regional challenges, and will guide efforts to support new regional initiatives that will require collaboration between the constituent councils and partners.

Goal 1 - Stronger communities and healthier environments

- Champion the use of Universal Design* to improve the accessibility of public spaces and destinations across the region
- Maximise community usage of green open spaces for activities that support wellbeing
- Share information, resources and learnings to reinvigorate volunteering and community activities post COVID-19

Goal 2 - Communities protected against health risks

- Strengthen community resilience to respond to public health emergencies and disasters, including projects that provide accessible information and build preparedness and resilience of vulnerable population groups.

Goal 3 - Communities responding to health risks of climate change

- Strengthen the climate resilience of our communities through regional partnerships such as Resilient Hills & Coasts
- Promote community understanding of and adaptation to the public health risks associated with climate change
- Explore the need for a tool to assist councils' decision-makers to consider the current and future public health risks of climate change when undertaking climate risk governance assessments

Goal 4 - Communities empowered for healthy living

- Encourage increased active travel and recreation (including walking, running, cycling)
- Investigate a regional approach to walking, running and cycling trails planning, focused on the long-term planning of accessible trails that connect our council areas and significant places of interest across our region
- Identify opportunities to support children and young people develop preventive health behaviours, such as healthy eating and exercising

Goal 5 - Working together to achieve regional outcomes

- Continue to collaborate on the region-wide S&HLGA Regional Public Health Plan Working Group, including the development of regional sub working groups, where practical, to further collaborate, seek funding or advocate for equitable health outcomes for the most disadvantaged priority groups across our region
- Identify and seek funding opportunities for a regional coordinator role
- Update, reissue and consider the Indicators of Community Wellbeing Report for the Southern and Hills LGA with new data as they become available
- Explore the development of 'access to services and infrastructure' indicators, including research to determine what access means in regional settings and what the best measures are

*Universal Design involves creating facilities, built environments, products and services that can be used by people of all abilities, to the greatest extent possible, without adaptations.

Kangaroo Island Council (KIC) top actions

Goal 1 - Stronger communities and healthier environments

- Enhance the quality and accessibility of the built environment, including sporting facilities, parks, gardens, playgrounds, pools, trails and streetscapes
- Promote community awareness of disability through implementing our Disability Access and Inclusion Plan
- Support the development of our children and young people's social competence and emotional maturity
- Support events, programs, initiatives and volunteering opportunities that enable social connection, access and inclusion and promote the health and wellbeing of all residents

Goal 2 - Communities protected against health risks

- Monitor and respond to environmental and public health risks, such as air, noise and water pollution and pest outbreaks
- Support community and emergency services and collaborate to build preparedness and resilience
- Implement processes, procedures and technology to help mitigate fire risk to Kangaroo Island townships
- Develop and implement the response plan for severe weather events

Goal 3 - Communities responding to health risks of climate change

- Obtain funding for a plan to respond to environment change and liaise with other stakeholders for a whole of island response
- Seek funding to analyse and develop a KIC implementation plan to reduce the KIC carbon footprint to carbon neutrality
- Advocate for sustainable initiatives and businesses
- Encourage sustainable renewable energy options and tree planting programs

Goal 4 - Communities empowered for healthy living

- Enhance built environments to support active lifestyles, such as sporting facilities, parks, gardens, playgrounds, pools, trails
- Collaborate with relevant initiatives (such as Good Sports) and sports clubs to prevent and reduce harms from alcohol and other drugs
- Seek opportunities to expand community gardens to all townships to promote healthy eating, being outside and social connection
- Develop partnerships to support the design and delivery of preventive mental health and wellbeing initiatives

Goal 5 - Working together to achieve regional public health outcomes

- Invest in new and existing partnerships with community, business, government and other stakeholders to help achieve healthy, liveable, connected and resilient communities for all
- Develop stronger partnerships with community recreation and sporting groups to deliver wellbeing benefits from local assets
- Collaborate and partner with services and relevant community groups to deliver evidence-based initiatives that promote mental health and wellbeing