



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

Summary Version - Adelaide Hills 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 **Adelaide Hills 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 5 August 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.

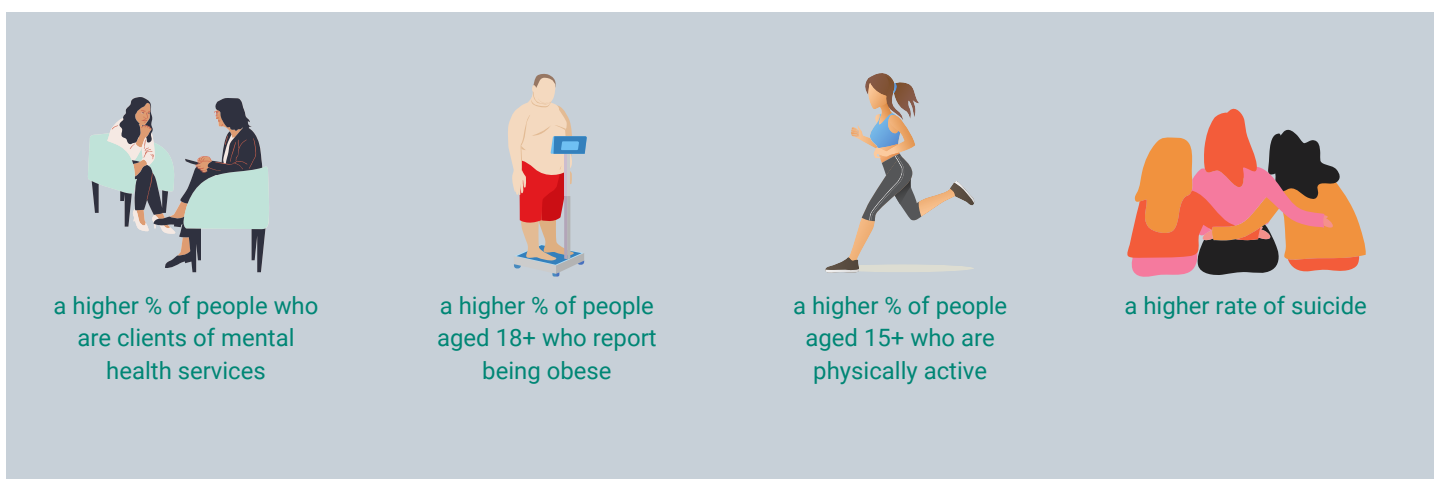
The opportunity to provide feedback will close Friday 5 August 2022

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:



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.

Adelaide Hills Council top actions

Terms in *italics* are defined in the Glossary at the end of this document.

Goal 1 - Stronger communities and healthier environments

- Facilitate and promote opportunities for social connection, volunteering and community participation to foster mental health and wellbeing
- Encourage and support residential developments to incorporate *livable housing design*
- Engage with our community and priority groups when designing new open spaces and built environments, ensuring access and health benefits for all
- Support children's early development through our community programs and services, particularly in the areas of emotional maturity and social competence

Goal 2 - Communities protected against health risks

- Protect the community from public health risks through the management of immunisation programs
- Undertake regulatory action including food safety inspections, wastewater system compliance and nuisance assessment
- Support and partner with the emergency services and the community before, during and after emergency events
- Mitigate bushfire risks by partnering with relevant agencies and the community to encourage shared responsibility and a whole-of-landscape approach to vegetation management

Goal 3 - Communities responding to health risks of climate change

- Assist our community to reduce the impact of waste to landfill on the environment
- Partner with relevant agencies (such as the Australian Red Cross) in building community-led resilience to climate change and extreme weather events
- Continue to be a partner of the *Resilient Hills & Coasts* regional climate change adaptation group
- Promote and support community planning conversations about climate change and its impacts on health, especially with young people, including action to address the mental health impacts of climate change

Goal 4 - Communities empowered for healthy living

- Develop a new mapping feature on our website that promotes and increases community usage of our parks, reserves and playgrounds for preventive mental health benefits
- Partner with our sporting clubs and relevant programs, such as *Good Sports*, to build healthy club environments that encourage healthy behaviours
- Facilitate opportunities for people to exercise with others through events like *Discover, Play, Bikeway!* and offering a variety of exercise classes at our community centres
- Provide programs and classes that empower our communities to eat healthy, and grow and share their own fruit and vegetables

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

Glossary

Discover, Play, Bikeway!

An Adelaide Fringe event presented by Adelaide Hills Council. The free family event enables locals and visitors to discover the Amy Gillett Bikeway.

Good Sports

An Australia-wide program building stronger community sporting clubs, run by the Alcohol and Drug Foundation (ADF). Aims to limit harm caused by alcohol and other drugs.

Livable housing design

Livable Housing Australia's [Livable Housing Design Guidelines](#) recommend design elements to ensure new dwellings meet the needs of residents with disability, injury and young children.

Resilient Hills & Coasts

A [Regional Climate Partnership](#) between councils of the S&HLGA, Landscape Boards, Regional Development Australia and the SA Government, working to strengthen the resilience of our communities, economies and natural and built environments to a changing climate.