



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

Summary Version

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 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 collaboration** 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. Each council's priority actions are outlined in this document (see p4 for Adelaide Hills, p5 for Alexandrina, p6 for Kangaroo Island, p7 for Mount Barker, p8 for Yankalilla and p9 for Victor Harbor).

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.

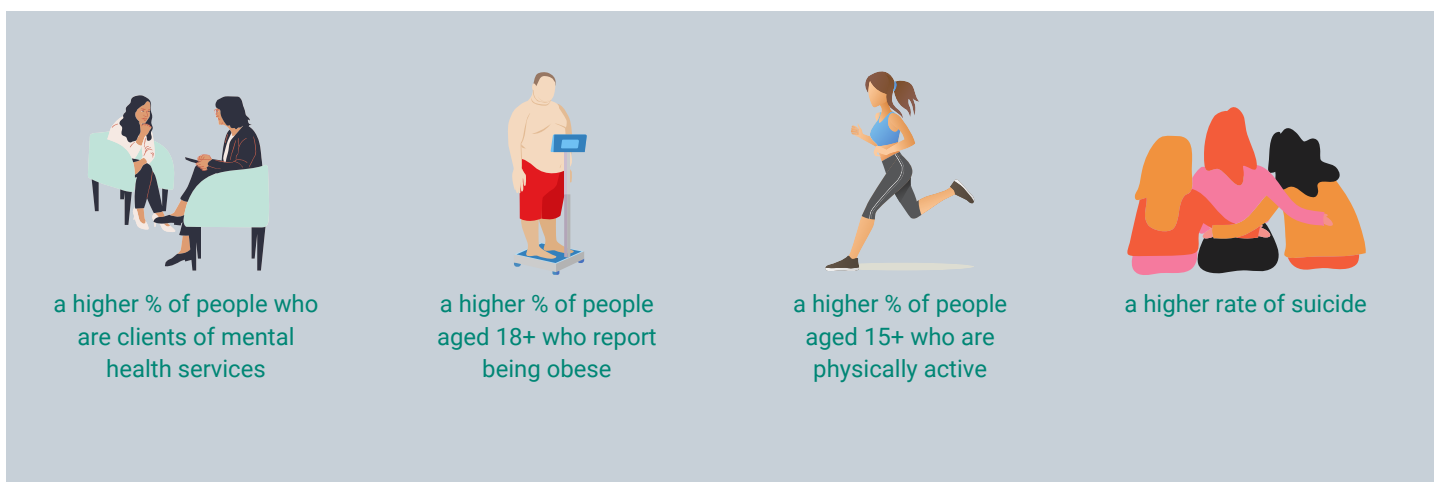
The opportunity to provide feedback will close Friday 5 August 2022

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

Alexandrina Council top actions

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Goal 1 - Stronger communities and healthier environments

- Develop *Village Innovation Plans* for all main settlements and rural areas with clear actions that contribute to healthy environments
- Design, locate, construct and activate community infrastructure and open space to ensure safe, inclusive and convenient access for communities and individuals
- Advocate for the diverse housing needs of our communities
- Advocate for an improved transport system that connects communities to Adelaide and across our region

Goal 2 - Communities protected against health risks

- Contribute to the development of a long-term approach to waste management on the Fleurieu Peninsula
- Determine Council's ongoing role in educating communities about health and wellbeing risks and protective measures associated with major events (eg COVID-19)
- Investigate and advocate for services and support for people experiencing hoarding and squalor disorder

Goal 3 - Communities responding to health risks of climate change

- Partner with community groups and the Murray Darling Association to ensure a sustainable future for the Murray-Darling Basin system, including a focus on advocating for a climate adaptation plan for the Coorong, Lower Lakes and Murray Mouth region
- Develop a comprehensive community education and behaviour change program to advance climate change adaption and resilience
- Support the *Resilient Hills & Coasts* partnership and seek funding for our community to build resilience to climate change challenges
- Ensure *Village Innovation Plans (VIPs)* include urban greening and tree canopy enhancements

Goal 4 - Communities empowered for healthy living

- Enhance engagement with arts and culture by facilitating diverse opportunities and experiences across our region
- Develop partnerships, strategies and initiatives to improve early childhood development
- Enable community-led initiatives that enhance health, wellbeing, learning, connection and inclusion
- Develop information, recognition and opportunities for increased volunteering

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

Kangaroo Island Council top actions

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

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

Mount Barker District Council top actions

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

Goal 1 - Stronger communities and healthier environments

- Seek funding and work with partners to deliver mental health support for community in response to factors including COVID-19, societal stressors and climate related emergencies
- Lobby for the *SA Homelessness Alliance* to have a presence in Mount Barker
- Seek the input of people with disability and support people / services in the design of new buildings and open spaces
- Develop and implement a Child and Youth Action Plan that specifies action to contribute to better outcomes for children in the physical health and wellbeing domain

Goal 2 - Communities protected against health risks

- Provide advice, support, and education resources, that help protect communities against public health and environmental risks as well as responding to those risks when they arise
- Provide a wastewater treatment service that delivers multiple public health and environmental outcomes
- Work with other levels of government to review and define Council's role in protecting our priority groups from health and wellbeing risks associated with COVID-19 and other transmittable diseases
- Partner with organisations to help our communities (particularly our priority groups) to plan for climate related emergencies

Goal 3 - Communities responding to health risks of climate change

- Pursue a longer-term agreement and funding support for the *Resilient Hills & Coast Climate* Adaptation partnership
- Engage and involve the community in the understanding, appreciation and protection of local natural areas
- Help empower Aboriginal leadership, knowledge and participation in bushfire recovery, cultural burning and land management
- Manage open space to prevent biodiversity loss and replenish nature that protects and enhances health and wellbeing benefits

Goal 4 - Communities empowered for healthy living

- Work with the Local Drug Action Team partners to help prevent drug and alcohol-related harm, with a focus on families and young people aged 12-25
- Position Council planning and resources to help guard against and prepare for future pandemics
- Collaborate with others, and incorporate policies and practices into Council business to help support a resilient and sustainable local and regional food system that contributes to positive health and environmental outcomes
- Play an active role in public health promotion, which includes: healthy eating and disease prevention

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

District Council of Yankalilla top actions

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

Goal 1 - Stronger communities and healthier environments

- Engage in advocacy and land use planning to facilitate greater health services for our ageing community, to attract investment in aged care beds and retirement living options for the district
- Investigate opportunities to stimulate volunteering by a growing population of retired professionals
- Engage with state and federal government stimulus programs targeting small to medium businesses or Council infrastructure projects that stimulate industries affected by COVID-19
- Implement actions under the 'Accessible Communities' theme of our Disability Access and Inclusion Plan

Goal 2 - Communities protected against health risks

- Deliver strong environmental health services, including food safety, effective wastewater management and community education about public health risks
- Participate in zone emergency management planning and committees, take opportunities to support or advocate for local emergency services organisations
- Respond to opportunities to improve local adverse events management identified for the local government sector

Goal 3 - Communities responding to health risks of climate change

- Support State Government and regional environment partnerships such as the *Hills and Fleurieu Landscape Board*, *SA Coastal Council Alliance* and the *Resilient Hills & Coasts* partnership
- Promote improvements to open space and publicise our existing tree planting program to increase township shade, cooling and amenity
- Encourage sustainable development such as changes to land use policies and pre lodgement services to encourage water, waste and energy wise urban form and dwelling design
- Continue membership of the Fleurieu Regional Waste Authority (FRWA) which manages waste and recycling operations including kerbside collections and the Yankalilla Waste and Recycling Depot

Goal 4 - Communities empowered for healthy living

- Encourage sporting clubs to utilise the *Good Sports* program's tools and resources to build a policy around alcohol management, smoking regulations, mental health, illegal drugs, and safe transport
- Leverage the network of existing trails and consider linking townships by trails to encourage additional walking experiences that take in the different communities of the district
- Facilitate the creation of adventure sports clubs relevant to the our natural assets and topography (hills, coast and beaches)
- Support sporting clubs to improve privately owned facilities for the benefit of community users, including regular review of open space assets and improvement of some open spaces within towns

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

City of Victor Harbor top actions

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Goal 1 - Stronger communities and healthier environments

- Coordinate events, programs, initiatives and volunteering opportunities that facilitate social connection, access and inclusion and improve health and wellbeing for our ageing population
- Implement the Disability Access and Inclusion Plan
- Pursue the establishment of a Regional Study Hub that services the southern Fleurieu Peninsula
- In collaboration with Business Victor Harbor, finalise and implement the City of Victor Harbor Economic Development Strategy

Goal 2 - Communities protected against health risks

- Implement regional bush fire management plan, local and zone emergency management plans
- Implement recommendations from the *Coastal Adaptation Strategy*
- Respond to the COVID-19 emergency and recovery phase
- Regulate food safety, waste water systems, water quality, sanitation, swimming pools/spas, vermin control

Goal 3 - Communities responding to health risks of climate change

- Increase awareness in the community of the impacts of climate change
- Implement annual priorities for achieving our *Climate Agenda 2030*
- Participate in partnerships such as *Resilient Hills & Coasts* and support local environmental volunteer groups such as Victor Harbor Coastcare, Trees for Life and Friends of Hindmarsh River Estuary
- Implement the actions, and consider the short- and long-term opportunities from the *Resilient Hills & Coasts – Regional Action Plan 2020-2025*

Goal 4 - Communities empowered for healthy living

- Develop contract agreements with the Office for Sport and Recreation for continuation of the *Starclub Officer*
- Provide services, information and activities for families and children through the *Fleurieu Families Program*
- Promote and enhance access and use of open spaces, beaches and the environment for the benefit of wellbeing and health
- Support partnerships with local organisations to provide early intervention services and safe places for young people

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

Climate Agenda 2030

The City of Victor Harbor Council's 'Climate Agenda 2030' sets out actions to mitigate and adapt to climate change.

Coastal Adaption Strategy

Endorsed by City of Victor Harbor in 2021 to provide options for coastal adaptation to climate change.

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.

Fleurieu Families

A partnership between the City of Victor Harbor, District of Yankalilla, the Australian and South Australian governments, supporting families with children aged 0-18.

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.

Hills and Fleurieu Landscape Board

One of nine regional landscape boards across SA. Supports communities and land managers to improve the management of the region's landscapes.

KIC

An acronym for Kangaroo Island Council.

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.

SA Coastal Council Alliance

Launched in October 2019 to provide an informed, coordinated advocacy voice; and a forum for information sharing and networking on coastal management issues facing Councils across SA.

SA Homelessness Alliance

The SA Housing Authority has established five Alliances, to service the complex and evolving needs of clients experiencing or at risk of homelessness across South Australia.

Starclub

A sports club management initiative of the SA Government through the Office for Recreation, Sport and Racing. It is a self-assessment resource that helps sports clubs identify solutions to improve efficiencies and maintain a sustainable club.

Village Innovation Plans

As outlined in the [A2040 Four Year Delivery Plan 2020-24](#), Alexandrina Council is committed to developing 'Village Innovation Plans' (VIPs) for each of Alexandrina's 11 townships by 2024. VIPs will help shape the future of each town for the next 20 years.