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

Summary Version - Mount Barker 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 **Mount Barker District 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.

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

Glossary

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 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.