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

Summary Version - City of Victor Harbor

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 **City of Victor Harbor'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.

City of Victor Harbor top actions

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

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.

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.

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.

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.