



**Shire of collie**

Public Health and Wellbeing Plan

**2015 - 2018**

## **Message from the Shire President**

The Shire of Collie is proud to present the Public Health and Well Being Plan 2015-2018. The plan has been developed to protect, promote, and improve public health and wellbeing in our community and we are committed to ensuring that the residents of the Shire have an acceptable level of health today and into the future. Health is important to each of us as individuals, to our families and to the community and we hope to ensure that we all have the opportunity to enjoy it to the fullest extent.

The development of the Public Health and Wellbeing Plan has been a process of research and community consultation which has resulted in a roadmap for the people of Collie and their family's to enjoy the benefits of a healthy community, lifestyle and environment. Traditional health protection initiatives will continue to occur while adopting a new focus on preventing long term disease caused by poor lifestyle choices. Residents of the Shire will have more opportunities to engage in a healthy lifestyle and to make the choices that will lead them to greater physical, social, and mental health while being a part of a growing and thriving community.

The Public Health and Wellbeing Plan ensures that Collie is and will continue to be a place where social, cultural, and economic benefits promote the quality of life necessary to maintain a healthy environment and lifestyle. The Shire is committed to diligently working with its stakeholders to make the goals of this plan a reality and to fully realise the benefits to our community today and into the future. The institution of the Public Health Plan will guide our community along a path of health and wellness which will be enjoyed by all residents.

## **Acknowledgements**

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The Shire of Collie would like to thank the community members and stakeholders who kindly contributed to the consultation that informed the development of this Plan.

## **Acknowledgement of Country**

The Shire of Collie acknowledges the Noongar people as the Traditional Owners of the country within the Council's boundaries. Today they remain the custodians of the cultural heritage of this land. The Shire also acknowledges that many Aboriginal and Torres Strait Islander people have lived, worked and contributed to the cultural heritage of *ngulla booja* – our country in the Great Southern region.

## Edition Details

<b>Title:</b>	<i>Public Health and Wellbeing Plan 2015-2018</i>
<b>Production Date:</b>	<i>September 2015</i>
<b>Authors:</b>	Stoneham and Associates <i>Shire of Collie</i>

## Amendments

<b>Version</b>	<b>Date</b>	<b>Amendments</b>	<b>Prepared by</b>

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## Executive Summary

The purpose of this Public Health and Wellbeing Plan (PHWP) is to protect, improve and promote public health and wellbeing amongst all residents and ratepayers in the Shire of Collie. It aims to support all members of the community, through various life stages to enjoy good health and wellbeing across a range of identified priority health issues.

The plan focuses on what Council can do directly within its functions and capacity, and through partnerships, to enhance public health and wellbeing, and recognises that many factors influence health and wellbeing, including those which occur within the social, built, economic and natural environments.

In partnership with key health, community, education and government organisations and private industry, the Shire of Collie is committed to implementing a range of initiatives across Council functions that contribute to the health and wellbeing of individuals and families, particularly those most vulnerable and in need of support.

'The Plan' has been developed using an extensive process of consultation. This consultation of both community issues and evidence has resulted in the identification of a number of public health priorities and a plan of action.

The development of this Plan has used an evidenced-based framework, supported by a sound understanding and acknowledgement of the many factors in our environments and suburbs that affect health and wellbeing.

The methodology used to develop this Plan included a policy alignment process to identify existing public health priorities within the Shire, the identification of community needs and aspirations, involvement of Shire of Collie staff to identify local public health risks, advice from key stakeholders on the issues affecting their clients and communities and the integration of local health data.

Through this process a list of seven priority health issues were identified and include:

- Environmental health protection
- Drugs
- Alcohol
- Access to fresh food/nutrition/skill acquisition
- Mental health
- Getting people more active
- Starting from within the Shire of Collie

For those seven identified priorities, set strategies and actions have been identified and fit under the broad priority areas of; **Environmental Health Protection, Chronic Disease Prevention, Promoting Positive Community Lifestyle and It Starts With Us.**

It is expected that implementation of the Public Health & Wellbeing Plan will occur through:

- the implementation of actions directly identified in this document, and
- the development and subsequent implementation of a range of action plans or existing Plans that are called up, which reflect the policy directions and community issues identified in the Public Health and Wellbeing Plan.

The Shire will measure and report against an agreed range of community health and wellbeing indicators to track outcomes over time. This will focus on improvements to health and wellbeing, partnerships and communication within the Shire of Collie.

Central to the development of this Plan is an acknowledgement of the need and value of integrated health planning and strong partnerships in the Shire of Collie. The nature of the Plan is dynamic, reflecting a commitment to work with partner organisations to progressively address priority health and wellbeing issues and to develop and implement a number of strategies under this Plan.

## 1.0 Introduction

*The purpose of local government is to provide a system for the peace, order and good government of local communities. To do this, local governments aim to impact social, economic and environmental viability and sustainability of their communities and improve the overall quality of life of all residents.*

The Shire of Collie's Public Health and Wellbeing Plan (PHWP) is a three year strategic plan providing a framework to improve the health and wellbeing of its community.

This local Plan aims to identify actions to prevent or minimise public health risks, as well as promote and advance health and wellbeing for all people living in the community.

Acting at a community level, the Shire contributes to health and wellbeing in many ways including urban planning, the provision of public open space and parks, connecting communities, maintaining air quality, ensuring high levels of hygiene in food premises, the provision of bike and footpaths and many other strategies that enable residents to actively participate and enjoy their local community. This plan has been developed to align with the WA Public Health Bill.

*The Public Health Bill states that each local government must develop a public health plan that must be part of the overall strategic and corporate planning and reporting framework.*

This Bill updates the roles and responsibilities of Western Australian Local Governments and requires them to address environmental determinants of health including any external agent (biological, chemical, physical, social, or cultural) that can be causally linked to a change in health status. The Bill acknowledges the holistic view of health and requires the integration of environmental **and** social factors that affect health and wellbeing and allow it to prosper.

This social model of health is a conceptual framework for thinking holistically about health and encourages local government to address the many social, cultural, environmental, biological, political and economic determinants of health that affect their resident's health

and wellbeing. There is a large body of evidence that shows that what contributes to our health and wellbeing is broad and includes issues such as the quality and quantity of the food we eat, the amount of exercise we do, whether we have friends and family to support us, whether we live free of violence and discrimination and whether we smoke or misuse alcohol and other drugs.

These are individual lifestyle factors that can directly influence the risk of a person developing chronic illness during their lifetime such as cardiovascular disease, mental health problems, diabetes or cancer.

These lifestyle risk factors are in turn strongly influenced by the natural, built, social and economic environments in which we live. Walkable neighbourhoods, affordable appropriate housing, access to public transport, sport and recreational facilities, social opportunities to connect to others in the community, access to natural spaces, having a job, and being safe in our neighbourhood and homes are referred to as social determinants of health.

The Shire, through the development of this Plan, recognises that working to address all of these factors using a holistic approach will have the greatest impact on health and wellbeing.

This Plan does not address any clinical or treatment of health issues. Instead it focuses on aspects of the environment that are promoting ill health. This Plan has a prevention focus which advocates for an approach that goes beyond encouraging individuals to change their attitudes and lifestyles, and focuses on the environment in which they live and work to provide the skills and support needed to lead a healthy, happy and long life.

Other key principles of the Bill include:

- Evidence based decision making;
- An emphasis on prevention rather than remedial works; and
- Collaboration with internal and external partners to achieve optimum health and wellbeing.

At the Shire, the Public Health and Wellbeing Plan will guide policy development directions and where possible, alignment of annual budget requests with the Plan's health priorities will occur. This will also present a stronger case for State and Federal government funding opportunities. Service providers and community groups may use the Plan when deciding and developing programs or projects to submit to the Shire for funding. Residents and key stakeholders can use the reports and associated data and evidence to understand how the Shire of Collie has selected the public health priorities and the Shire's role in promoting and protecting the health of the Collie community.

The Shire understands that many factors affecting health, fall outside the scope of local government and acknowledge that the delivery of many health services is facilitated by external agencies. Where relevant, the Shire has identified potential partnerships with other government agencies, service providers, local organisations, non-government agencies and the community to advocate for improved services or to build relationships to address the emerging public health risks in the community.

Accordingly, this Plan acknowledges the need for close and collaborative partnerships between key players to:

- Maximise the effectiveness of resources and integrated approaches to provide services, programs, amenities, leadership and advocacy opportunities that will support the Plan's health initiatives;
- Use of innovation to engage and link with diverse communities and encouraging them to participate and play an active role in decisions and solutions to improve health and wellbeing outcomes; and
- Develop internal organisational systems that support an integrated and collaborative approach to health and wellbeing across Departments.

## 1.1 Health and Wellbeing in the Shire of Collie – At a glance

### Who lives here?

- Currently around 9127 people live in Collie with an annual growth rate of 1.7%
- 53.8% males; 46.2% females
- Average age = 39
- Above state average in:
  - 10-14 year age group (0.5% above state average)
  - 40 – 85 + age group (3.6% above state average)
- 5% unemployment
- SEIFA index – 958.2
- 3.1% are Aboriginal & Torres Strait Islanders with average age being 18 years

(ABS 2013)

### Chronic Conditions (Regional data)

- One in six adults (16.5%) smoke
- More than four in five adults (85.6%) and more than half the children (53.0%) did not eat the recommended daily serves of vegetables
- Nearly half (44.9%) the adults and one in four children (22.8%) did not eat the recommended daily serves of fruit
- Nearly half the adults (45.6%) who drank alcohol drank at risk for long-term harm
- Almost half the adults (49.2%) and nearly half the children (49.1%) did not do sufficient physical activity
- One in five adults reported having high blood pressure
- One in five adults reported having high cholesterol
- One in three adults (29.0%) and 5% of children reported height and weight measurements that classified them as obese.

(WA Health 2012)

### Self-Reported Health Behaviours

- 9.2% smoke regularly
- 44.6% don't eat 2 serves of fruit a day
- 90% don't eat 5 serves of vegetable a day
- 75.4% do not do enough physical activity for health benefits
- 19.3% consume more than 3 alcoholic drinks each week
- 35% eat take away more than once a week

(Stoneham, 2014)



## 1.2 The Need for a Public Health and Wellbeing Plan for Collie

Over three-quarters of people in the Shire of Collie do not meet minimum physical activity guidelines. Community members identify a lack of time and access as the main reasons for not participating in physical activities. Collie, as a result of poor public transport infrastructure and connections, is a car dependent Shire, with residents often needing to drive to Bunbury for local services and provisions. Transport advocacy is a key strategy to improve physical activity, access to services and other health and wellbeing outcomes.

With almost 45% of adults not consuming the recommended fruit consumption per day and 90% of adults not consuming the vegetable intake, there is a huge need to increase access to fresh, affordable and wherever possible, local produce. Ensuring residents have the skills to cook healthy and nutritious meals is a priority.

Although smoking rates in WA are declining, with one in 10 adults smoking, there remains a need to ensure that smoke free areas and events are coordinated by the Shire on an ongoing basis.

Collie is experiencing an ageing population with above State averages in all age groups 40 years and above. Ensuring local services to cater for the ageing population and promoting social connections and intergenerational linkages will be an ongoing priority for the Shire.

## 2.0 Methodology

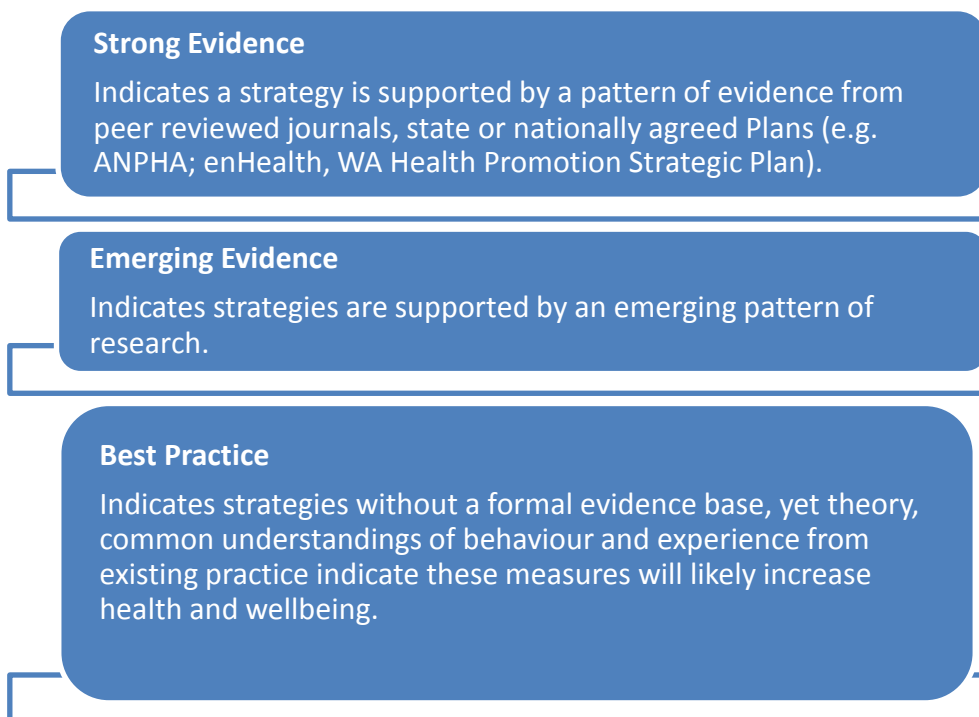
In line with the Public Health Bill, this Plan was developed using an evidence based framework. The public health needs were identified through:

- The examination of local data relating to health status, safety and crime and health determinants;
- Alignment of existing public health priorities within the Shire; and
- Consultation with staff members, external stakeholders and community members of all ages. A total of 132 adults, 36 young people, 32 staff members, 3 Elected Members and 14 external agencies were consulted.

The public health objectives and policy priorities for the promotion and protection of public health and the development and delivery of public health services were developed during a consultative workshop. Priority setting processes were directed by evidence and a set of criteria to create the public health priorities.

These public health priorities and identified actions were assessed against existing Shire strategies and initiatives and aligned where appropriate. This process also acted to develop a greater understanding across Council of how all areas can impact positively on community health and wellbeing.

To ensure a comprehensive picture of public health risks within the Shire were identified, the evidence was categorised into the following:



### 3.0 The Shire's role in Public Health and Wellbeing

The Shire of Collie provides for a diverse range of health and wellbeing needs of the community through all of its service areas, many of which are statutory responsibilities.

The Shire's responsibilities for health can be classified into the following three areas:

- Health protection (regulation of tobacco, alcohol, food safety, control of insects and vectors, pollution/waste, noise, air quality)
- Public health emergency management (disaster planning, response and recovery, pandemic planning)
- Health improvement/development (promoting healthy lifestyles, opportunities for social connection and decision making, arts, sport, culture and recreational participation)

The Shire of Collie has responsibilities under more than 40 different West Australian Acts, including land use planning, building control, public health services, food, domestic animal control, litter control, parking and roads and traffic.

## 4.0 Public Health Priorities

*Shire's Mission - Collie aims to be a vibrant, growing and sustainable community where people live, visit and invest*

The Shire's Strategic Community Plan 2013 sets out community values and a vision for the future development of the Shire of Collie. The Plan describes the strategies that will be put into place to turn that vision into a reality. The Strategic Community Plan is a broad outline of the Shire's approach to meeting the current and future needs of the community. Reviewed regularly, the Plan provides the framework within which funding and resource allocations are made. The Plan includes specific objectives under the following five goals:

- Thriving, supportive and safe community
- A protected and sustainable natural environment
- Infrastructure land use and development that supports the needs of our community
- A strong and diversified economic base providing a range of business and employment opportunities
- Good governance and an effective, efficient and sustainable organisation

The Public Health and Wellbeing Plan is strongly linked to the Strategic Community Plan, aligning across all five outlined future directions and their underlying outcomes.

Many of the outcomes listed under each goal are directly aligned with this Plan and its intended outcomes. The Community Strategic Plan outlines its outcomes below and there is specific alignment with many outcomes under the "Our Community", "Our Natural Environment" and "Our Built Environment" goals.

Strategic Focus:	Our Community	Our Natural Environment	Our Built Environment	Our Economy	Our Business
<b>Goals:</b>	A thriving, supportive and safe community	A protected and sustainable natural environment	Infrastructure, land use and development that supports the needs of the community	A strong and diversified economic base providing a range of business and employment opportunities	Good governance and an effective, efficient and sustainable organisation
<b>Outcomes:</b>	<ul style="list-style-type: none"> <li>• Health, education and family support services that are accessible and meet the needs of the community</li> <li>• Participation in sport, recreation and leisure opportunities</li> <li>• An active and supportive community</li> <li>• A growing community</li> <li>• A safe community</li> </ul>	<ul style="list-style-type: none"> <li>• A protected natural environment</li> <li>• Water resources sustainability</li> <li>• Effective waste diversion and recovery</li> <li>• Adaptation to climate change</li> </ul>	<ul style="list-style-type: none"> <li>• Appropriate land use, development and conservation of heritage</li> <li>• Attractive townscapes and streetscapes</li> <li>• A safe and reliable transport system</li> <li>• Council buildings and service related assets that support community needs</li> <li>• A sustainable asset and infrastructure base</li> </ul>	<ul style="list-style-type: none"> <li>• Local industrial development and diversification</li> <li>• A strong business and services sector</li> <li>• A growing tourism industry</li> </ul>	<ul style="list-style-type: none"> <li>• Good governance and leadership</li> <li>• Effective and efficient people and corporate services</li> <li>• Financial sustainability and accountability</li> </ul>

The other Council documents that directly informed the Public Health and Wellbeing Plan included the following:

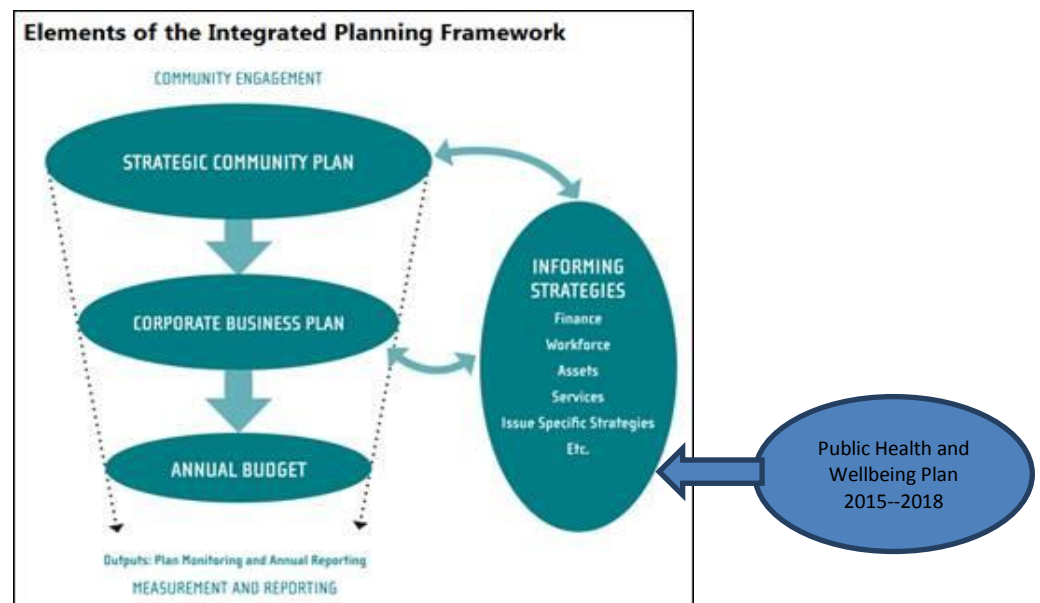
- Shires Community Safety and Crime Prevention Plan
- Collie Alcohol Management Plan
- Pathway Asset Management Plan
- Disability Access and Inclusion Plan

Within the context of these Shire strategies, consensus was reached on the seven most locally significant public health issues to be addressed by the Shire over the next three years. These seven priority public health issues fit under the priority areas of; **Environmental Health Protection, Chronic Disease Prevention, Promoting Positive Community Lifestyle and It All Starts with Us.**

The Shire of Collie's role will vary in relation to each of the identified priority areas within the Public Health and Wellbeing Plan. The key role/s that the Shire will play are categorised into the following approaches:

- Policy and planning;
- Advocacy and leadership;
- Organisational development;
- Service provision; and
- Information, engagement and awareness.

In the context of new Local Government Integrated Planning and Reporting process the Public Health and Wellbeing Plan 2015 – 2018, sits as one of the informing strategies to the Strategic Community Plan and Corporate Business Plan.



## 5.0 Implementation, Reporting and Review

Implementation and monitoring of the Public Health and Wellbeing Plan will be overseen by the Shire of Collie's Development Services Department, but requires the execution of actions by relevant departments and support of senior management across the Shire of Collie.

The development of a regional Public Health Stakeholder group will assist with the implementation of the Plan. This group will have both internal and external representation and will meet on a biannually basis to contribute to the assessment of progression and review of ongoing applicability of the Plan

Review and evaluation of the Public Health Plan will occur as required under the *Public Health Bill 2008- Part 6 Public Health Plans section 42 (5 and 6)*.

An annual review will be scheduled to monitor the implementation of the Plan to ensure:

- Implementation is progressing to schedule;
- Actions are producing the anticipated outcomes;
- Needs and demographics of the Collie community are consistent;
- Required adjustments can be made to the PHWP to meet any change in community need, and
- If required, amendment of the Public Health and Wellbeing Plan 2015 -2018.

The progress of the Plan will be reported to the Council every 12 months and reported in the Shire's Annual Report.

At the end of the three years, as in line with the Public Health Bill, a full outcome evaluation will be undertaken and a new three year plan established, or prior if required, when the Public Health Bill is enacted.

This Plan serves as a working and reference document for each Shire Department. Priorities and actions link to business unit work plans wherever possible, making ongoing monitoring a high priority.

Findings from the annual review of the Public Health and Wellbeing Plan will be disseminated across the Shire to the community, key stakeholders and service providers at the conclusion of each reporting period.

## **ACROYMNS used in the Action Plan**

ABC	Act, Belong, Commit (Mentally Healthy WA)
AMP	Alcohol Management Plan
AMPO	Alcohol Program Management Officer
CoC	Chamber of Commerce
DAO	Drug and Alcohol Office
DOE	Department of Environment
EHO	Environmental Health Officer (also referred to as Health Services)
ICCWA	Injury Control Council Western Australia
PCYC	Police Citizens Youth Council
PHAIWA	Public Health Advocacy Institute of WA
POS	Public Open Space
RLSA	Royal Life Saving Association
SDERA	School Drug Education and Road Aware
SoC	Shire of Collie
WACHS –	SW WA Country Health – South West
WASCA	West Australian School Canteen Association

## 6.0 Action Plan

### 6.1 Environmental Health Protection

The field of environmental health sits within the broader scope of public health, which is the art of preventing disease, prolonging life and promoting health. Environmental health addresses many aspects of human health, including quality of life that are determined by physical, chemical, biological, social and psychosocial factors in the environment. It also refers to the theory and practice of assessing, correcting, controlling and preventing those factors in the environment that can potentially affect adversely the health of present and future generations.

Essentially Environmental health protection is about creating and maintaining environments that promote good public health within the Collie community. It goes beyond the basic health requirements, such as clean water, clean air and safe food and uses innovative strategies to create safe and supportive environments and informed and skilled residents.

Strategy 1: Protect and enhance human health through disease prevention and the creation of environments supportive of health

Strategy 2: Expand the primary role of the Environmental Health Officer to incorporate health promotion principals

Strategy 3: Manage environmental health risks that have the potential to affect the community as a result of emergency events

(\* denotes a strategy that can only proceed with support from external funds)

Key Actions		Key Outcomes	Responsibility	Timeframe			Role of the Shire					Resource implications
				2015/16	2016/17	2017/18	Policy/planning	Org development	Service provision	Influencing and advocacy	Information, engagement	
1.1	Modify the food business risk classification process to enable the risk classification to be reduced or increased based on performance history	Implementation of adjustable risk classification process based on performance history. Incorporation of modified risk identification fee structure in annual budget and reporting schemes.	Health Services				X		X			No direct cost Staff time
1.2	Investigate and make recommendations on value adding to risk assessment inspections by incorporating an analysis of the nutritional value of food products sold	Risk assessment program incorporates nutritional assessment of food service.	Health Services				X		X	X	X	No direct cost Staff time
1.3	Ensure all food businesses servicing vulnerable populations submit verified Food Safety Plans as required under the Food Standards Code	All food safety plans completed and verified with regular monitoring and reporting.	Health Services				X	X		X		No direct cost Staff time
1.4	Coordinate food hygiene training program for local food businesses	Training program is an integral component of the Shire's incentive based food safety management program.	Health Services				X		X			Training costs
1.5	Continue to monitor and report on all scheme and non- scheme drinking water and aquatic facility waters highlighting any areas of high risk	Water monitored regularly with results plotted to indicate areas of high risk and future investment.	Health Services						X			No direct cost Staff time



Key Actions		Key Outcomes	Responsibility	Timeframe			Role of the Shire					Resource implications
				2015/16	2016/17	2017/18	Policy/planning	Org development	Service provision	Influencing and advocacy	Information, engagement	
1.6	Effectively implement the event management process using a risk management process for public events and led by skilled EHOs	Implementation and evaluation of processes, procedures and guidelines for approval of large public events. Whole of Council process led by EHOs implemented for large public events.	Health Services				X	X	X			No direct cost Staff time
1.7	Develop a Shire Policy regarding management of risks associated with handling and disposal of asbestos and lead the implementation process through Council	Policy developed and endorsed by Council.	Health Services				X					No direct cost Staff time
1.8	Use effective negotiation skills and an evidence based framework to resolve the majority of noise complaints, in preference to using the sound level meter	Noise complaints managed effectively and in a timely and non-confrontational manner.	Health Services					X	X			No direct cost Staff time
1.9	Work with local industry and DoE to ensure air quality is a key priority for the Shire	Air quality which is affected by the mining of coal is of the highest possible quality to ensure good health.	Health Services				X		X			No direct cost Staff time
1.10	Advocate for a health impact assessment process to be integrated into the existing development control processes	Health impact assessment framework integrating evidence and risk developed and integrated.	Health Services							X		No direct cost
1.11	Prepare an annual Public Health Report against the Public Health and Wellbeing Plan in accordance with the	Annual report developed and disseminated.	Health Services				X					No direct cost Staff time

requirements of the Health Act/Public Health Bill													
			Timeframe			Role of the Shire					Resource implications		
Key Actions		Key Outcomes	Responsibility	2015/16	2016/17	2017/18	Policy/planning	Org development	Service provision	Influencing and advocacy		Information, engagement	
1.12	Prepare an annual Public Health Report against the Public Health and Wellbeing Plan in accordance with the requirements of the Health Act/Public Health Bill	Annual report developed and disseminated.	Health Services				X					No direct cost Staff time	
1.13	Determine the likelihood of mosquito borne diseases across the Shire and facilitate appropriate management strategies using evidence and a risk assessment framework	Analysis completed, high risk areas mapped and interventions planned to prevent vector borne diseases.	Department of Health Health Services					X	X			Staff time resource developmen t	
1.14	Identify and describe vulnerable groups in the region at risk of death and illness due to the effects of heatwaves, bushfires and other natural disasters	Vulnerable groups identified. Information available to these groups in forms appropriate to their needs.	Department of Health PHU Health Services						X			Staff time Resource developmen t	
1.15	Convene a Public Health stakeholder meeting with a purpose – to encourage people to work together, to reduce duplication and jointly submit funding applications	Public Health stakeholder meeting convened twice yearly with wide representation. At least one submission submitted annually.	Health Services						X	X	X	Staff time Meeting Costs	
1.16	Increase the profile and external funding to the Environmental Health Division	Submission to PHAIWA Local Government Report Card Awards from 2015 onwards Application to Healthway for the Healthy Local Government funding to support relevant strategies listed in this Plan.	PHAIWA Healthway Health Services Community Development				X			X		No direct cost Staff time	

Key Actions		Key Outcomes	Responsibility	Timeframe			Role of the Shire					Resource implications
				2015/16	2016/17	2017/18	Policy/planning	Org development	Service provision	Influencing and advocacy	Information, engagement	
1.17	Provide support for the development and implementation of public health emergency management arrangements	Environmental Health Emergency Management Support Plan developed Health Service Department support to the Shire's Local Emergency Management Arrangements is formalised.	Health Services				X	X			X	Staff time

## 6.2 Chronic Disease Prevention

The average life expectancy for most Western Australians is longer than ever before, due to successful disease control measures, safer living and working conditions, better nutrition, and a reduction in smoking. Yet chronic diseases such as obesity, cancers and heart disease are major contributors to the total burden of disease and are the leading cause of potentially avoidable deaths in WA.

In 2011, over half (51%) of Western Australians aged 16 and over reported being diagnosed with at least one chronic health condition or having been injured in the past year. People who are disadvantaged or live outside major cities are generally at greater risk of chronic disease or injury.

Strategy 1: Increase opportunities and support available for residents to lead healthy, active lifestyles

Strategy 2: Provide a local environment that enhances community health and wellbeing

Strategy 3: Advocate to external bodies to reduce negative impacts on community health and wellbeing

(\*denotes a strategy that can only proceed with support from external funds)

Key Actions		Key Outcomes	Responsibility	Timeframe			Role of the Shire					Resource Implications
				2015/16	2016/17	2017/18	Policy/planni	Org development	Service provision	Influencing and advocacy	Information, engagement	
2.1	Link with appropriate local, state and federal health promotion bodies/campaigns to increase community awareness of health risks and opportunities to adopt healthy lifestyles	Partnerships established with key organisations to locally administer campaigns/initiatives. Messages promoted to residents via appropriate Shire mechanisms.	Health Services Leisure Services Community Development				X		X		X	Staff time
2.2	Regularly consult with the community about Shire of Collie health and wellbeing priorities	Community Consultation Policy developed. Incorporate additional questions in community perceptions survey Community consulted on specific and general health and wellbeing issues every 3 years. Trends identified and used in decision making processes.	Health Services Community Development					X			X	Consultant costs (estimate)
2.3	Encourage residents to participate in physical activity through the delivery of a variety initiatives	Funding secured through grants, partnership development and/or corporate sponsorship *. Place based physical activity opportunities delivered. Recreational facilities and existing services promoted.	Leisure Services						X		X	Staff time Subject to external funding

Key Actions		Key Outcomes	Responsibility	Timeframe			Role of the Shire					Resource Implications
				2015/16	2016/17	2017/18	Policy/plannin	Org development	Service provision	Influencing and advocacy	Information, engagement	
2.4	<p>Create physically active communities by:</p> <ul style="list-style-type: none"> <li>Establishing a Walking School Bus in each community</li> <li>Facilitating community wide physical activity challenges to encourage healthy competition and physical activity (entry by donation)</li> <li>Establishing Heart Foundation Walking</li> <li>Training based around existing outdoor exercise equipment in Soldier Park</li> <li>Expansion of outdoor gym equipment in Soldier Park</li> <li>Advocating for or investigate the feasibility of running group fitness in the local parks (for free or small fee)</li> <li>Continue to plan for mountain bike activities in Collie</li> <li>Mark a km run distance at Roche Park</li> <li>Advocate for bike lanes</li> </ul>	<p>Collie develops as a Shire where it is easy for residents to be active, safe and healthy. Programs offered to promote resident physical activity levels. Outdoor gym expanded. Additional outdoor recreation facilities available to residents.</p>	All Council Depts				X	X	X	X	X	<p>Staff time</p> <p>Funding application submitted</p> <p>Outdoor gym equip costs</p>
2.5	<p>Incorporate 'healthy active by design' principles into urban design and increase awareness of principles by Council staff, community members/key stakeholders and developers</p>	<p>Key staff trained in healthy by design concepts. Healthy by design principles integrated into relevant Council policies.</p>	Planning Community Infrastructure Technical Services				X	X				<p>Staff time</p> <p>Training costs</p>

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Key Actions	Key Outcomes	Responsibility	Timeframe			Role of Shire					Resource Implications	
			2015/16	2016/17	2017/18	Policy/planni	Org development	Service provision	Influencing and advocacy	Information, engagement		
2.6	Create physically active environments by: <ul style="list-style-type: none"> <li>• Signposting of distances between major sights or destinations</li> <li>• Promoting existing walks such as the River Walk, Super Towns Walk within and external to the Collie community</li> <li>• Ensure all promoted walks are in good condition to avoid injury, and are signposted and promoted</li> <li>• Establish a safe dog walking parks (designated with facilities)</li> <li>• Ensuring adequate lighting, seating, shade, bins, etc</li> <li>• Link with Bike Plan</li> </ul>	Collie develops as a Shire where it is easy for residents to be active, safe and healthy. Programs offered to promote resident physical activity levels. Outdoor gym expanded. Additional outdoor recreation facilities available to residents.	All Council Depts				X	X	X	X	X	Staff time Funding application submitted Outdoor gym equip costs
2.7	Continue to advocate for the extension of the Wellington Trails Hub Centre	Upgrade and link paths. Promote as a high quality mountain bike facility. Provide wayfinding and interpretive signage (cultural).	Technical Services						X			
2.8	Advocate for funding to develop an outdoor basketball court with 10ft rings	Funding submissions developed to create basketball park in Collie*.	Health Services						X			Staff time
2.9	Develop a strategy to support active transport in the community	Strategy developed and endorsed. Continued development and	Health Services				X	X				Staff time

		maintenance of dedicated cycle and walk ways. Link with the Bike Plan.	<b>Planning Leisure Services Department of Transport</b>								External funding sourced	
				<b>Timeframe</b>			<b>Role of Shire</b>			<b>Resource Implications</b>		
<b>Key Actions</b>		<b>Key Outcomes</b>	<b>Responsibility</b>	<b>2015/16</b>	<b>2016/17</b>	<b>2017/18</b>	<b>Policy/planni</b>	<b>Org development</b>	<b>Service provision</b>	<b>Influencing and advocacy</b>	<b>Information, engagement</b>	
2.10	Support a broadening out of the existing community garden and make it available to all members of the community	Community garden promoted to broad audience. Increase in regular community gardeners Consider a buddy system to link north and south residents to existing community garden.	<b>Health Services Community Development</b>						X		X	Staff time
2.11	Link with existing services (such as WACHS-SW, PCYC, Roche park) to provide cooking and kitchen skills education session e.g. Weight Wise, Community Kitchens	Linkages forged. Programs developed, facilitated and evaluated. Specific education sessions on how to economically prepare healthy meals and snacks using tools such as price per kilo developed.	<b>WACHS-SW Leisure Services PCYC</b>						X		X	Staff time Training costs
2.12	Support the establishment of sustainable community fresh food initiatives by: <ul style="list-style-type: none"> <li>Establishing a clear position on supporting community gardens*</li> <li>Inviting people to take part in local produce markets via the WA Farmers Markets Association Inc.</li> <li>Advocating that local producers and farmers to advertise their</li> </ul>	Community garden guidelines/policy developed. Partnership with WA Farmers Markets developed. Shire actively involved in ensuring local produce is sold to local people.	<b>Community Development Parks &amp; Reserves WA Farmers Markets Association Inc</b>				X		X			Staff time Program/resource costs (markets)



	fresh produce through the Shire or CoC											
				<b>Timeframe</b>			<b>Role of Shire</b>				<b>Resource Implications</b>	
<b>Key Actions</b>		<b>Key Outcomes</b>	<b>Responsibility</b>	2015/16	2016/17	2017/18	Policy/planni	Org development	Service provision	Influencing and advocacy	Information, engagement	
2.13	Advocate for restrictions on fast food outlets particularly in town site of Collie	Shire actively investigate fast food planning applications to assess opportunities to restrict the location of premises close to schools/env where children congregate. Media involved when appropriate. Submissions available on file.	<b>Planning Health Services</b>							X		Staff time
2.14	Audit the menu at Roche Park with a view to reducing red and orange menu items and increasing green menu items	Healthier menu options available.	<b>Community Development Leisure Services Health Services WACHS-SW</b>					X		X		Staff time

Key Actions		Key Outcomes	Responsibility	Timeframe			Role of Shire					Resource Implications
				2015/16	2016/17	2017/18	Policy/planni	Org development	Service provision	Influencing and advocacy	Information, engagement	
2.15	Support local schools to implement initiatives that promote healthy eating *	70% of local schools linked with WASCA and trained. Vulnerable schools identified Food access program/s integrated within at least 6 school policies and services provided by organisations already offering this service.	<b>Community Development Health Services WASCA</b>								X	Staff time  Existing budget (grants)
2.16	Work with sporting clubs and community organisations to encourage and facilitate the implementation of healthy sporting environments by <ul style="list-style-type: none"> <li>Promote Good Sports programs</li> <li>Require sporting grounds to include a ban on alcohol advertising and a responsible service clause in all new lease negotiations</li> </ul>	Information and incentives provided to local sporting clubs with responsible service policies and anti-alcohol sponsorship. Information and incentives provided to sporting clubs to provide healthy options on their menus. Promote healthy clubs and environments Increase in uptake of Good Sports program. Link with AMP.	<b>Leisure Services Health Services AMPO</b>							X	X	Staff time Program/ Resource costs
2.17	Reduce community exposure to environmental tobacco smoke via enforcement of tobacco legislation & regulation	Continue to vigorously enforce the legislation to reduce access of tobacco to minors. Commence planning for a smoke free shopping precinct*. Smoke free policy for all council events and facilities is ratified. Enforce the Collie skatepark smoke free status using peer enforcement as a primary strategy. Make all playgrounds smoke free	<b>Health Services AMPO</b>				X		X			Staff time Subject to external funding

		areas.										
			Timeframe			Role of Shire					Resource Implications	
Key Actions		Key Outcomes	Responsibility	2015/16	2016/17	2017/18	Policy/planni	Org development	Service provision	Influencing and advocacy	Information, engagement	
2.18	Promote smoking cessation initiatives locally to encourage residents to give up smoking	QUIT courses offered by other stakeholders regularly throughout Shire.	Health Services QUIT/WACHS-SW AMPO							X	X	Staff time
2.19	Work in partnership to implement the Alcohol Management Package and encourage Planners to utilise the Guide for Alcohol Outlets resource to investigate ways to reduce alcohol harm and outlets in the Collie community	Alcohol supply, demand and harm mapping document completed Information used Council wide to inform policy and decisions. Alcohol harm minimisation recommendations established. Link with AMP.	WACHS-SW Health Services DAO AMPO				X		X			Staff time
2.20	Facilitate alcohol and smoke free community events such as: <ul style="list-style-type: none"> <li>Alcohol free Sports Person of the Year event</li> <li>Alcohol and smoke free festivals and cultural events</li> <li>Start a conversation with the Ag Society to have the show smoke free and have a responsible alcohol policy</li> </ul>	Smoke and alcohol free events become normalised.	WACHS-SW Health Services DAO AMPO				X			X	X	Staff time  Promotional material
2.21	Develop a local communication strategy to share the dangers of alcohol and drug consumption and drinking during pregnancy	Communication strategy (media, social media, etc.) developed and messages disseminated.	WACHS-SW Health Services DAO AMPO								X	
2.22	Provide diversionary activities for young people to discourage them from trying	Annual calendar of diversionary activities developed.	WACHS-SW Health				X		X	X		Ext funds available

	or using drugs and alcohol and engage with local community*	Link with AMP. Extend boxing program at Roche Park.	<b>Services DAO AMPO</b>									
			<b>Timeframe</b>			<b>Role of Shire</b>					<b>Resource Implications</b>	
<b>Key Actions</b>		<b>Key Outcomes</b>	<b>Responsibility</b>	<b>2015/16</b>	<b>2016/17</b>	<b>2017/18</b>	<b>Policy/planni</b>	<b>Org development</b>	<b>Service provision</b>	<b>Influencing and advocacy</b>	<b>Information, engagement</b>	
2.23	Advocate for an increase in education to young people and parents through inspirational talks aiming to educate them about the effects of misuse of drugs and airing existing resources	Success of advocacy to attract a range of talks.	<b>WACHS-SW Health Services SDERA DAO PCYC AMPO</b>							X		Staff time
2.24	Look to use local champions as leaders in the alcohol and drug free space (Peter Fergie, Sister's Doll, Tait Oden, Shire)	Number of champions enlisted. Number of times Champions used. Community recognition of Champions.	<b>CoC Community Development AMPO</b>							X	X	Staff time
2.25	Consider running a don't drink and drown campaign with RLSA when the pool reopens each season*	Partnership with RLSA formed. Program launched, run and evaluated.	<b>Community Development RLSA AMPO</b>						X	X	X	Funded by RLSA or ICCWA
2.26	Increased shade provisions in Public Open Spaces (POS)*	Adequate shade provision integrated into relevant Council documents and policies Shade provision assessed and increased during POS upgrade planning.	<b>Parks &amp; Reserves</b>				X		X			Staff time  Facility upgrade costs
2.27	Consider running a high profile event such as the Colour Run to get the community involved, or encourage the community to enter a team*	Decision whether running a high profile event is economically feasible for the SoC. Approach Healthway for sponsorship of event.	<b>Community Development CoC Healthway</b>						X	X	X	Staff time to generate interest.

2.28	Provide ongoing skills based programs at the skate park	Programs offered on a regular basis.	Community Development						X		X	Outsource
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### 6.3 Promoting Positive Community Lifestyle

Community connectedness relates to a person's sense of belonging within the community. It is closely linked to quality of life and general wellbeing. Community connectedness involves areas of life such as relationships and friendship networks, self-esteem and day to day support networks. The connections we have with our community enrich our lives. They are likely to provide us with a sense of belonging, a purpose, an identity, a support network and many opportunities to learn. We build our connections to community over a life time and we may belong to several communities i.e. our local community, our work community, our school community or our church community.

Strategy 1: Provide and support social opportunities that enhance community cohesion

Strategy 2: Promote mental health and wellbeing through collaborative partnerships

(\*denotes a strategy that can only proceed with support from external funds)

Key Actions	Key Outcomes	Responsibility	Timeframe			Role of the Shire					Resource Implications	
			2015/16	2016/17	2017/18	Policy/planni	Org development	Service provision	Influencing and advocacy	Information, engagement		
3.1	Partner with Mentally Healthy WA to promote and implement activities and campaigns locally	Formal partnership established with Mentally Healthy WA (Act-Belong-Commit campaign). Local services/activities promote the Act Belong Commit campaign message.	Health Services Leisure Services Community Development ABC PCYC					X			X	Staff time
3.2	Coordinate affordable community events and initiatives to promote and celebrate community cohesion	Delivery of community events schedule Investigate street parties concept Investigate a 'know your neighbour' program.	Community Development						X		X	Existing budget

Key Actions	Key Outcomes	Responsibility	Timeframe			Role of Shire					Resource Implications	
			2015/16	2016/17	2017/18	Policy/planni	Org development	Service provision	Influencing and advocacy	Information, engagement		
3.3	Work jointly with key stakeholders to identify and implement/support mental health promotion initiatives	Local organisations/services identified. Partnerships to jointly plan/promote mentally healthy activities and services are formalised. Mental Health to be ongoing item on Public Health Stakeholder Group meeting agenda (see 1.15).	Community Development Health Services Medicare Local (or replacement organisation) Collie Health Service						X	X	X	Staff time
3.4	Advocate for increased transport in Collie to enable people to access mental health services	Shire actively lobbying for better community based transport.	WA Department of Transport Economic Development							X		No cost
3.5	Provide a directory of existing mental health services available in Collie	Directory prepared and updated annually.	Community Development						X			
3.6	Identify and support community resilience and/or community safety projects*	Eyes on the Street, Collie Volunteer groups continued to be built and expanded. Community safety initiatives identified and assessed through Public Health Stakeholder Group (see 1.15).	Community Development Engineering Admin.						X	X		Program costs
3.7	Provide a school holiday program to connect young people*	Identify service providers and costs associated with this to make an informed decision.	Community Development						X	X		Feasibility study

## 6.4 It All Starts with Us

Local governments need to lead by example. It's all about taking an interest and developing a deeper contextual understanding and insight into employees lives, and then using this to develop interventions and approaches that are valued by staff, which can achieve measurable impacts in what people actually do – their behaviour and workplace culture. The Shire of Collie values its staff and see them as their most important resource.

Attracting and retaining great staff is a critical strategy for the Shire. Organisations that promote health and wellness are more likely to retain staff and those that promote health and wellness are more likely to retain staff within 12 months. Healthy workers have increased morale and engagement at work. They are fitter, more aware and alert, more resilient against illness, and less likely to suffer manual handling injuries and strains. Workplace health programs can improve workers' health and reduce their chances of developing chronic diseases such as diabetes.

The Shire of Collie wants to be seen as an innovative and healthy employer that recognises the social, cultural and environmental diversity of its region and reflects this within.

Key Actions	Key Outcomes	Responsibility	Timeframe			Role of the Shire					Resource Implications
			2015/16	2016/17	2017/18	Policy/plannin	Org development	Service provision	Influencing and advocacy	Information, engagement	
4.1	Facilitate a process within the organisation so that health is everyone's business and is embedded within core services	CEO Health Services				X					Staff time
4.2	Develop greater awareness of the implications for health amongst all council Officers and Elected Members through role modelling	All					X		X	X	Time Entry fees
4.3	Develop a healthy catering policy for all Council functions and meetings	Community Development Health Services WACHS-SW				X	X				Staff time

Key Actions		Key Outcomes	Responsibility	Timeframe			Role of the Shire					Resource Implications
				2015/16	2016/17	2017/18	Policy/plannin	Org development	Service provision	Influencing and advocacy	Information, engagement	
4.4	Develop a responsible alcohol management policy for staff events and Council meetings (including social events)	Policy developed for all meetings, social events and community events auspiced by the Shire.	<b>Community Development Health Services WACHS-SW DAO</b>				X	X				Staff time
4.5	Plan and deliver alcohol and smoke free community events	Refer to 2.17										
4.6	Support staff to stop smoking	QUIT courses that are run by other stakeholders regularly offered to Officers.	<b>Heart Foundation Cancer Council</b>					X			X	Course fees
4.7	Offer incentives and opportunities to staff to be more physically active	Identify facilities staff would like to utilise. Identify potential incentive packages (e.g. time to be active, financial subsidies, etc.). Number of staff using facilities and how often.	<b>Community Development Health Services Leisure Services</b>				X	X			X	Subsidies by Council