

# Shire of Trayning Public Health Plan



**February 2024**

## Contents

<b>Introduction</b> .....	3
<b>Strategic Context</b> .....	4
Strategic Community & Corporate Business Plan.....	4
Informing Strategies and the Public Health Plan.....	4
<b>Vision and Priority Areas</b> .....	5
<b>The Social Determinants of Health</b> .....	6
<b>Our Community Profile</b> .....	7
<b>Our Health and Wellbeing Profile</b> .....	8
<b>Developing the Plan</b> .....	8
<b>Our Action Plan</b> .....	9
Priority Area: Our Community.....	10
Priority Area: Our infrastructure and natural environment.....	12
Priority Area: Our Organisation.....	13

## Introduction

Local governments act at the community level contributing to health and wellbeing in many ways including the provision of parks, running recreation facilities, holding community events, ensuring high levels of hygiene in food premises and many other actions that enable residents to actively participate and enjoy their local community.

There is evidence that shows our health and wellbeing is affected by a broad range of lifestyle factors including the quality and quantity of the food we eat, the amount of exercise we do, how much we drink, and whether we smoke. It is also affected 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 neighbourhoods are all determinants of health. The Shire of Trayning (the Shire) recognises that working holistically to address all of these factors will have the greatest impact on health and wellbeing.

This Public Health Plan (the Plan) was developed in accordance with the Public Health Act 2016 which requires local governments to develop local public health plans. This Plan has a prevention focus, which advocates for an approach that encourages individuals to change their attitudes and lifestyles, and focusses on the environment in which they live and work to provide the skills and support needed to lead a healthier, happier and longer life.

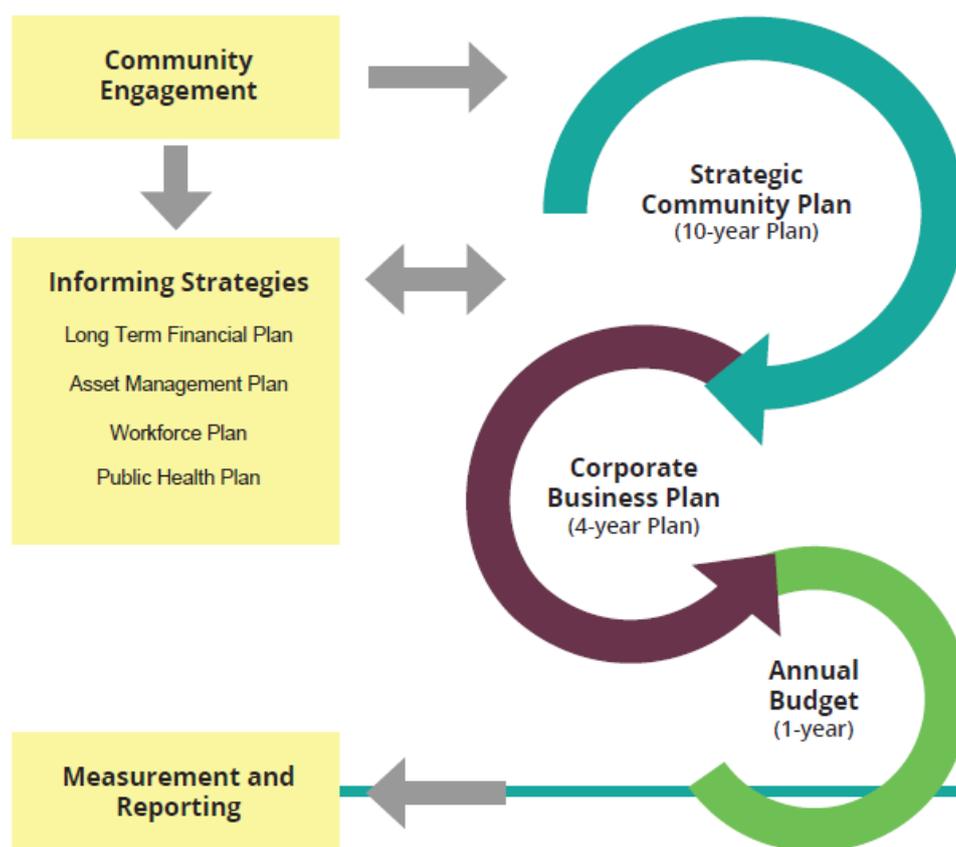
This plan does not address any clinical treatment instead it focusses on aspects that the Shire can directly affect to improve health.



## Strategic Context

The Integrated Planning Framework, introduced by the Western Australian State Government in 2012 requires each local government to have a Strategic Community Plan, a Corporate Business Plan and other informing strategies in place to ensure the future provision of services is sustainable.

This Plan forms part of the Shire's suite of informing strategies as shown below:



*Infographic: Elements of Integrated Planning and Reporting*

### Strategic Community & Corporate Business Plan

The Strategic Community and Corporate Business Plan is the highest level integrated strategic corporate planning document, setting out the long term vision of the community for the next 10 years. It will influence how the Shire uses its resources to deliver services to the community.

It maps the Shire's key priorities, projects, services and actions over the next four years as well as detailing business as usual service delivery.

### Informing Strategies and the Public Health Plan

Informing strategies inform both the Strategic Community Plan and the Corporate Business Plan and this Public Health Plan 2024-2028, is one of the informing strategies.

## Vision and Priority Areas

The Shire of Trayning Strategic Community & Corporate Business Plan has the following vision:

*The Shire of Trayning is an active, safe and vibrant community that works together with honesty and is respectful of the values of all. We are committed to a progressive, diverse and profitable community that supports healthy lifestyles sustained by positive social values and engaged youth. Our natural assets are valued, protected and enhanced for future generations.*

It identifies our community priorities as:

1. Our Community
  - 1.1. Community health, safety and wellbeing
  - 1.2. Community connection and participation
2. Our Economy
  - 2.1. Economic Development
  - 2.2. Tourism promotion and attractions
3. Our Infrastructure & Natural Environment
  - 3.1. Safe and well maintained shire owned facilities
  - 3.2. Safe, efficient and well maintained road and footpath network
  - 3.3. A high standard of sustainable waste services
  - 3.4. Conservation of our natural environment
4. Our Organisation
  - 4.1. Skilled and capable shire staff and community leaders
  - 4.2. Effective forward planning, customer service and engagement

## The Social Determinants of Health

Our health and wellbeing are significantly influenced by social and environmental factors, also known as the 'Social Determinants of Health'. The determinants are broad and include employment, education, housing, social support, access to health care and other services, transport, food security, community safety, and community connection. They also include personal factors such as the conditions in which a person is born, grows up, lives, works and ages.

These variables all have an effect on a person's opportunity to be healthy, their sense of wellbeing, their risk of developing illness, and their life expectancy.

Shaping these determinants of health is a shared responsibility that is beyond the scope of any one agency or level of government. However, improving health outcomes starts with giving people more opportunities to make choices that support them to lead healthier, more active lives, regardless of their income, education or cultural background.

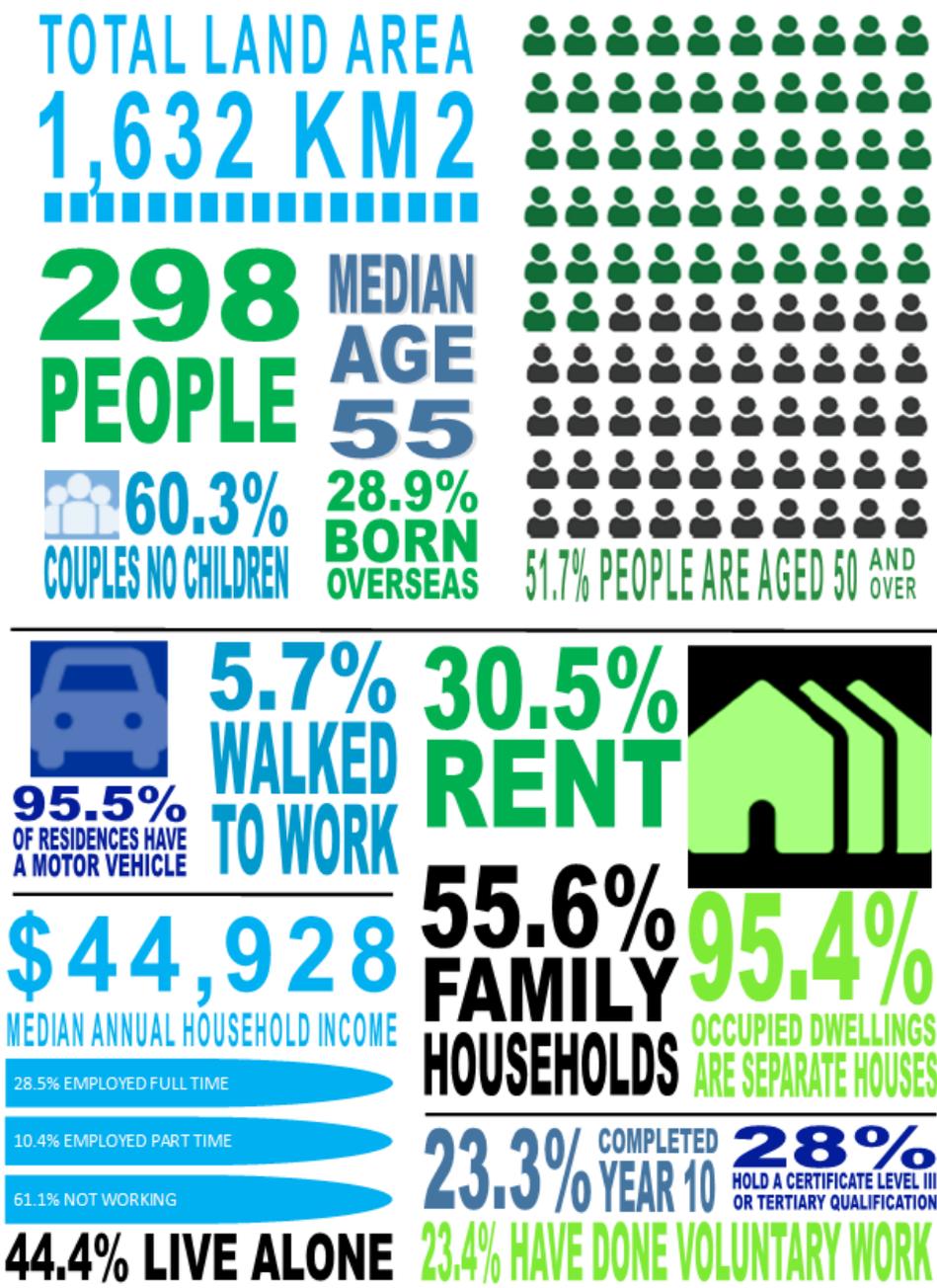
Through the development of this Plan, the Shire recognises that the greatest impact on health and wellbeing comes from working to address all of these factors using a holistic approach.



## Our Community Profile

The social determinants of health demonstrate that public health is linked with many other aspects of a community's profile. The health and wellbeing of the population contributes to social interaction, and the vitality and productivity of the community. It enables participation in employment, industry, sports, volunteering, arts, culture and other activities that bring the community together. By contrast, poor health and wellbeing reduces this participation and brings with it the high cost of medical care and other community services.

The Australian Bureau of Statistics ranks the Shire of Trayning as being in the 20% most disadvantaged socio-economic communities within Australia.



## Our Health and Wellbeing Profile

According to the 2021 Census, the top five health conditions experienced by residents of the Shire of Trayning are:

Arthritis	16.4%
Diabetes	11.4%
Mental Health Condition	11.1%
Asthma	9.7%
Heart Disease	8.7%

Only 41% of residents stated they had no long term health conditions.

A community survey was carried out in December 2023 with seven respondents which only represents 2% of the population. Those that did respond indicated that mental health and an ageing population were the two most important health issues to address within the Shire.

## Developing the Plan

This Plan has been largely informed by community consultation undertaken previously as part of formulating the Shire of Trayning's Strategic Community and Corporate Business Plan. Additionally the Plan has been informed by ideas and feedback gathered from a community survey carried out in December 2023 and consultation with external and internal stakeholders.

This Plan was developed with the kind assistance of Caroline Robinson, Director of 150Square, Caroline Dewey, Senior Public Health Officer from the City of Vincent and Ionie Hall, Health Promotion Officer from WA Country Health Service – Wheatbelt.

It is important to recognise there are many non-government (in addition to the Department of Health and the West Australian Country Health Services) that have a role to support a healthy, happy and connected community.

While none of these services are based in the Shire, a number operate in the Wheatbelt and they support priority population groups by advocating for, or delivery of programs on important health topics. They include Amity Health, the Regional Men's Health Initiative, Live Lighter and the Cancer Council.

Through the Plan the Shire will continue to provide the traditional health roles such as managing food safety and control of mosquitoes. The Shire will also play a role in building the capacity and wellbeing of the community to ensure we are stronger, healthier and more self-reliant.

Collaboration with stakeholder organisations forms a key part of this Plan in order to increase our community's knowledge on health, and seek opportunities to provide the community with health and wellbeing programs, strategies or initiatives.

## Our Action Plan

The Plan lists a number of actions under the four priority areas and also relates them directly to the outcomes of the Shire's Strategic Community and Corporate Business Plan. The actions include specific projects, services, initiatives, facilities or programs aimed at minimising public health risks, and promoting health and wellbeing.

These actions may be delivered through the Shire's projects and programs or through partnerships with external stakeholder organisations and the community.

The Shire will work with the community and other stakeholders to achieve the outcomes of this Plan and will take on the following roles:

Deliver:	to provide a service, program, event or initiative
Facilitate:	to make it easier to achieve
Partner:	to work directly with others
Advocate:	to voice support or actively promote

The actions include a delivery timeframe and the Plan will be prioritised in stages of:

Short:	0 to 3 years
Medium:	3 to 5 years
Long:	5 years plus

The Plan will provide guidance for decision-making in terms of the annual budget and may be of assistance when seeking State or Federal Government funding opportunities for health related matters.

Priority Area: Our Community

What?	Deliver	Facilitate	Partner	Advocate	When?	Who?	Long-term outcomes
Strategic Community Plan – 1.1 Community health, safety, and wellbeing							
Deliver and promote activities and programs that contribute to increased physical activity including local sports and fitness activities	✓				Ongoing	CEO	Sport and recreational facilities support an active lifestyle
Build the capacity of local clubs, groups and organisations to deliver health and wellbeing activities		✓			Ongoing	CEO	Community feedback indicates satisfaction with the community services delivered
Partner with health organisations to deliver programs that build the community’s knowledge and capabilities on health, nutrition and wellbeing			✓		Ongoing	CEO	We retain appropriate medical services and educational opportunities for local residents
Partner with mental health organisations to deliver initiatives or increase awareness of services that address mental health including stress and depression			✓		Ongoing	CEO	We retain appropriate medical services and educational opportunities for local residents
Promote family friendly alcohol and smoke free community events and activities	✓				Ongoing	MCS	We retain appropriate medical services and educational opportunities for local residents
Promote screening and immunisation campaigns to local residents around childhood immunisations, flu vaccination and screening			✓		Ongoing	MCS	We retain appropriate medical services and educational opportunities for local residents

What?	Deliver	Facilitate	Partner	Advocate	When?	Who?	Long-term outcomes
Promote Health related campaigns via social media and increase provision of materials at Shire venues. Campaigns include but not limited to: <ul style="list-style-type: none"> <li>• Alcohol.Think Again</li> <li>• Make Smoking History</li> <li>• Act, Belong Commit</li> <li>• SunSmart</li> <li>• Live Lighter</li> </ul>		✓			Ongoing	MCS	We retain appropriate medical services and educational opportunities for local residents
Increase/encourage healthy food and drink options at Shire venues, events, festivals and community activities	✓				Ongoing	MCS	Community feedback indicates satisfaction with the community services delivered
Partner with organisations to deliver programs to seniors including reducing injuries associated with falls			✓		Ongoing	CEO	We retain appropriate medical services and educational opportunities for local residents
<b>Strategic Community – 1.2 Community connection and participation</b>							
Deliver and promote activities and programs that contribute to increased mental health and wellbeing including community groups and cultural activities (eg using the Act Belong Commit messaging)	✓				Ongoing	CEO	There are a variety of meeting places and things to do which bring people together
Develop, support and implement events and programs that encourage community connections	✓				Ongoing	CEO	We deliver popular and well attended community events and programs
Promote volunteering in the local community and encourage residents to connect with their neighbours				✓	Ongoing	CEO	Volunteer groups are encouraged and support leading to a growth in Shire partnerships with community groups
Deliver and promote events that encourage community connections, reduce social isolation and cultural barriers	✓				Ongoing	CEO	We deliver popular and well attended community events and programs
Provide residents with local events that are free, accessible and activate spaces	✓				Ongoing	CEO	There are a variety of meeting places and things to do which bring people together

Priority Area: Our infrastructure and natural environment

What?	Deliver	Facilitate	Partner	Advocate	When?	Who?	Long-term outcomes
<b>Strategic Community Plan – 3.1 Safe, and well-maintained Shire owned facilities</b>							
Promote the provision of sport and leisure facilities, programs and services	✓				Ongoing	MCS	The maintenance and preservation of Shire owned facilities is in line with community needs and Shire financial resources
Maintain open spaces and council facilities to enhance safety and enjoyment.	✓				Ongoing	MOW	The maintenance and preservation of Shire owned facilities is in line with community needs and Shire financial resources
Integrate health and wellbeing components into the designing of new and upgraded facilities such as shade provision and inclusive and accessible design	✓				Ongoing	CEO	The maintenance and preservation of Shire owned facilities is in line with community needs and Shire financial resources
<b>Strategic Community – 3.2 Safe, efficient, and well-maintained road and footpath network</b>							
Promotion of footpaths and walk trails to increase physical activity in the shire	✓				Ongoing	MCS	We deliver a safe and fit for purpose road and footpath network
Development of walk/bike trail between Kununoppin and Trayning (Stage 1 of Wheatbelt Rail Trail)	✓				Short	MOW	We deliver a safe and fit for purpose road and footpath network
Pursue access to railway reserve for Stage 2 of Wheatbelt Rail Trail				✓	Medium	CEO	We deliver a safe and fit for purpose road and footpath network
<b>Strategic Community - 3.3 A high standard of sustainable waste services</b>							
Provision of sharps containers in public facilities	✓				Ongoing	MCS	Effective local and regional waste strategies and facilities to reduce, reuse and recycle
<b>Strategic Community - 3.4 Conservation of our natural environment</b>							
Promote the provision of parks and public open spaces, walk paths and nature trails	✓				Ongoing	MCS	There is effective management of invasive species and our nature reserves for the enjoyment of locals and visitors

What?	Deliver	Facilitate	Partner	Advocate	When?	Who?	Long-term outcomes
Increase tree canopy cover to provide shade and to absorb heat to minimise the risk of heat related death and illnesses such as heat stroke, heat exhaustion and respiratory difficulties	✓				Ongoing	MOW	There is effective management of invasive species and our nature reserves for the enjoyment of locals and visitors

### Priority Area: Our Organisation

What?	Deliver	Facilitate	Partner	Advocate	When?	Who?	Long-term outcomes
<b>Strategic Community Plan – 4.1 Skilled and capable shire staff and community leaders</b>							
Support a healthy and happy workplace for Shire staff with a focus on work life balance.	✓				Ongoing	CEO	We invest in the wellbeing and development of staff
Provide all shire employees with training in suicide prevention and offer this training to the broader community.	✓				Ongoing	CEO	We invest in the wellbeing and development of staff
Improve access to high quality/low cost first aid training for community members		✓			Ongoing	MCS	We provide a high standard of customer service
Provide quality environmental health services in accordance with statutory requirements including: <ul style="list-style-type: none"> <li>• public health</li> <li>• food safety</li> <li>• noise</li> <li>• drinking water</li> <li>• asbestos</li> <li>• environmental contamination</li> </ul>	✓				Ongoing	CEO	We provide a high standard of customer service

What?	Deliver	Facilitate	Partner	Advocate	When?	Who?	Long-term outcomes
<a href="#">Strategic Community - 4.2 Effective forward planning, customer service and engagement</a>							
Collaborate with other local governments to meet Health Priorities for the local area			✓		Ongoing	CEO	We are recognised for our collaborative planning by key stakeholders and regional groups
Advocate to improve public health and wellbeing outcomes on behalf of our community to State and Federal government, agencies, private organisations and peak bodies				✓	Ongoing	CEO	We are recognised for our collaborative planning by key stakeholders and regional groups
Seek external funding to the Shire, promoting health and wellbeing	✓				Ongoing	CEO	We deliver sound financial and asset management
Retain the Kununoppin Medical Practice – promote and support this medical practice	✓				Ongoing	CEO	We are recognised for our collaborative planning by key stakeholders and regional groups
Promote the Shire of Trayning as a great place to live and work through social media and mainstream media	✓				Ongoing	MCS	We are recognised for our collaborative planning by key stakeholders and regional groups
Communicate regularly with representatives of the Kununoppin Local Health Advisory Group (LHAG) to identify any community concerns associated with the Kununoppin Hospital			✓		Ongoing	CEO	We are recognised for our collaborative planning by key stakeholders and regional groups
EXPLORE strategies to reduce social isolation. Meet with WACHS Health Promotion Officer and Wheatbelt Suicide Prevention Coordinator to discuss strategies to reduce social isolation			✓		Ongoing	CEO	We are recognised for our collaborative planning by key stakeholders and regional groups
Engage with Amity Health Care Coordinator and WACHS Health Promotion Officer to deliver targeted programs locally including smoking, excessive alcohol consumption, obesity and physical inactivity			✓		Ongoing	CEO	We are recognised for our collaborative planning by key stakeholders and regional groups