



Public Health and Wellbeing Plan 2021-2025



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Acknowledgement of Country

The Shire of Menzies acknowledges the Wangkatha people and the Anunga people, the Traditional Owners of the country within the Council's boundaries.

Introduction

We are proud to present the Shire of Menzies Public Health Plan. This Plan is designed to be both a stand-alone plan and also one that influences the periodic revisions of the Shire of Menzies Strategic Community Plan 2020 – 2030.

Each local government in Western Australia is required by the *Public Health Act 2016* to maintain and enhance the health, wellbeing and safety of all of its citizens and align with the *State Public Health Plan for Western Australia 2019 – 2024*. Incorporating the outcomes and strategies of the Public Health Plan into Council's Strategic Community Plan, will ensure the Public Health Plan will remain relevant to the community needs and keep pace with the ever-changing demographics of the local community.

While the process of the development of the Plan has been taken over a four year period, some of the delay has been caused by the inability to travel to the Goldfields during the COVID 19 lockdown during 2020/21 and the need to consult with nearby shires and trying to coordinate information sessions through a combined consultation process.

In a practical sense, it was decided to consult with all communities within the local government district by an electronic survey process using social media and the website. In the Shire of Menzies, results were received from both electronic and paper submissions.

We would like you to enjoy reading this plan as we look forward to working collaboratively with the community to continuously improve the public health outcomes of all of our citizens.

Greg Dwyer

Shire President

26th August 2021

Brian Joiner

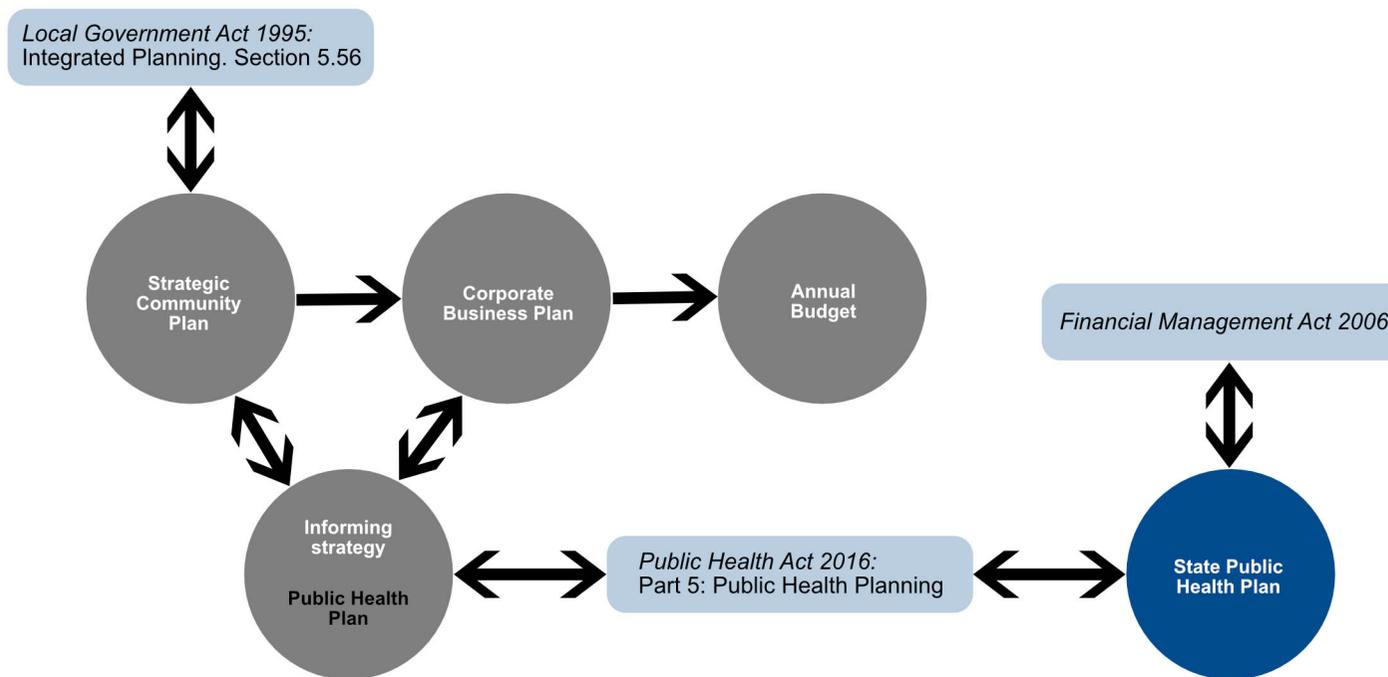
Chief Executive Officer



Plan Implementation

The State Public Health Plan is a stand-alone plan and each local government is required to create its own Public Health Plan, which in turn, is to be incorporated into the Council's Strategic Community Plan. The Strategic Community Plan connects with Council's Business Plan which is funded by each local government through its revenue stream. Each local government is then required to prepare and adopt a local government Public Health Plan.

The diagram below provides a pictorial representation of how this is to be achieved.



Linkages between Part 5: Public Health Planning of the *Public Health Act 2016* and Local Government Planning for the future requirements under section 5.56 of the *Local Government Act 1995*



Our Current Health Role

The Shire of Menzies currently supports the promotion of Public Health outcomes through its community.

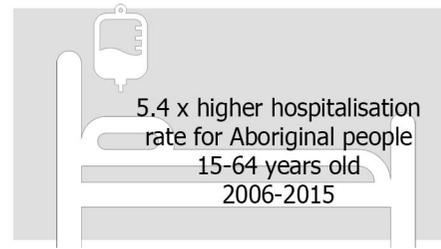
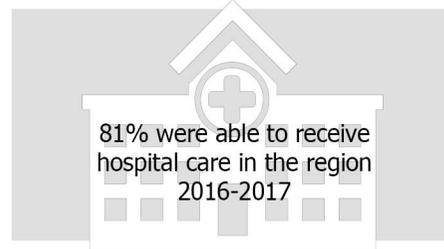
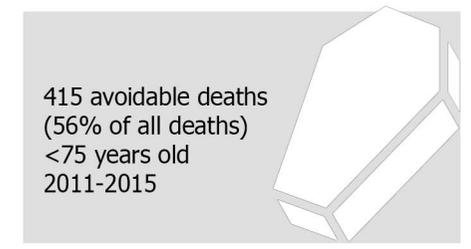
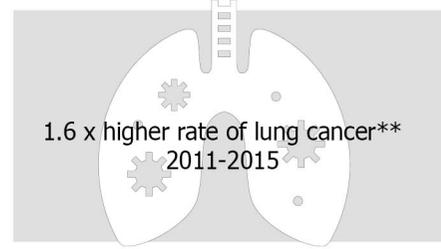
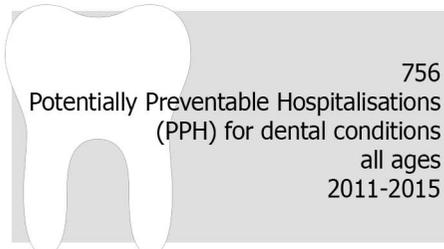
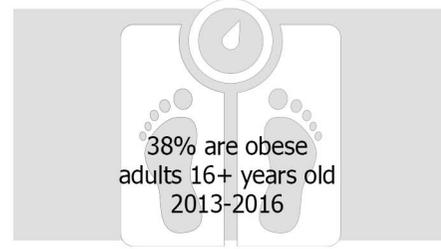
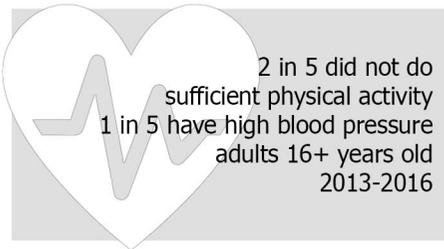
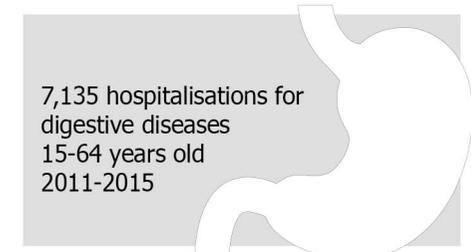
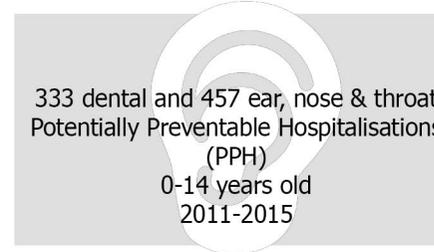
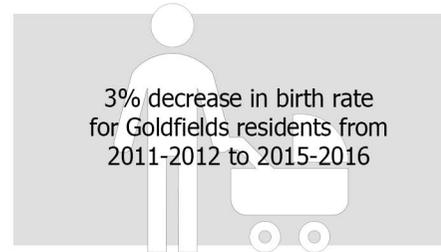
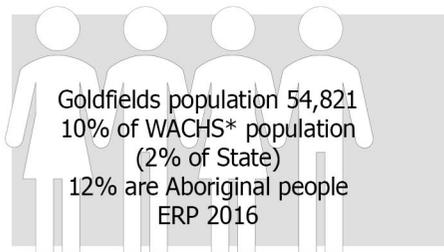


These may be explained in more detail in the core business described here:

- **Infrastructure and property services** including provision of local roads, footpaths, drainage, waste collection and management.
- **Environmental Health Services** to prevent and control environmental health hazards, emissions, communicable disease and vector-borne disease. To prevent and reduce the incidence of alcohol, other drug and tobacco health impacts, noise and air pollution, and to maintain water and food quality.
- **Community Services** such as provision of a medical doctor, accessible dental care and other relevant health and well being interventions as well as youth and aged care services that promote enhanced mental and physical health outcomes.
- **Cultural facilities and services** such as libraries, art galleries, places of historic importance and museums which display associations to local indigenous groups and that encourage community participation.
- **Provision of recreation facilities** such as parks, ovals, golf course, water spraypark, sports centre, and camping grounds.
- **Building services, planning and development control** including inspections, licensing, certification and enforcement.
- **Administration of facilities** such as airport, cemetery, community recreation and resource centres, and provision or protection of waste and wastewater management.
- **Local Government Health Law Enforcement, Ranger and Emergency Services.**



Snapshot of the Health of Goldfields Residents



*Western Australian Country Health Services

**Compared with the WA State average



THE RESIDENTS OF MENZIES SPEAK

Key results from the Menzies Health and Wellbeing Survey

AS THINGS ARE NOW

The worst health risks in the community are from:

- Tobacco/cigarette smoking
- Drinking too much alcohol
- Using illegal drugs
- Sniffing volatile substances
- Drinking too much soft or sugary drinks
- Not getting enough exercise

The most serious mental & social health issues in our community are:

- Alcoholism
- Anxiety
- Drug addiction
- Worry about COVID-19

The sport & recreation facilities we use the most are:

- Indoor Badminton
- Menzies Oval

The top six volunteering activities we do are for:

- Charities
- Emergency services eg SES, DFES
- Environment and conservation
- Youth development
- Health
- Public events

The things which worry us the most about COVID-19 are:

- Our families' future finances
- Our families' future health

isolation peace

fresh air safe Peace and quiet dirt bike riding people
vibrant Aboriginal community in Tjuntjuntjara friendly

lifestyle clean healthy environment love

the sky & the bush

The words we used the most, to say what we like best about living in Menzies

CHANGE FOR THE FUTURE

More of these programs will improve the health of our community

- Healthy living programs
- Routine screening for health issues eg cervical cancer, prostate cancer
- Programs for Children

We support new programs to reduce harm from:

- Illegal drugs
- Sniffing volatiles
- Alcohol
- Tobacco

To help us be more physically active, we'd like

- Public exercise equipment that is free to use
- Exercise/play equipment in parks that cater for various age groups
- More recreational community activities

For good community health, we need:

- Safe roads
- Affordable housing
- Parks and public open spaces
- Recreation & sporting facilities, inc gyms & pools

For easier access to healthy food, we need:

- Knowledge of quick ways to prepare healthy meals
- Healthy food options at sporting & community & events
- Healthy food being easier to identify and find in the shops
- More information to help me decide which foods are healthy

The key environmental issues for good community health are:

- Safe, clean water for the Town supply
- Clean & safe air
- Access to safe, affordable & nutritious food
- Environmental testing

I enjoy interacting with my neighbours (75%)

I feel like my life has a sense of purpose (67%)

I feel like I belong in my local community (75%)

I know where to get help when I need it (59%)

There is strong community spirit in Menzies (27%)

I am proud of the community where I live (67%)

I feel the Shire cares about our welfare (55%)



Integrating the Public Health Vision into the Strategic Community Plan

The Public Health Plan incorporates the 4 key themes of community interest from the Shire of Menzies Strategic Community Plan:

- **Our Community** A vibrant and inclusive community
- **Local Economy** A prosperous local economy
- **Our Environment** Enhance and maintain our built infrastructure and natural environment
- **Leadership** Responsible management and good governance, leading an empowered community

And introduces a new theme:

- **Health** Improving the health outcome of all people living in our community

Persons living in the Shires of Menzies are described by the Australian Bureau of Statistics (2016) – the SEIFA Index (the Socio-Economic Indexes for Areas) as being heavily disadvantaged. Only 4% of indigenous persons in Western Australia are considered more disadvantaged.

Persons living in this Shire are likely to be Indigenous (45% of the population compared to the State Average per local government of 3%) are likely to require dialysis (16% of the population), be prone to violent head and upper limb injuries, have a very high rate of teenage births (20%), and have very high levels of sexually transmitted disease (8 times the State Average).

Persons living in Menzies need to address basic health conditions and plan for a future where the quality of life can be improved through better services and community and civic generated infrastructure.



The Public Health Vision added to the Strategic Community Plan

OUR COMMUNITY	LOCAL ECONOMY	OUR ENVIRONMENT	LEADERSHIP	HEALTH
<p><i>A vibrant and inclusive community</i></p> <p>1.1 An engaged and inclusive community</p> <p>1.2 A healthy and safe community</p>	<p><i>A prosperous local economy</i></p> <p>2.1 An innovative, diverse and prosperous economy</p> <p>2.2 An attractive destination for visitors</p>	<p><i>Enhance and maintain our built infrastructure and natural environment</i></p> <p>3.1 A well maintained attractive built environment servicing the needs of the community</p> <p>3.2 A natural environment for the benefit and enjoyment of current and future generations</p>	<p><i>Responsible management and good governance, leading an empowered community</i></p> <p>4.1 A strategically focused Council, leading our community</p> <p>4.2 An efficient and effective organisation</p>	<p><i>Planning for a healthy and sustainably active community</i></p> <p>5.1 Planning a COVID safe and healthy community</p> <p>5.2 Preventing harm from unsafe use of alcohol, drugs, and solvents</p> <p>5.3 Preventing obesity and increasing healthy affordable food options</p> <p>5.4 Improving Community Health by encouraging preventable health screening</p> <p>5.5 Providing environmental health protection</p>



Community and Public Health Outcomes

Infectious Disease

5.1 *Planning a COVID safe and healthy community*

5.1.1 Minimise incidents of infectious disease by surveillance and providing information for disease prevention

5.1.2 Keep the community informed on COVID-19 revisions

5.1.3 Implement COVID-19 Safety plans in consultation with emergency authorities

5.1.4 Develop COVID risk management guidelines for public events

5.1.5 Encourage all persons to keep premises safe by regular cleaning and disinfection

Harm Minimisation

5.2 *Preventing harm from unsafe use alcohol & drug & solvents.*

5.2.1 Work with the community and Police and other stakeholders to improve safety, prevent crime and anti-social behaviour associated with alcohol and drug use.

5.2.2 Plan more alcohol and smoke free community events.

5.2.3 Continue to promote smoke free playgrounds and public spaces.

5.2.4 Liaise with sporting clubs to promote good times without alcohol and reward those clubs with responsible service policies and alcohol-free areas.

5.2.5 Encourage FIFO workers to reduce smoking consumption.

Preventing Obesity

5.3 *Preventing obesity and increasing healthy affordable food options*

5.3.1 Link with LiveLighter and get involved in the campaigns to raise awareness.

5.3.2 Raise awareness of recreation activities and facilities to reduce overweight and obese persons.

5.3.3 Promote recipes for healthy meals in takeaway / fast food outlets prepared with local ingredients.

5.3.4 Develop and implement a healthy catering policy for all Council functions and meetings

Improving Community Health

5.4 *Improving community health by encouraging preventable health screening*

5.4.1 Encourage government agencies to institute a regular cycle to promote personal screening services e.g. cervical cancer & mammograms.

5.4.2 Recognise child health nurses for achieving a 100% immunisation rate amongst pre-schoolers.

5.4.3 Work with Road Safety authorities to make safer roads.

5.4.4 Continue to recognise individuals who volunteer in community health.

Environmental Health Protection

5.5 *Providing environmental health protection*

5.5.1 Provide access to educational information for relevant operators on public health matters, e.g. Foodsafe online.

5.5.2 Continuing inspection of food premises based on risk.

5.5.3 Continue to monitor and report on all drinking and aquatic facility waters highlighting any areas of high risk.

5.5.4 Working in the built environment for safe and sustainable constructions.



Conclusion

This Plan was developed in consultation with elected members and the community to reflect the needs of the local community.

Although health is everyone's responsibility, the Shire of Menzies is already contributing substantially to supporting the community through the provision of recreational services, tourism activities, airport and health and building administration.

Specifically, the Plan will directly influence the way in which the Shire of Menzies supports public health in the community by addressing better health outcomes for its citizens through the Strategic Community Plan outcomes.

These initiatives will provide the Shire of Menzies with a strong leadership role in the health and wellbeing of its population by:

- Adopting a leadership and advocacy role in better health planning;
- Having a whole of Council approach to delivering better health and wellbeing initiatives;
- Encouraging external partnerships in health; and
- Engaging elected members with the community to promote healthy lifestyles.

The Plan was developed by including:

- Extensive analysis of health data (a well-developed Health Profile Report);
- Participation in an electronic Health and Wellbeing Survey; and
- Consultation with elected members and senior officers.



The Way Forward

The strategies contained in the Shire of Menzies' Public Health Plan are intended to mirror the work already underway. The Shire of Menzies effectively communicates with its citizens and provides a wide range of recreational services and facilities. This connection with Community was noted by the number of positive comments in the Public Health and Wellbeing Survey.

It is intended that the Plan be one where the Shire of Menzies can continue to do the good work already underway but take the opportunity to also include measures designed to increase early intervention against health illnesses (heart through overweight & obesity, harm minimisation through addressing smoking and drug awareness and cancer screening by lobbying health agencies to increase the number of opportunities for screening of cancers). There are a number of strategies which are designed to guide the Shire of Menzies in the manner in which it addresses better public health outcomes in this locality.

The Shire of Menzies may give consideration to liaising with the Goldfields Population Unit Health Promotion Officer in conjunction with neighbouring shires to review the supporting information in the Health Profile Report and the Better Health & Wellbeing Survey, and to work with government and funding agencies to raise awareness of disease situations and lifestyle illnesses.

Over the next four years, the Shire of Menzies will undertake initiatives to achieve the key strategies under each theme. Success will be measured by reporting against the outcomes of the plan. Modifying public health outcomes in the community is likely to be a slow process and may take a number of plans implemented to bring about community change.

Information used in the research phase of this plan was principally drawn from Census material (2011 & 2016), SEIFA Index (2016), AEDC (Education) data (2018), Health Department hospital admissions data (2018), and the Shire of Menzies Public Health and Wellbeing Survey 2020.



