

PUBLIC HEALTH AND WELLBEING PLAN 2024 TO 2029



WAKEFIELD
REGIONAL COUNCIL

Message from the Mayor

With the community, Wakefield Regional Council has set a bold vision for our district:

Wakefield is a thriving and connected regional community known for its lifestyle, vibrant towns and economic prosperity. The region is growing, supported by quality assets and driven by a strong sense of pride and confidence. Wakefield is a great place to do business and a great place to belong.

Good public health and wellbeing is a critical ingredient if we are to achieve this vision: we want people to be connected, confident and feel a sense of belonging that can only exist if our community is healthy and their wellbeing is supported.

This five-year Public Health & Wellbeing Plan confirms Council's commitment to work to promote the health, safety and wellbeing of our community.

Previously, we formed part of an alliance with three other councils to develop a regionally based public health plan. This time, we wanted to do things differently. We wanted to make our plan more specific to addressing the health challenges and opportunities of the Wakefield region and we wanted to focus more strongly on holistic wellbeing.

You will see from this plan a clear indication of the ways local government can promote the health and wellbeing of communities – either through strong advocacy, working in partnership with other agencies or grassroots actions at a local level. Our actions are simple, measurable, realistic and – most importantly – achievable.

The plan outlines a range of actions that will:

- Encourage the community to enjoy our wonderful region and its natural environment
- Ensure sound management of our waste, water, public health and environment
- See us partner with others to help our community manage health and chronic disease
- Encourage personal wellbeing and community connections through physical activity, healthy eating volunteering and strengthening networks
- Foster an environment of access and inclusion
- Advocate for housing and IT communications investment in our region

While it's a simple plan, health and wellbeing is a complex subject. We cannot do things alone and will need to work with other agencies, practitioners and the community to bring many of the actions to life.

Mayor Rodney Reid

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PART A - INTRODUCTION

Planning Context

Good health enhances quality of life, increases our capacity for learning, and strengthens families and communities. The Wakefield community values its health and wellbeing and Council plays a vital role in supporting these values. At Wakefield Regional Council, we aim to promote and provide supportive environments for community health through our everyday functions and services, and in our capacity as a local public health authority under the *South Australian Public Health Act 2011 (the Act)*¹. The Wakefield Regional Council Health and Wellbeing Plan is the Council's second Public Health Plan and has been developed to meet the requirements of the Act. Figure 1 illustrates the Act requirements and the public health planning process.



Figure 1: Public Health Planning Process (Source: State Public Health Plan 2019-2024)

Under the Act, local councils are required to prepare and maintain regional public health plans for their areas, building upon the state's vision for a 'healthy, liveable and connected community for all South Australians', and in alignment with the State Public Health Plan priority areas:

- Promote: Build stronger communities and healthier environments
- Protect: Protect against public and environmental health risks and respond to climate change
- Prevent: Prevent chronic disease, communicable disease and injury
- Progress: Strengthen the systems that support public health and wellbeing.

Wakefield Regional Council plays many roles in the planning and delivery of community health and wellbeing and can influence the local social, economic, and natural and built urban environments that are critical to supporting health. Various Council functions shape our local environment and play a role in protecting and promoting health and these include:

- Community services, activities, assets and events to promote socially inclusive and vibrant communities.
- Urban and infrastructure planning functions to promote environments for physical activity and access for people of all ages and abilities.
- Environmental health functions and services such as public health management to support safe environments and support the community in minimising the spread of infectious diseases.

¹ South Australian Public Health Act 2011

Our previous public health plan, the Yorke Peninsula Alliance Regional Public Health Plan², was a regional approach and key achievements included:

- Social services and support to our community across all ages and cultures, ensuring inclusion of vulnerable groups (e.g. community bus, revival of the Balaklava Men’s Shed, Youth Week activities, community grants and library services).
- Actions to improve healthy eating and physical activity (e.g swimming pool review, Wakefield community garden, cycling/walking trails and playground upgrades).
- Climate change prevention and mitigation actions (e.g stormwater harvesting and reuse, vacuum system for community wastewater, building condition rating assessments and revegetation activities).
- Public and environmental health risk prevention and management measures (e.g. environmental health inspections, audits of septic tanks, information on fire prevention and fire danger season inspections and actions).

This new Public Health and Wellbeing Plan (the Plan) focuses on local, rather than regional, priorities for the next five years, while supporting our Wakefield 2030 Community Plan vision, as described in the Mayor’s message.

The Plan will inform Council’s operational plans and align to the overarching strategic management plans of our Council and external strategies. Figure 2 details the Wakefield Regional Council planning framework.



Figure 2: Wakefield Regional Council Planning Framework (Source WRC Community Plan 2030)

² Regional Public Health Plan. Yorke Peninsula Alliance 2014-2020

Developing the plan

This Plan recognises and strengthens the current activities of the Council which influence public health and wellbeing. The preliminary 'research' phase was undertaken in 2020 and involved community and local health professional surveys (2020 surveys, Cf. Addendum Reports)³. With 178 responses, these surveys provided useful insights on stakeholder and residents' views of their own 'self-assessed' health and the factors that can influence it, along with relevant suggestions to enhance health and wellbeing support and services for the local community. A comprehensive analysis of demographic data, health and liveability statistics has informed the 'state of health' section of the Plan (see Part B).

Review of the State Public Health Plan, regional and local plans and strategy content has ensured a line of sight between the Strategic Directions developed in Section C of the Plan and broader health priorities. Figure 3 illustrates the planning process overall.



Figure 3: WRC Health and Wellbeing Plan Development Process

³ WRC Health & Wellbeing Plan: Intelligence Phase & Community Survey Results, 2020

PART B – STATE OF HEALTH

Public health aims to improve the health of the entire population while reducing health inequities. It acts upon the broad range of social, economic, environmental and physical factors and conditions that influence our health, collectively known as the 'social determinants of health'. This Public Health and Wellbeing Plan acknowledges the range of factors that impact on the health and wellbeing of individuals and communities. Figure 4 shows the array of determinants of health and how they relate to each other.



Figure 4: Social Determinants of Health (Source: State Public Health Plan 2019-2024)

The indicators of public and population health and their determinants, detailed in this section have been drawn from the 2021 Census data (where available) and various sources including the report published for Local Government Areas (LGAs) and Population Health Areas (PHAs) by the Public Health Information Development Unit (PHIDU)⁴, the population and economic profiles published by Regional Development Australia (RDA)⁵, as well as various Regional and Council reports. In some instances, 2016 Census data is referenced where updated data from the ABS is not yet available. Indicators of Community Wellbeing developed by the Southern and Hills Local Government Area ⁶ and have been used as a framework to ensure a comprehensive and consistent state of health overview.

The focus areas of our Health and Wellbeing Plan have been grouped in four Sections:

- Section 1: Community Wellbeing in a Healthy Environment
- Section 2: Active & Healthy Community
- Section 3: Safe & Sustainable Community
- Section 4: Strong & Connected Community

⁴ Population Health Profile – Wakefield. Public Health Information Development Unit (PHIDU), Torrens University 2019

⁵ Regional Development Australia - Wakefield Regional Council area. <https://profile.id.com.au/rda-yorke-mid-north>

⁶ Indicators of Community Wellbeing for the Southern and Hills Local Government Area, April 2022. Southern and Hills LGA.



Wakefield Regional Council covers an area of about 3500 square kilometres and is home to rural and township lifestyles, productive farming land and diverse communities.

Snapshot of our community

Demographic Profiles & Household Composition

In 2021, the WRC population was 6,780 with a population density of 1.95 person per square km⁷. The median age was 45, and there was a higher proportion of children (under 18) and a lower proportion of persons aged 60 or older, than the RDA Yorke and Mid North Region. The number of dwellings reached 3,351 with an average household size of 2.32 persons. In our community, 23.3% of households were made up of couples with children, compared with 18.7% in the RDA Yorke and Mid North Region⁸.

Economy & Level of Employment

Rural land is used largely for agriculture, particularly grain growing (wheat, barley and legumes), sheep and cattle grazing. Forestry and fishing are also important industries, with some viticulture. Significant industrial areas are located in the adjacent Council area of Port Pirie, including the port which exports lead, zinc and ore. Based on 2016 Census data, 58% of our community worked full-time and 40% part-time with the dominant occupation being managers followed by labourers and technicians and trades workers. Young people aged 16 to 24 receiving an unemployment benefit comprised 6.3% of their age group. The Index of Relative Socio-economic Disadvantage in 2016 was 933 which was consistent with Regional SA overall (945).⁹

Population Ethnicity & Education

The three largest countries of birth of parents in our community are Australian, English and Filipino. The Wakefield population includes 17% born overseas, and 3% are of Aboriginal or Torres Strait Islander descent⁸. Compared to Regional SA there is a lower proportion of people holding formal qualifications and a higher proportion of people with no formal qualifications. In our community, 36% of people aged over 15 years, had completed Year 12 schooling (or equivalent). This was greater than RDA Yorke and Mid North Region⁸.



⁷ Australian Bureau of Statistics. 2021 Census. <https://www.abs.gov.au/census/find-census-data/community-profiles/2021/LGA48130>

⁸ Regional Development Australia. Yorke and Mid North Region. [idcommunity https://profile.id.com.au/rda-yorke-mid-north/population?WebID=190](https://profile.id.com.au/rda-yorke-mid-north/population?WebID=190)

⁹ Population Health Profile – Wakefield. Public Health Information Development Unit (PHIDU), Torrens University 2019

Section 1:

Community Wellbeing in a Healthy Environment

The natural environment provides essential resources for health and wellbeing including food, fresh water, wood and fibre, fuel and medicines. It also helps regulate weather, vegetation, soils, and the quality of water and air, and provides a range of aesthetic, cultural, recreational, and spiritual services to people as well as strengthening social connections¹⁰.

Access to our Natural Environment



The community can enjoy a range of natural features in our region including Lake Bumbunga, the Samphire Coast and Port Wakefield foreshore, Wakefield and Light riverine environments, Rocks Reserve, Halbury Parklands and numerous community revegetation sites. Council is enabling access to green space by developing trails and bikeways, gardens, parks and playgrounds. Tree planting and streetscape improvements are key strategies to improve the community experience with the natural environment¹¹.

Environmentally Sustainable Actions



Council is committed to environmental sustainability including waste management, water management and renewable energy. Despite an increase of organic waste generation over the past 3 years, the volume of waste to landfill has remained steady. The Council owns five Community Wastewater Management Schemes (Balaklava, Port Wakefield, Snowtown, Blyth and Hamley Bridge) and recycled water is used to green public open space and sports fields. Council also has projects in place for stormwater management and flood mitigation. Major windfarms at Snowtown and Lochiel are important renewable energy sources for the State, while the Blyth Battery (currently under development) will support the storage of renewable energy.

Environmental Health Risks



Council ensures diligent regulatory services to prevent adverse effects on public and environmental health. These services include food safety and building inspections. During the COVID-19 pandemic, Council has played an important role in the protection, education and promotion of public health in the community.

Climate Change



With a changing climate, the region will face more intense and frequent bushfires, droughts, heatwaves and storms. Coastal areas will be affected by more frequent storm surges, inundation and erosion. The Yorke and Mid North Regional Climate Change Action Plan provides recommendations for coordinated regional action¹².

¹⁰ *Safeguarding human health in the Anthropocene epoch: report of The Rockefeller Foundation–Lancet Commission on planetary health. Whitmee et al. 2015*

¹¹ *Wakefield 2030 Our Community Plan – November 2021 update*

Section 2: Active & Healthy Community

Our community values their health and wellbeing. However, environmental as well as behavioural risk factors and the high rate of obesity and chronic disease within the community remain a concern. This state of health review also highlights early childhood development and youth mental health issues in the region.

Personal Health & Chronic Disease



The rate of admission to hospital of Wakefield residents was 7% below the Regional SA average. The median age of death for males and females is respectively 80 and 86 years which is 2 years above the Regional SA¹³. The 2020 survey shows that mental health is a key community issue followed by chronic pain and diabetes. This is confirmed by the 2021 Census showing that mental health along with arthritis having greater prevalence in the community (respectively 12% and 13.1%), followed by asthma (11.3%) and diabetes (7.1%)¹⁴. Overall, 18% of the population over 15, assessed their health as fair or poor which is slightly more than the Regional SA overall (17%)¹⁵.

Physical Activity & Healthy Eating



The 2020 surveys highlight that the Wakefield community considers diet and exercise important health promotion factors¹⁵. Until the age of 17, obesity remains at 7.5%, however in adults the proportion of obesity reaches 37.4% for the male, and 41.3% for the female Wakefield population, which is higher than Regional SA (respectively 34.2% and 38.1%). This can partially be explained by a high rate of physical inactivity (76.5%) and a poor diet (i.e. 46% of fruit consumption)¹⁵. Access to healthy food and opportunities to remain physically active varied within the community, with remoteness remaining the major barrier¹⁷. Council will continue to support and enhance sport, recreation and leisure activities in the region.

Childhood Health



Despite a higher fertility rate (2.9%) and a lower level of women smoking during their pregnancy (17.8% compared to the Regional SA of 21.1%), one third of children in Wakefield in their first year of school are assessed as being developmentally vulnerable (compared to a quarter for the Regional SA)¹⁵. The 2020 community surveys confirmed this trend as developmental delay in children was the most prevalent health issue raised. Youth mental health remains a priority as Australian youth have the highest prevalence of mental illness than any other age group¹⁵.

Health Service and Immunisation



Although the 2020 survey highlights that the current health services address most of the community needs, several gaps were mentioned including inpatient hospital care, general practice, women's health, mental and allied health as well as diabetic services and asthma services¹⁷. The proportion of children in Wakefield fully immunised at five years of age is 94.9% which is consistent with the level in Regional SA (94.5%)¹⁵.

¹² Yorke And Mid North Regional Climate Change Action Plan. Central Region of Councils, Regional Development Australia Yorke and Mid North and the Northern and Yorke Natural Resources Management Board,

¹³ Population Health Profile – Wakefield. Public Health Information Development Unit (PHIDU), Torrens University 2019

¹⁴ Australian Bureau of Statistics. 2021 Census. <https://www.abs.gov.au/census/find-census-data/community-profiles/2021/LGA48130>

Section 3: Safe & Sustainable Community

The places in which we live provide opportunities and resources which shape our wellbeing. Sustainable and safe services and housing, as well as access to opportunities for all, are a crucial determinant to support health. The Wakefield region faces issues similar to other rural communities, including access to services and affordable housing.

Low-Income Households & Housing Stress



Adequate housing promotes positive health, education, employment, and security for individuals. As housing affordability has declined over time in Australia, pressure on households is increasing in the region. In 2021, 68% of households were purchasing or fully owned their home, 19.2% were renting privately, and 1.7% were living in social housing. This data is consistent with the RDA Yorke and Mid North Region apart for the social housing which was higher (4%)¹⁶. Overall, the region has a need for affordable housing in areas of rapid growth, with careful consideration to be given to urban planning to avoid the conflict of housing, regional infrastructure and valuable agricultural land.

Access to Service & Public Spaces



Despite community bus services in the Wakefield region and a high proportion of households with a motor vehicle (only 4.3% household without car)¹⁹, 1% of the adult population indicated there is difficulty in accessing healthcare¹⁹, and the 2020 surveys highlighted that the main barrier to access health services is the inability to travel to these services. The level of access to healthy food and physical activity facilities in the region differs within the community. The lack of awareness of these services is also mentioned as a significant barrier to access²⁰

Access to Internet



Access to the outside world through the Internet provides a means of communicating with friends and family, as well as services, employers and schools, thereby increasing educational, employment and other opportunities, including social interaction. The proportion of dwellings able to access the Internet is consistent with Regional SA (76.0%)¹⁷. Internet availability also plays a major role in the distribution of care and functionality of all health practices, and the surveys held in 2020 revealed that the Internet services currently provided are not sufficient for the needs within the region, both for the community and the health profession¹⁸.

Perception of Safety and Discrimination & Smoking Alcohol & Drugs



In the region, notably more adults are estimated to feel very safe/safe walking alone in the dark in their local area, with 69.5%, compared with 57.6% in Regional SA¹⁹. A Local Drug Action Team Forum in Balaklava²⁰ highlighted that some young vulnerable people still face challenges including alcohol and drugs (contributing to violence, road trauma, suicide, sexually transmitted diseases, and other risk taking behaviour). Smoking is one of the leading preventable cause of death and disease in Australia. The extent of smoking in Wakefield is estimated to be slightly above the Regional SA rate (19% and 18% respectively)¹⁹

¹⁵ Project Report Wakefield Regional Council Health and Wellbeing Plan: Intelligence Phase & 2020 Surveys

¹⁶ Regional Development Australia. Yorke and Mid North Region .idcommunity <https://profile.id.com.au/rda-yorke-mid-north/population?WebID=190>

¹⁷ Population Health Profile – Wakefield. Public Health Information Development Unit (PHIDU), Torrens University 2019

¹⁸ Project Report Wakefield Regional Council Health and Wellbeing Plan: Intelligence Phase & 2020 Surveys

Section 4: Strong & connected community

Connection and participation underpin community wellbeing, and public health action is strengthened when the needs of people of all ages, gender, cultural background, economic status, and other differences are considered. Like other Rural SA areas, the Wakefield region faces challenges such as social isolation and an ageing population. Inclusion and support for people with disability and mental health issues remain key concerns for Council.

Cultural diversity



Inclusion occurs when a diversity of people feel valued and respected, have access to opportunities and resources, and can contribute their perspectives and talents to their community. In 2021, around 1150 people were born overseas, and 4.9% of people spoke a language other than English at home with Filipino/Tagalog being the more spoken, followed by Mandarin, Greek and German²¹. 205 people of Aboriginal and/or Torres Strait Islander descent were resident in Wakefield, comprising 3% of the population. The main religion remains Christianity while around 46.4% don't follow a specific religion.²³

Social Connection & Participation



Although the rate of volunteering in Australia overall has declined over time²⁴, 26.3% of people did voluntary work in 2021²³ and the Council counted 55 volunteers within programs such as driving the community bus, running the swimming pools or Council events in 2021²⁵. Younger people can get involved in scouts and girl guides as well as youth group programs run by local churches. A strong community accepts each others differences and is resilient in times of crisis. Most adults are estimated to be able to get support in times of crisis (94%)²⁶.

People with Disability, Elderly People and Carers



In 2021, 29.7% of our community were aged 60 years and over, compared with 19.0% and 37.1% respectively for RDA Yorke and Mid North Region²². There were substantially more residential aged care places per people aged 70 years and over in Wakefield than in Regional SA²³. The proportion of the population in Wakefield with a profound or severe disability and living in the community was above the proportion recorded in Regional SA (6.4% and 5.6% respectively)²⁸. In 2021, 8.6% of the population reported needing help in their day-to-day lives due to disability and nearly 14% of our community provided unpaid care for disabled or elderly people²⁴.

Mental Health and Wellbeing Support



Mental illness can have an adverse impact on individuals and their families with far reaching influence on social issues such as poverty and unemployment. In 2021, mental health conditions, including depression and anxiety, have reached 12% of people in Wakefield which is higher than in Regional SA (9%)²³.

¹⁹ Australian Bureau of Statistics. 2021 Census. <https://www.abs.gov.au/census/find-census-data/community-profiles/2021/LGA48130>

²⁰ Wakefield Regional Council website. <https://www.wrc.sa.gov.au/>

²¹ Australian Bureau of Statistics. 2021 Census. <https://www.abs.gov.au/census/find-census-data/community-profiles/2021/LGA48130>

²² Regional Development Australia York and Mid North Region. <https://profile.id.com.au/rda-yorke-mid-north>

²³ Disability Access & Inclusion Plan 2020. Wakefield Regional Council

²⁴ Key Volunteering Statistics. Volunteering Australia, 2021

²⁵ Wakefield Regional Council Annual Report 2020/21

²⁶ Population Health Profile – Wakefield. Public Health Information Development Unit (PHIDU), Torrens University 2019

²⁷ Project Report Wakefield Regional Council Health and Wellbeing Plan: Intelligence Phase & 2020 Surveys

PART C – STRATEGIC DIRECTIONS FOR HEALTH & WELLBEING

The strategic directions for our Public Health and Wellbeing Plan align with our Wakefield 2030 Community Plan, the State Public Health Plan and relevant Council strategies. Table 1 illustrates the connections between the State Public Health Plan and the Wakefield 2030. Table 2 to Table 5 detail how the Health and Wellbeing Plan actions relate to the Wakefield 2030 Key Strategies and to other Council plans and strategies.

Table 1: Alignment of the WRC Health and Wellbeing Strategic Directions with Other Strategic Plans

Health and Wellbeing Strategic Directions Sections	State Public Health Plan 2019-24	Wakefield Community Plan 2030
Section 1: Community Wellbeing in a Healthy Environment	Promote & Prevent	Liveable Community Thriving Region Sustainable Future
Section 2: Active & Healthy Community	Prevent	Liveable Community
Section 3: Safe & Sustainable Community	Protect & prevent	Sustainable Future
Section 4: Strong & Connected Community	Progress	Thriving Region

A range of stakeholders play a role in shaping health and wellbeing in our Council area. This plan recognises the scope of the role of local government in promoting and supporting community health and wellbeing. The role of Council will be dependent upon the significance of the issue, available resources and funding, and legislative responsibilities. Health and wellbeing integrate with many facets of our community and Council and others have a role to play in this. In this plan, the roles of Council have been grouped into the following six categories*:

- Leader: setting the direction through policy, strategies and plans
- Partner and facilitator: bringing stakeholders together to deliver community actions
- Planner: checking in regularly to ensure our actions are appropriate for the current and future requirements of the region
- Regulator: ensuring the health, safety and legislative compliance of Council and our community as we deliver our actions
- Advocate: representing the community and negotiating with key decision makers for improved outcomes for Wakefield
- Owner: delivering sustainable assets on behalf of the community.

* Note: for consistency, the role of Council, in this plan, has followed categories defined in our Wakefield 2030 Community Plan.

Section 1: Community Wellbeing in a Healthy Environment

With its coastal fringe along the Gulf St Vincent, the Hummocks and Barunga ranges, lakes and rivers, Wakefield Regional Council features a remarkable natural environment. While striving to protect and promote a high standard of public and environmental health, the Council will continue to foster access for our community to the environment through multiple programs and developments. As the effect of the climate change has already started to impact our farmers and our community overall, we appreciate the urgent need for action to improve our resilience. The Council will further promote environmentally sustainable actions, as well as ensure that our community is prepared for the impacts of climate change. Table 2 provides a list of actions to enhance community health and wellbeing through a sustainable and thriving environment.

Table 2: Strategic Directions to Promote the Community Wellbeing in a Healthy

Environment Timeframe caption ● 1-3 years ● 4-6 years ● 7+ years ● Ongoing

Objectives	Strategies	Time frame	Council Role	Actions	Key links (W2030 & Others)
Increase access to our natural environment	Develop and promote Council's walking, cycling and leisure trail network	●	Owner, partner and facilitator	Implement Trails Strategy for the region provide leisure trail infrastructure.	LC 2.4
				Pursue grant funding opportunities to expand trails network	Port Wakefield Master Plan
				Incorporate walking & cycling infrastructure, parks and gardens etc into town up-grades.	Balaklava, Apex Park, Railway Corridor Master plans Blyth, Hamley Bridge and Ralli Park sporting precinct master plans
Promote environmentally sustainable actions	Safeguard and sustainably manage the environment	●	Owner, regulator, partner and facilitator	Establish partnerships with the Landscape Board and community groups to promote and protect important local ecosystems & maintain roadside vegetation	SF 1.1 Natural Resources Management Plan - Northern and Yorke Region
	Sustainably manage Council's water	●	Owner, planner, regulator	Continue provision of recycled water to sports fields and community areas. Investigate opportunities to expand recycled water use	SF 3.1
	Sustainably manage Council's waste operations	●	Owner, planner, regulator	Finalise community survey of waste behaviours and expectations. Establish a program to reduce the community's waste to landfill - including, where relevant, changes to current waste collection operations	SF 3.1

Objectives	Strategies	Time frame	Council Role	Actions	Key links (W2030 & Others)
Prepare for climate change	Plan to prevent & mitigate impact of climate change	●	Leader, partner and facilitator	Work with external agencies to develop a Climate Change Adaptation Plan for the region.	SF 3.2 Yorke And Mid North Regional Climate Change Action Plan 2013
	Prepare the community to increasing drought events	●	Leader, partner and facilitator	Work with Northern and Yorke Regional Alliance to implement the Regional Drought Resilience Plan	SF 3.2 Regional Drought Resilience Plan28
	Attract 'green' industries to the region	●	Advocate, partner and facilitator	Develop an incentive strategy for new green businesses & community-based programs	SF 2.1
	Tree planting and streetscape strategy	●	Owner, partner and facilitator	Establish a program that supports community revegetation projects on private and public land.	SF 3.2

Objectives	Strategies	Time frame	Council Role	Actions	Key links (W2030 & Others)
Prevent & manage environmental health risks	Enforce regulatory services	●	Regulator	Undertake Public health inspections (food and health businesses) and provide relevant education / information to those businesses	SA Public Health Act 2011 SA Food Act 2001 Environment Protection Act 1993 WRC Animal Management Plan
				Monitor Domestic Wastewater Management to ensure compliance with On-site Waste Control Approval	
				Respond to public nuisance complaints effectively and in a timely way	
	Prevention	●	Partner and facilitator	Design and/or deliver health promotion strategies across the region	
Ongoing liaison with SA Health to ensure effective management of public health emergencies or priority risks					
Prevention	●	Partner and facilitator	Raise awareness of environmental health risks and Council's role within the community (i.e. supporting SA Health promotions & Environmental Health events. Promotion through promotional display, factsheet, town visit, local newsletter or other media).	SA Public Health Act 2011 SA Food Act 2001 Environment Protection Act 1993 WRC Animal Management Plan	
Immunisation	●	Partner and facilitator	Support local health practitioners to deliver immunisation programs to the whole community	National Immunisation Program South Australian Arbovirus Coordinated Control and Operations Plan	
Respond to public health emergencies and/or priority risks in liaison with SA Health (e.g. Covid 19 pandemic and declared Japanese encephalitis virus emergency).					

Section 2: Active & Healthy Community

With significant personal, social and economic impacts, tackling chronic disease, obesity and their causes is a significant priority in Australia. The Council is committed to join the State and National effort in this challenge by promoting active living and healthy eating. The 2020 community surveys²⁹ has shown that the community also considers chronic disease prevention a priority and welcomes opportunities to support their health and wellbeing. The survey respondents also suggested increasing health service availability in a range of areas with a particular emphasis on mental health services. The Council takes due account of these suggestions and will further discuss any potential partnerships with the regional organisations such as Country and Outback Health to explore opportunities on this matter. Table 3 details the actions that the Council will implement to further support our community to achieve an active and healthy lifestyle.

Table 3: Strategic Directions to Promote an Active and Healthy Community

Timeframe caption ● 1-3 years ● 4-6 years ● 7+ years ● Ongoing

Objectives	Strategies	Time frame	Council Role	Actions	Key links (W2030 & Others)
Promote active living	Provide accessible, viable and fit for purpose facilities	●	Owner, planner	Deliver community amenity upgrades	LC 2.2 WRC Asset Management Plan WRC Inclusion & Disability Plan
				Provide family friendly play spaces & equipment	
	Promote active and healthy lifestyles through the provision of quality sport and recreation facilities	●	Owner, planner	Deliver pool upgrades (Owen, Hamley and Balaklava pools)	LC 2.3 WRC Asset Management Plan WRC Inclusion & Disability Plan Sporting precinct master plans
				Work with pool committees to maximise use of pool facilities	
				Undertake ongoing playground compliance checks and upgrades	
				Deliver sporting precinct master plans as outlined in W2030	
				At least annually undertake 'check in' with sporting bodies to determine Council support requirements	
				Actively promote grant opportunities to community facility operators (e.g. for upgrades)	
	Develop and promote Council's walking, cycling and leisure trail network.	●	Owner, planner, partner and facilitator	Support use of walking/cycling trails with group activities/events and other diverse regional interests	LC 2.4 WRC Inclusion & Disability Plan Wide trails strategy for new development
				Provide additional facilities and street furniture along the trails including for disabled or elderly people	
Develop new sport facilities	●	Owner, planner	Facilitate the development of gym/fitness centre and outdoor gyms in the region		
Provide activities for people who don't play sport	●	Owner, planner	Establish program to get people moving in Wakefield, partnering with community groups		
			Explore opportunities on an annual basis to showcase activities (e.g. gardening, walking etc) in addition to 'traditional sports'		

Objectives	Strategies	Time frame	Council Role	Actions	Key links (W2030 & Others)
Promote healthy eating	Promote healthy eating	●	Partner and facilitator	Increase healthy food literacy (through local schools, community gardens and other community programs, as well as via Council's communications channels)	
	Improve access to healthy food	●	Partner and facilitator	Continue to provide and promote community bus for shopping expeditions	
				Encourage access to healthy food (e.g. providing brochures with health eating tips etc)	
				Encourage food businesses to advertise and provide available healthy options	
	Support community gardens	●	Owner, partner and facilitator	Support our region's community gardens and explore further opportunities through grants	
				Leverage community gardens to provide healthy eating workshops and provide opportunity for physical activity, social connection, and mental wellbeing	

Increase health services availability	Increase face to face mental health services and counselling support within the community	●	Partner and facilitator	Work with local health care providers and agencies to facilitate the development of mental health services that meet the need of the community in collaboration with relevant stakeholders	
	Identify current health service gaps & develop strategy to address the gaps	●	Partner and facilitator	Investigate potential partnerships with the regional organisations such as Country and Outback Health to meet the community needs. Build relationship with Yorke and Northern Local Health Network to incorporate YNLHN Clinical Services Plan 2023-2028.	
	Support the community to access health care	●	Owner	Continue to provide and promote community bus for accessing health care Promote Mid North Passenger Network and visiting service providers.	

Section 3: Safe & Sustainable Community

Council is conscious that economic and social factors are crucial determinants of our community's health and wellbeing. In line with our Wakefield 2030 Community Plan, we will continue to pursue economic development including job and housing opportunities to reduce stress and hardship among our residents. We will also strive to further improve access to services to support our families and workers in their everyday life. Table 4 details the strategic directions to support our community in a sustainable way.

Table 4: Strategic Directions to Promote a Safe and Sustainable Community

Timeframe caption ● 1-3 years ● 4-6 years ● 7+ years ● Ongoing

Objectives	Strategies	Time frame	Council Role	Actions	Key links (W2030 & Others)	
Promote housing availability & affordability	Leverage the quality, affordable lifestyle Wakefield has to offer to drive residential growth	●	Advocate, planner, regulator	Expand residential land development opportunities within towns and across the region	TR 2.1 Regional Roadmap 2018-2028	
Promote employment	Encourage and support expansion of existing businesses and industries & attract new ones	●	Advocate, planner	Advocate for new projects that facilitate the expansion of local industries	TR 1.1 Regional Roadmap, 2018-2028 ³⁰	
				Review zoning and consider changes to facilitate development & develop incentive strategy		
Promote access to services	Promote access to internet	●	Advocate, promote	Advocate to relevant agencies for more reliable internet connectivity in the region. Promote internet availability (i.e. via libraries)		
	Increase support for families	●	Advocate	Advocate for and support childcare service expansion across the region	TR 2.1	
	Promote access to sporting clubs & facilities	●	Owner, partner and facilitator	Support existing sport and leisure programs through the provision of grant funding.	Work with sporting and community groups to launch recreation and wellbeing programs	
				Work with sporting and community groups to launch recreation and wellbeing programs		
	Promote access to the local drug action team Forum	●	Partner and facilitator	Support initiatives in relation to prevention and management of drug consumption within the community		
	Provide well-planned assets that meet the community's needs now and into the future	●	Owner, planner, regulator	Work with the community to promote increased use of Council-owned buildings, including town halls, museums etc	LC 2.1 WRC Inclusion & Disability Plan	

³⁰ Regional Roadmap 2018 – 2028. Engineering Growth in the Yorke and Mid North, SA Government

Section 4 Strong & Connected Community

Despite the range of social challenges that our community faces such as ageing population, social isolation, increase of mental health issues, we are committed to work together with people of all ages, genders, ethnicities, social and economic status to enhance social connection and participation within our community. Council is committed to promoting a feeling of safety and wellbeing within our towns and countryside. Table 5 provides a range of actions which aim to foster the connection and the strength of our community.

Table 5: Strategic Directions to Promote a Strong and Connected Community

Timeframe caption ● 1-3 years ● 4-6 years ● 7+ years ● Ongoing

Objectives	strategies	Time frame	Council Role	Actions	Key links (W2030 & others)
Promote social connection & participation	Activate Wakefield with events and celebrations	●	Leader, partner and facilitator	Work with the community to design a program of community events and celebrations to activate our public spaces.	LC 1.2
	Invest in art, culture, history and library programs that promote community pride.	●	Leader, Planner, partner and facilitator	Collaborate with local arts, heritage and culture groups to develop a strategy to showcase our region's artistic reputation & implement grant programs.	LC 4.1
				Provide ongoing staffing for Blyth community library	
				Use Council's communications channels to promote community libraries (Balaklava, Snowtown, Blyth)	
	Raise community awareness about events and programs	●	Leader, partner and facilitator	Develop Community activities calendar, available through Council's communication tools	
	Increase community awareness about Council plans & consultation process	●	Leader	Increase awareness of Council's strategic plans (i.e. advertise on Council website, social media, WRAP newsletter)	
	Encourage high levels of community participation	●	Leader, partner and facilitator	Design a Volunteer Program that promotes opportunities for participation through volunteering Support volunteers (through training, acknowledgement etc)	LC 3.2
	Support community groups	●	Partner and facilitator	Attend community and town committee meetings	
				Bring together our region's community committees to work in harmony with WRC plans and provide learning / networking opportunities	
				Share external grant funding opportunities across town committees	
Support new residents	●	Partner and facilitator	Create a 'welcome to town' pack to be available in each town and managed through town committees		

Objectives	Strategies	Time frame	Council Role	Actions	Key links (W2030 & others)
Promote social connection & participation	Be ready in case of emergency and promote community resilience	●	Leader, partner and facilitator	Develop an Emergency Risk Management Plan and operational arrangements to be prepared for, respond to and recover from emergency events	LC 3.2
	Provide and support programs that promote the physical and mental health and wellbeing of our residents	●	Regulator, partner and facilitator	Implement Disability Access & Inclusion Plan actions	LC 3.1 WRC Disability Access & Inclusion Plan
	Deliver staff awareness training (to identified officers) to better understand needs of Aboriginal, multicultural, disability, and LGBTQIA community members	●		Ensure Council services are welcoming and accessible for everyone Encourage participation in community programs by our vulnerable community members	

Improve mental health and wellbeing	Promote youth mental health and wellbeing	●	Leader, partner and facilitator	Work with the regions under 25s on a strategy to support young people to stay and flourish in Wakefield	LC 3.2
	Promote men's mental health and wellbeing	●	Owner, partner and facilitator	Support and encourage Men's Sheds Install street libraries across the region (working with Men's Shed to establish)	
				Promote Men's Health Week, 'Movember', Beyond Blue, and other initiatives	
	Promote elderly mental health and wellbeing	●	Partner and facilitator	Support the creation of meeting places for seniors	
				Encourage intergeneration relationships (schools and aged care facilities)	
				Provide informational support for carers	

Increase attractiveness & safety of township	Activate our main streets by providing safe, attractive and accessible places for people	●	Owner, planner, regulator	Implement Port Wakefield Master Plan & deliver initiatives to rejuvenate, over time, the Blyth, Snowtown, Brinkworth and Owen main street precincts	LC 1.1 Port Wakefield Master Plan WRC Asset Management Plan
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PART D – IMPLEMENTATION & EVALUATION

Improving community health and wellbeing will be achieved through implementation of the actions detailed in Section C of this plan. These actions aim to maintain, grow and improve the healthy behaviours and supportive systems and environments that lead to success, and focus on improving health and wellbeing. Figure 5 illustrates the Council implementation and evaluation process and the connection with the requirements of the Act.



Figure 5: Implementation, Monitoring and Reporting Process (Source: State Public Health Plan 2019-2024)

Implementation

Council will guide the implementation of the actions outlined in this plan through the following implementation strategies:

- Information provision and awareness raising
- Programs, services and support
- Administrative and/or governance systems that enable positive outcomes (e.g. policy, partnerships, staff training and community engagement)
- Built and natural environments that are accessible, inclusive, and support health and wellbeing.

These implementation strategies will be applied within a number of settings for health and wellbeing deemed relevant to the action:

- Home and neighbourhood
- Broader community spaces and places
- Within Council

All implementation strategies will take into consideration diversity and inclusion principles, to ensure the needs of people of all ages, genders, cultural backgrounds, economic status are considered.

Measuring Success

Following final endorsement of the Plan, Council staff will oversee implementation, evaluation and reporting on the Plan. Council will measure community health and wellbeing and the success of this plan in the future through five-yearly Community Health and Wellbeing surveys to measure how people feel about their health, population health data comparisons using data from the Public Health Information Development Unit and successful implementation of actions within this plan, within agreed timeframes. The project team will also need to report biennially to Council and SA Health on the progress of public health planning for the five-year lifespan of this plan. In line with SA Health reporting cycles, the first report will be made in late 2024.

Reporting

This Wakefield Regional Council Health and Wellbeing Plan articulates the things Council will do, and the way it will work to maintain and improve health and wellbeing outcomes for all people who live, work, study and play in the Council area. Reporting is required biennially by the Act to understand the Plan's effectiveness, identify areas for improvement and learning, and enhance the evidence for current and future work. Reporting will also ensure alignment to the overarching strategic management plans of our Council (i.e. Community Plan, management and operational plans), endorsement by the Senior Leadership Group and appropriate allocation of resourcing.