

Public Health Plan 2021 - 2026

February 2022



CITY OF WEST TORRENS

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Production acknowledgment

This document was produced by the City of West Torrens, with assistance from members of the West Torrens community who contributed during public consultation

Kaurna Acknowledgement

The City of West Torrens acknowledges that the Kaurna people and their descendants are still and will always be the first peoples of the land. The City of West Torrens commits to valuing and supporting the Kaurna people's inherent relationship to the land.

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Document history

<i>Version</i>	<i>Date</i>	<i>Details</i>
1.0	May 2021	Draft for internal review
	October 2021	Draft for public consultation
2.0	December 2021	Final Draft for Council consideration
	February 2022	Public Health Plan approved by Deputy Chief Public Health Officer

Message from the Mayor

As a community, we are together facing one of the most challenging and uncertain times of our lives.

The COVID-19 pandemic has seen health and wellbeing become a major focus of almost everything we do. While we have modified and adjusted some of our behaviours in order to create a safer place to live, work and enjoy life, we have continued to support each other and work together in the best interests of our community.

I am extremely proud of what a resilient community we are and that we have all demonstrated that nothing is more important than our health, wellbeing and safety.

As such, I am pleased to introduce the City of West Torrens Public Health Plan (2021-2026), which will help us to continue to provide an environment that supports our community in leading active, connected and productive lives.

The achievements of our previous Public Health Plan (2014 - 2019) can be summarised as follows:

- Delivering significant upgrades to public open spaces such as Weigall Oval, Camden Oval, Apex Park and Lockleys Oval, which supports greater community participation in physical activity.
- Planting more than 5,000 trees and providing 5,000 native plant seedlings per annum to local residents in an effort to improve urban cooling during hotter periods and increase canopy cover.
- Providing a significant financial relief package to support local lease and licence holders, businesses, community organisations, artists and those in our community most affected by the COVID-19 pandemic.
- Designing and delivering award winning community programs which aim to improve social connections and reduce isolation for the most vulnerable in our community.
- Implementing actions to divert more than 52 per cent of our weekly waste collections and 95 per cent of our hard waste collection material away from landfill.

The Public Health Plan (2021-2026) aligns with our overarching vision in our Community Plan 2030 of being the 'best place to live, work and enjoy life'. This alignment ensures that we, as a Council, remain focussed on the key actions required to maintain and enhance the long term health and wellbeing of our community.

I would like to express my gratitude to everyone involved in the development of this plan and I look forward to working with you, our West Torrens community, groups and agencies to achieve improved health, safety and wellbeing in our city.

Michael S. Coxon



Introduction

The City of West Torrens Public Health Plan 2021 - 2026 (the Plan) provides guidance as to how we will work during the next five years to create well-planned and liveable environments so our community can enjoy good health and wellbeing at every stage of life.

This is the second Public Health Plan that has been developed to meet the statutory requirements of the *SA Public Health Act* (2011). The Plan aligns with the State Public Health Plan 2019 - 2024 and its vision for 'A healthy, liveable and connected community for all South Australians'.

The 2021 - 2026 Plan builds upon the success of our 2014 plan and is informed by:

- local health and demographic data
- the City of West Torrens Community Plan 2030 and Council's suite of strategic and corporate plans
- 'Our Place' Community Needs Analysis and Disability Access and Inclusion Plan consultation data.
- public health evidence
- state legislation, policies and plans relevant to public health and wellbeing
- a review of documents determined relevant by the Minister and outlined in appendix 3 of the State Public Health Plan for South Australia.

Why do we need a Public Health Plan?

Under the *South Australian Public Health Act 2011* (the Act), councils must prepare and maintain a regional public health plan and report on its implementation every two years.

The Act defines public health as:

'... the health of individuals in the context of the wider health of the community. It may involve a combination of policies, programs and safeguards designed -

(a) to protect, maintain or promote the health of the community at large,

(b) to prevent or reduce the incidence of disease, injury or disability within the community.

Statutory reporting is required every two years upon the implementation of the Plan, with a full evaluation being undertaken at the end of a four year period. Priorities are incorporated within relevant Service Plans of Council and these are monitored to ensure that they address emerging public health risks and issues and continue to align with Council and State strategic documents.

Determinants of health

... and the role of local government

The determinants of health are ‘the conditions in which people are born, grow up, live, work and age and the systems put in place to deal with illness’ (World Health Organisation 2013).

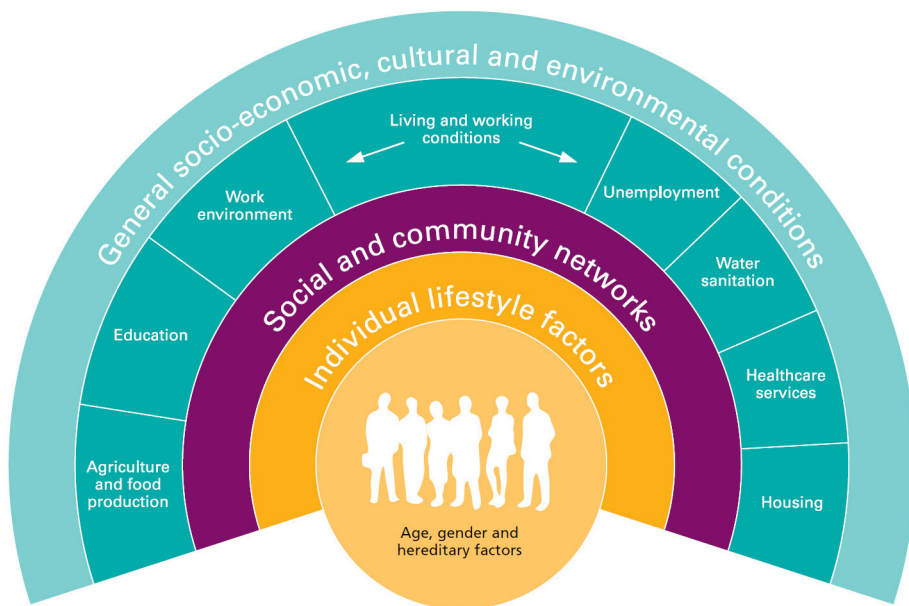
This means that factors such as where we live, our income and education level, the environment around us, our relationships with others and the individual choices we make (such as whether we smoke, drink alcohol, are immunised or undertake regular physical activity), impact our health and wellbeing as well as that of the wider community.

A framework for the determinants of health is shown in the accompanying diagram.

Local councils have a role to play in addressing the determinants of health for local communities.

We are working to protect, promote and improve public health by creating a liveable city through the provision of roads and recreational facilities, playgrounds sporting facilities, green streets, parks and reserves and street and park lighting. We also provide a range of community services such as home support, library and community centres, and environmental health services including food safety, immunisation, local nuisance abatement and pest, animal and waste management.

Many factors which affect public health fall outside the scope of local government so, when possible, we will develop partnerships with other government and non-government agencies and service providers, as well as the community, to advocate for and address emerging public health issues.



The Dahlgren-Whitehead 'rainbow model' which maps the relationship between the individual, their environment and health. Image courtesy State Public Health Plan 2019 - 2024.

Strategic alignment

The State Public Health Plan identifies four priorities to achieve a healthy, liveable and connected community.

1. Promote: build stronger communities and healthier environments.
2. Protect: protect against public and environmental health risks and respond to climate change.
3. Prevent: prevent chronic disease, communicable disease and injury.
4. Progress: strengthen the systems that support public health and wellbeing.

Additionally, the State Public Health Plan identifies Aboriginal populations, people experiencing socio-economic disadvantage and those from culturally and linguistically diverse backgrounds as priority populations. We acknowledge that targeted actions are required to address health inequalities within these populations.

Council's Community Plan 2030 is the lead document in our suite of strategic management plans and contains five focus areas for the delivery of our vision 'Committed to being the best place to live, work and enjoy life':

1. Community life.
2. Built environment
3. Prosperity.
4. Environment and sustainability.
5. Organisational strength.



This diagram demonstrates the alignment of our Plan with our suite of strategic and corporate plans and the State Public Health Plan.

State Public Health Plan 2019 - 2024

West Torrens Community Plan



community life



built environment



prosperity



environment and sustainability



organisational strength

Infrastructure and asset management plans

10-Year Financial Management Plan

Infrastructure and asset management plans

10-Year Financial Management Plan

Strategic Plans

Public Health Plan

Community land management plans

Transport Strategy

Tree Strategy

Disability Access and Inclusion Plan

Open Space and Public Place Plan

Dog and Cat Management Plan

Community land management plans

Transport Strategy

Tree Strategy

Disability Access and Inclusion Plan

Open Space and Public Place Plan

Brown Hill Keswick Creek Stormwater Management Plan

Disability Access and Inclusion Plan

Economic Development Plan

Western Region Tourism Destination Action Plan

Community land management plans

Transport Strategy

Tree Strategy

Open Space and Public Place Plan

Water Management Action Plan

AdaptWest Climate Change Adaptation Plan

Strategic WHS and IM Improvement Plan

Corporate Plans

Action Plans
Technical and Master Plans

Operational Plans

Budget and Annual Business Plan

Annual Service Plans

Annual Capital Works Program

Annual Asset Maintenance Plans

Annual Plans

Our city

West Torrens comprises 37 square kilometres of Adelaide's western metropolitan area. The map below shows the boundaries and the suburbs of our council area.



Plan implementation

Our vision of being committed to be the best place to live, work and enjoy life recognises the importance of a healthy community; this is fundamental to the way we plan and undertake our work.

The strategic objectives outlined within our Community Plan reflect important community values, contribute to positive local health outcomes and align with the State Public Health Plan. These objectives will guide our activities that improve health and wellbeing and support our vision.

The next section of this Plan gives a snapshot of our community and its state of health and outlines how we will meet priorities set out in the State Public Health Plan.

To support the delivery of the Public Health Plan, Council will develop a flexible and responsive implementation plan containing operational initiatives and measures. These operational initiatives will be a combination of both existing and new actions which will achieve the identified outcomes and will be informed by relevant action plans.

Our community

Population **60,842***

Density **16.42** persons per hectare

Predicted population by 2031 **66,213**

* Estimated 2019



Ancestry **30.6%** born overseas

India 4.6% / UK 3.7% / China 3.4%

Greek 2.4% / Italy 2% / Other 14.5%

1% identify Aboriginal / Torres Strait Islander



30.8% speak a language other than English at home

Greek 6.3%

Mandarin 3.6%

Italian 3.2%

Punjabi 1.9%

Hindi 1.3%

Other 14.5%

26,652* dwellings

Separate house 62.4%

Medium density 33.3%

High density 3.5%

Other 0.8%

Own/purchasing 57%

Renting 28.5%

Social housing 6.2%

* Estimated 2016

Household type



Lone person 30.2%

Couples (child) 25.5%

Couples 23.2%

Single parent 8.8%

Other 12.2%

Education

57.7%

aged 15+ completed

Year 12 or equivalent



Qualifications 50.9%

No qualifications 40.8%

89% of young people (15-24) are either at school, work or further education/training.

23.6% of residents works locally.

Stats for those 15 years +



Work travel

Public transport 12.1%

Cycle/walk 4.7%

Car 66.1%

Median age

37 years

0-4 5.4%

5-17 12.2%

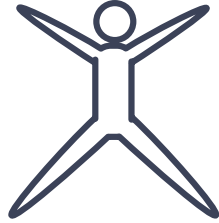
18-34 28.0%

35-64 36.4%

65+ 17.9%

Our state of health

Health/physical activity



66% Don't do enough physical activity.

26% Classified as obese.

56% Eat enough fruit.

4.9% Have profound/severe disability.

13% Currently smoke.

Heart health



Heart disease mortality rate:
65 per 100,000 persons.

Heart-related hospital admissions:
45 per 10,000 persons.

Wellbeing



52% Feel safe when walking alone in the local area after dark.

16% Suffer from mental health problems.

16% Assess their own health as 'fair' or 'poor'.

Community spirit



96% of adults are willing to accept other cultures in the community.

94% are able to get support in time of crisis.

18% volunteer their time.

How we live

89% of residential properties are within 400m of open space.

92% of children are fully immunised by age 5.

28% experience rental stress.

3.9% experience household crowding.

22% of children are developmentally vulnerable in one or more areas - physical, social, emotional, language, communication.

8,968 are pet owners.





CAM

sprout

CALLUM

sprout
The Art of the Kitchen

Promote

Build stronger communities and healthier environments

Why is this important?

The environments where we live, learn, work and play have a major influence on our physical, social and emotional health and wellbeing across the life course. Well-designed public spaces and developments make our communities more sustainable, safe, walkable, inclusive and accessible for all. Healthy and safe communities support mental wellbeing and ageing well by encouraging connectedness, supporting others, volunteering and other forms of community participation.

Strategic objectives

- A diverse, inclusive and welcoming community.
- Universal accessibility to facilities and services.
- A resilient community through community involvement, social connections and life-long learning.
- Recognition of our unique local cultural identity and heritage.
- An attractive, safe and cohesive urban environment that supports better quality development assessment outcomes, diverse housing choice and compatible non-residential development.
- Optimise benefits of local activity and key employment precincts.
- Our community can communicate and meaningfully engage with Council.

Priorities

- Promote community participation in activities that improve health and connections, especially our most vulnerable residents, including Aboriginal and culturally and linguistically diverse populations.
- Encourage the celebration of our cultural heritage and diversity.
- Support volunteer opportunities to build community capacity and connectedness.
- Promote and support programs that encourage people to live independently in their own homes and communities.
- Ensure public spaces, programs and services are accessible and inclusive.
- Facilitate initiatives to enhance community safety and minimise harm.
- Promote smoke-free environments and healthy eating choices at Council programs and events.
- Encourage the principles of universal design in buildings, recreation spaces and infrastructure.
- Pursue ways to engage with the community.
- Ensure asset and infrastructure planning considers the health and wellbeing needs of the community and local residential growth.
- Facilitate access to technology and digital literacy opportunities for the community, in particular the most vulnerable.
- Promote the physical and mental health benefits of spending time in green open spaces.



Protect

Protect against public health and environmental health risks and respond to climate change.

Why is this important?

We have healthy and safe communities due to the often unseen, but essential, foundational public health services that protect us every day. Healthy living environments contribute to public health outcomes such as food safety and water quality and the safe, effective disposal of waste. State and local government work together to maintain the infrastructure and system that protect the community against public and environmental health risks.

Strategic objectives

- Infrastructure that meet the needs of a changing city and climate.
- Sustainably manage our resources through reuse, recycling and circular economy.
- Reduce the city's impact on the environment.
- Prepare for, and respond to, the challenges of a changing climate.
- Open spaces that foster the natural environment, support biodiversity and encourage people to spend time outdoors.
- Protect and expand the urban forest.
- Facilitation of community health, wellbeing and safety.
- A resilient organisation that is able to effectively respond to emergency incidents and events.

Priorities

- Prepare and adapt for changing climatic conditions, including through asset design and maintenance.
- Strengthen local resilience, liveability and health through community education by mitigating the impacts of climate change.
- Prioritise energy efficiency and renewable energy in Council-owned facilities to reduce greenhouse gas emissions.
- Maximise Water Sensitive Urban Design (WSUD) principles to mitigate localised flooding, improve water quality and ecosystems and for water re-use and harvesting.
- Improve urban tree canopy cover and landscaping in our streets, public places and open spaces.
- Provide environmental and public health services, including food inspections and compliance monitoring, to help protect the community from harm.
- Comply with local government requirements detailed within the State Emergency Declaration, when enacted.
- Support current public health messaging through communication to internal and external customers.
- Raise community awareness of sustainability priorities, including waste reduction and recycling.
- Advocate for better building standards and planning policies to reduce energy demand, achieve greener designs and improve neighbourhoods.
- Seek opportunities to support healthy and resilient biodiversity corridors, waterways and other natural environments to improve the environment and community wellbeing.
- Strengthen plans to manage significant emergency events affecting our community.



Prevent

Prevent chronic disease, communicable disease and injury.

Why is this important?

Preventable chronic and communicable diseases threaten our health, mental wellbeing and the productivity and vitality of our communities. Most illness and deaths in Australia are caused by chronic conditions, placing a high burden on individuals, their families and the health system. Chronic diseases share common risk factors; reducing these has a range of benefits for population health and wellbeing.

Strategic objectives

- Active and healthy lifestyles for all ages and abilities.
- Facilitation of community health, wellbeing and safety.
- Neighbourhoods designed to promote safe, active travel and strengthen connections, amenity and accessibility.
- A variety of indoor and outdoor sport, recreation and community facilities and open spaces.

Priorities

- Encourage and support local community and sporting groups to improve physical activity and wellbeing of members and the wider community.
- Maintain and monitor public health standards within our community.
- Optimise our road network for current and future travel modes.
- Improve conditions for cycling and walking, strengthening connections, comfort and accessibility.
- Encourage and facilitate high levels of immunisation in the local area.
- Provide public and environmental health services, including food inspections and compliance monitoring, to prevent disease and injury.
- Activate parks, facilities, reserves and outdoor spaces as places for physical health.





Progress

Strengthen the systems that support public health and wellbeing.

Why is this important?

Strengthening collaborative efforts across the health system and across government, non-government, business and community will result in a planned and consistent approach to addressing public health issues. Partnerships are essential to achieving improved health and wellbeing.

Strategic objectives

- Strong partnerships and working relationships with our community, other organisations and spheres of government.
- High levels of governance, transparency and integrity.
- A safe, healthy and resilient workforce.
- Technology as a tool to help innovate how we interact with each other and our community.
- Economic development through innovation, collaboration and investment and connections between businesses and the community.
- A resilient organisation that is able to effectively respond to emergency incidents and events.

Priorities

- Strengthen partnerships and collaborations for health protection and climate change resilience.
- Monitor and evaluate local public health actions and information.
- Collaborate locally and regionally to increase economic opportunities and improve their effectiveness.
- Strengthen emergency preparedness and support community continuity following a local disaster or emergency.





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