



Shire of Northam
Heritage, Commerce and Lifestyle

Shire of Northam Health and Well Being Plan 2016 - 2019

Acknowledgements

This Public Health Plan was developed by Stoneham and Associates Public Health Consulting in conjunction with the Shire staff, local residents and stakeholders.


Stoneham and Associates: 0421 113580

Acknowledgement of Country

The Shire of Northam acknowledges the Ballardong people as the Traditional Owners of the country within the Council's boundaries. Today they remain the custodians of the cultural heritage of this land. The Shire also acknowledges that many Aboriginal and Torres Strait Islander people have lived, worked and contributed to the cultural heritage of the Northam region.

Disclaimer

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Message from the Shire President

"The Shire of Northam is committed to creating and maintaining environments that promote good public health outcomes within the community, including addressing behaviours, where possible, that impact on these factors. The World Health Organisation defines health as *"a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"*. Our health and wellbeing is influenced by the places we live, whether we have a job, the friendships we treasure and most importantly the choices we make as individuals to lead as much of a healthy life as possible by eating fresh fruit and vegetables, exercising, engaging in community and preventing harm from alcohol and drugs.



All levels of government across Australia are responsible for a range of health initiatives, from medical & counselling assistance to managing the physical, biological and chemical hazards that directly impact on people's health. At the local level however the Shire has a statutory responsibility for addressing environmental health in the Shire of Northam through the administration of legislation, community education and provision of services and infrastructure. The Shire also has a leadership and advocacy role evident in this plan.

For the first time the Northam Public Health & Wellbeing Plan 2016-2019, a strategic document, has been developed. This plan identifies actions which link Shire services and activities and other strategic Shire plans to six priority issues which were defined by community and community agencies during consultation and workshops. Although an immense challenge this plan gives us a chance to create communities that incorporate healthy and safe lifestyles. The Shire encourages each community member to make healthy and safe choices in every day decisions in life and maybe by working together we can achieve positive health and wellbeing outcomes for our community."

Steve Pollard



Introduction

The Shire of Northam believes that the health and wellbeing of our community is paramount. We take a holistic view of health which is influenced by the connections between our social, cultural, economic and physical environments. Within those environments Council, often in partnership with the community or with other agencies, can and does create and maintain positive health and wellbeing outcomes.

Council also defines its role and its efforts in health and wellbeing as providing high level public value. That is, when we build footpaths to improve our travel, or ensure restaurants are safe and clean, provide safe and healthy public facilities or develop recreation or social opportunities, we are providing increased physical, social, cultural, economic and environmental benefits for the community. These benefits improve the overall health and wellbeing and just as importantly, build the perception by the community that what we do matters.

The Shire of Northam's Public Health Plan seeks to improve the health and wellbeing of all who live in, work in and visit the Shire. The aim of this Plan is to start with a consolidated approach to the provision of health and wellbeing services. The Council already does a tremendous amount of activity to

improve community health including environmental health services, planning services, recreational services and community engagement services. However, the Council acknowledges that in some cases, our approach is not joined up and could be provided in a more coordinated manner.

This Public Health Plan will provide Council with a strong leadership role in the health and wellbeing of the Shire's population, particularly by:

- adopting a leadership and advocacy role in population health planning;
- having a whole-of-Council approach to delivering health and wellbeing initiatives;
- developing active external partnerships; and
- engaging Councillors and other influential community leaders and members to lead the way by adopting a healthy and fulfilling lifestyle.

Broad priorities, goals and strategies have been developed that Council, in partnership with relevant stakeholders, will undertake to maintain and improve good health and wellbeing.

The Shire understands that it is best able to influence the health and wellbeing of our community through leadership, advocacy, strategic planning, service delivery and health promotion. This Plan will enable Council to respond to emerging trends and issues or changes to policy and legislation in the public health arena.

The development of this Plan has been comprehensive and has included:

- an analysis of health data and the local policy environment
- development of a community profile
- research and consultation with the community through discussion groups and surveys
- consultation with Shire staff and Elected Members, and
- consultation with key stakeholders.

Through this process, six priority action areas have been developed that will guide Council departments, local service providers, community organisations and businesses and will provide a framework for health planning in the Shire. Council recognises that it is not possible to address every actual or potential public health issue affecting a local government area. However, efforts will be more effective through successful partnerships and by addressing areas of greatest need through priorities, goals and strategies.

Taking a Broad Approach to Public Health

The Shire of Northam's Plan is a three year strategic plan providing a framework to improve the health wellbeing of its community.

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

Acting at a community level, the Shire contributes to health and wellbeing in many ways including urban planning, the provision of public open space, connecting communities, ensuring high levels of hygiene in food premises, the provision of paths and many other strategies that enable residents to actively participate and enjoy their local communities. However, the Shire also addresses environmental determinants of health including any external agent (biological, chemical, physical, social, or cultural) that can be causally linked to a change in health status. The Public Health Bill acknowledges the holistic view of health and requires the integration of environmental and social factors that affect health and wellbeing and allow it to prosper. These factors are broad and include socio-economic status, employment, education, housing, social support, access to health and other services, transport, food security and community safety. The Shire, through the development of this Plan, recognises that working to address all of these factors using a holistic approach will have the greatest impact on health and wellbeing.

Methodology

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

- The examination of local data relating to health status, safety and crime and health determinants;
- Alignment of existing public health priorities within the Shire; and
- Consultation with staff members, external stakeholders and community members of all ages. A total of 103 adults, 31 young people, 70 staff members and eight external agencies were consulted.

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



Strong Evidence

Indicates a strategy is supported by a pattern of evidence from peer reviewed journals, state or nationally agreed Plans (e.g. ANPHA; enHealth, WA Health Promotion Strategic Plan).

Emerging Evidence

Indicates strategies are supported by an emerging pattern of research.

Best Practice

Indicates strategies without a formal evidenc base, yet theory, common understandings of behaviour and experience from existing practice indicate these measures will likely increase health and wellbeing.

The Shire's role in the provision of public health and wellbeing services

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

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

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

The Shire has responsibilities under more than 40 different West Australian Acts, including land use planning, building control, public health services, food, domestic animal control, litter control, parking and roads and traffic. The Shire has been providing a diverse range of public health activities for many years, with some of these activities being spread across Departments. This Plan consolidates these activities and brings them together under the one umbrella of public health, as well as providing a range of stretch or new objectives to meet the public health needs of residents.



Priority Issues

Based on the data and consultation gathered during the initial phases of the Public Health Plan, the following priority issues were identified.



Obesity, healthy food options & keeping active



Mental health



Drugs



Environmental health protection



Community safety



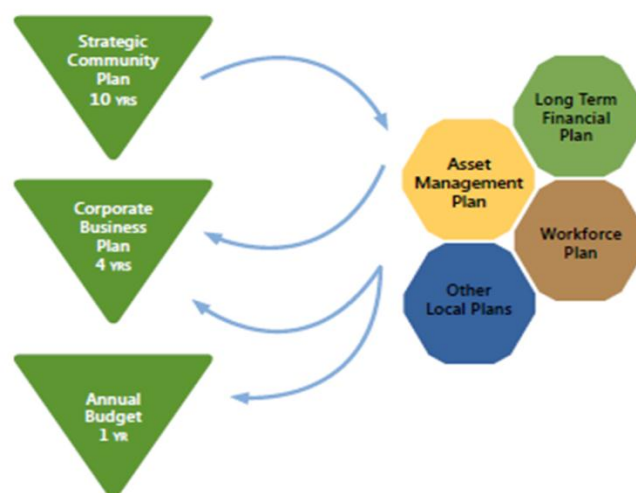
Ageing population

Vision

"Shire of Northam is a vibrant growing community that is safe, caring and inclusive. We are recognised as a community that values our heritage, preserves our environment and promotes our commerce."

The Shire of Northam Public Health Plan has been prepared within a broader strategic planning framework that incorporates the Council's Community Strategic Plan. The Shire's commitment to the future of all its six towns is reflected in the community Strategic Plan, which outlines a vision, strategies, initiatives and proposed outcomes for the coming decades. The Plan aims to meet our community needs while also addressing the expectations of State Government - requiring all local government authorities to develop a strategy and planning document that reflects community and local government aspirations and priorities over a period of 10+ years.

With close links to the Strategic Community Plan which reflects the aspirations of the community to assist the Shire to plan for the future, this Public Health Plan will link a range of supporting documents to ensure that it remains sustainable as it moves into the future. The Corporate Business Plan details the actions, services, operations and projects that the Shire will deliver. This is a living document that will be regularly reviewed to ensure services remain relevant, appropriate and attainable within the financial, physical and human constraints in which Council operates. The process for development is illustrated below and the Public Health Plan would be classified under "Other Local Plans."



The following clearly identifies the links between public health and many of the objectives in the Community Strategic Plan. The most obvious links are with social, environment and health. However, taking a social determinates of health approach, where all factors that influence health and wellbeing are considered, the linkages are far wider. The key objectives in the Community Strategic Plan that relate to public health are:

C1 – Creating an environment that provides for a caring and healthy community

C2 – Providing services and processes to enhance public safety

C3 – Providing active and passive recreational facilities and services

C4 – Protecting and promoting the Shire's diverse culture and heritage

N1 – Mitigating the Shire's carbon footprint, reducing waste and greenhouse gas production

N3 – Managing and protecting water resources

R1 – Providing and supporting an effective and efficient transport network

P1 – Providing a mix of development opportunities across the Shire

G1 – Providing accountable and transparent leadership

Other Shire of Northam and Regional Plans

A number of other Council plans, strategies or guidelines also have an important role in contributing to the health and wellbeing of the Northam community. Some include the SuperTowns report, the Wheatbelt Youth Strategy, Council's Community Strategic Plan, Community Engagement Plan, their DAIP and the environmental health action plan.

Who is the Northam Community?

The population of the Shire is 10 557. Of these 49.3% are male and 50.7% female. Aboriginal and Torres Strait Islander people make up 5.6% of the population and this is above the WA average of 3.1%. The median age of people in Northam is 39 years as compared with the state average of 36 years.¹ Northam has higher than state averages in the age groups 5-14 years and 50 to over 85 years. Talking to the locals, it is generally felt that the younger population of the Shire resides in Northam with the older population remaining on rural properties. ABS indicates that 65% of the population reside

in Northam.¹ Aboriginal children and young people equals 10 per cent of Northam's population of 0 to 17 year-olds.¹

Socio-Economic Indexes for Areas (SEIFA) Index of Relative Socio-Economic Disadvantage scores are calculated by the ABS from responses to the Census. It has been shown that more disadvantaged areas have higher proportions of reported ill health or risk factors for ill health. A score below 1000 indicates an area is relatively disadvantaged. The Shire of Northam's SEIFA score is 947.¹



Northam has a higher than state average of people undertaking secondary school (government)(12.4%) when compared with the WA average (9.4%). However the percentage of people studying for a tertiary degree is lower in Northam (3.5%) as compared with the WA average (13.5%). The Australian Early Development Index (AEDI) data indicates that 40.3% of Northam children aged under 5 years were developmentally vulnerable on one or more domains, with nearly half of the children ranked in the bottom 10%.³

There is a much higher than state average in the employment categories of Labourers (Northam = 13.9%; WA = 9.7%) and Machinery Operators/Drivers (Northam = 9.5%; WA = 7.6%).¹

In 2011, Northam was named a Super Town which earmarked it and aimed to assist the region in providing affordable, quality housing and a growing and diverse range of job opportunities, as well as improved services. One of the aims of the SuperTown program is to achieve a population of 20,000 in the townsite of Northam and 50,000 in the Avon Region.⁴ Northam is the site of

the Yongah Hill Immigration Detention Centre, which accommodates up to 600 people.



Implications for public health planning

The Northam region has a large rural related workforce, a growing migrant population and an ageing population. These population sub-groups will place added pressures on the public health services offered and need to be considered in any planning.

Northam has a higher than state average for Aboriginal population (5.6%), with many younger Aboriginal people. This needs to be considered when planning services and events.

With a growing migrant population, the Shire may need to consider additional strategies to assist including assistance with English Proficiency, Skills Acquisition, access to information, assistance to access low cost housing options, employment and education, specialised and culturally acceptable health services and organising events to reduce racism and discrimination.

With a large percentage of Northam's young children being assessed to be vulnerable in measures of developmental wellbeing such as mental health and obesity, the Shire needs to consider strategies for early intervention or preventive measures throughout the Public Health Plan.

PRIORITY ONE: Preventing Obesity and Increasing Healthy Food Options

Rationale

Eating well and being physically active is important to maintaining and protecting health. Good nutrition in the early years is closely related to optimal growth, good education outcomes and health throughout life. Barriers to nutritious food choices across age groups are the increasing access to and consumption of inexpensive, energy dense, nutrient-poor food, a changing food culture including the lack of cooking and gardening skills, less time spent preparing and sharing food, increased television viewing times and less time spent with support networks such as family and friends.

Although the distance from major urban centres means that fresh food and produce in the Avon region is generally easy to access, there are limited local options to support a grow and buy local produce market. Accessing fresh and low cost quality produce can be a problem in the outlying communities.

Importance for Northam

More than four in five adults (85.6%) and two in five children (41.9%) did not eat the recommended daily serves of vegetables.²

Nearly half (45.4%) the adults and one in three children (29.5%) did not eat the recommended daily serves of fruit.²

One in three adults (33.1%) and 8.1% of children reported height and weight measurements that classified them as obese.²

Wheatbelt adults had a significantly higher prevalence of insufficient physical activity, high blood pressure and obesity compared with the State.²

A survey of 483 Northam residents identified that staying active was the number one activity that would make them happy.⁶

The Northam people identified poor access to fresh fruit and vegetable (32.14%) and the need to get people active (29.8%) as the third and fourth most important public health issues in the Shire.⁵

Over a third of the community (35%) suggested providing access to fresh food markets and gardens to improve health and wellbeing.⁵

Goal Enable a community that embraces active lifestyles and good nutrition, within an environment that supports healthy lifestyle choices	
Strategies	
1.	Promote and develop sustainable, active transport modes, encouraging more active transport through linked up trail and cycle networks
2.	Link with LiveLighter campaigns
3.	Distribute information to residents on what activities and facilities are available to reduce overweight (e.g. recreation, POS, healthy options, etc.) and that are provided by the Council
4.	Introduce/pilot community gardens
5.	Develop and implement a healthy catering policy for all Council functions and meetings
6.	Support self-reliance of residents to access and grow their own fresh produce
7.	Advocate to improve access to affordable fruit and vegetables for our priority populations
8.	Offer FoodCents and/ other nutrition education to the community
9.	Advocate for an indoor pool – hydrotherapy pool and offer more pool based activities
10.	Promote integrated cycle skills workshops targeting women, older people and multicultural populations – establish cycling communities
11.	Encourage Shire staff to compete in physical activity challenges
12.	Run an annual Northam triathlon
13.	Commence a healthy menu award for cafes and pubs

SoN and Regional Policy links

- SuperTown Priorities
- SoN Planning Scheme
- SoN Bike Plan



PRIORITY TWO: Mental Health Promotion and Connected Communities

Rationale

Social connectedness refers to interactions of people with others in their community, together with the opportunity to make decisions about things that involve them. This interaction provides a feeling of belonging. Confident and connected communities support social and economic development, have fewer social problems and higher levels of community participation.

Improved mental health and wellbeing is associated with many health and wellbeing outcomes including improved physical health and life expectancy, better educational achievement, employment rates and reduced risky behaviours, such as smoking and alcohol misuse.

Important for Northam

Nearly 1 in 10 Wheatbelt adults reported high or very high psychological distress, while 3.6% reported lack of control over their life in general.²

Wheatbelt data indicate that there are higher rates of male youth suicide than the state average.²

A survey of 483 residents identified that strengthening community spirit was one of the major strategies to make people feel good about where they live.⁶

23% of residents identified the sense of community as the fourth most valued reason to live in the Shire.⁵

50% of residents said the Shire could do more to promote connections between the multicultural and mainstream residents.⁵

Mental health ranked as the top priority issues for Northam stakeholders, with 33% nominating it as the number one priority issue.⁵

Aboriginal residents have reported higher levels of psychological stress than non-Aboriginals on a national level.

Goal To increase social connection and mental health wellbeing within the Northam community.	
Strategies	
1.	Join and Embrace the Act, Belong, Commit philosophy.
2.	Increase participation of residents in citizen engagement opportunities eg street parties, suburb/town competitions.
3.	Partner with organisations specialising in mental health to identify possible interventions or strategies that the Shire could contribute to.
4.	Promote existing mental health services and community groups that address mental health issues or determinants eg teenage pregnancy.
5.	Advocate for clinical services to regularly visit or relocate to the Shire
6.	Provide innovative services and activities at the youth centre that attract and retain young people and offer diversionary activities.
7.	Provide and support opportunities to volunteer for all members of communities in a range of activities across SoN functions.
8.	Promote multi and cross cultural events.

SoN or Regional Policy links

Wheatbelt Youth Strategy 2012-2017

SoN Community Engagement Plan



PRIORITY THREE: Preventing Harm from Alcohol and Drug use.

Rationale

Environments such as drinking settings, community attitudes and the drinking culture have a strong influence on the way people drink. Local governments can support the creation of environments that promote responsible drinking practices and a safer community. Alcohol and drug associated anti-social behaviours such as graffiti, vandalism and criminal damage are costly to Councils and include clean-up and repair costs relating to the maintenance of public space and property.

The *Tobacco Products Control Act 2006* requires Councils to promote and enforce smoke free public places, as smoking is a well-established risk factor for many chronic conditions and premature death.

A Northam Alcohol and Drug Management Plan articulates what will happen at a local level to create change in the identified issues associated with alcohol and other drugs in the Shire of Northam and is administered by Holyoake.

Importance for Northam

Nearly half the adults (44.8%) who drank alcohol drank at risk of long-term harm.²

In 2009/10 more than half of Aboriginal Wheatbelt women smoked during pregnancy.²

Between 2006 and 2010 there was a significantly higher hospitalisation rate due to alcohol, tobacco and other drug use by Wheatbelt residents compared with the State.²

The community survey identified drugs (63%) and alcohol (36%) as the 2 top public health issues. In addition, 54% of the residents said that addressing alcohol and drugs was the number one strategy needed to improve public health in Northam.

Goal To actively reduce harm from alcohol, drugs and solvents to all residents using a partnership approach	
	Strategies
1.	Develop a Northam Alcohol Accord
2.	Plan more alcohol and smoke free community events
3.	Work with community, police, residents, local businesses and other stakeholders to implement the AODMP including community specific strategies and initiatives to improve safety, prevent crime and anti-social behaviour associated with alcohol and drug use
4.	Maintain local amenity through decreasing the presence of discarded needles, syringes and related waste
5.	Keep abreast of the ICE epidemic and identify strategies the Council could assist with.
6.	Offer QUIT courses to staff for free.

SoN and Regional Policy links

Community Safety and Crime Prevention Plan 2014-2016

Alcohol and Other Drug Management Plan



PRIORITY FOUR: Environmental Health Protection

Rationale

Environmental health is one of the most longstanding and obvious local government functions with a health impact. Today local governments' services include not only environmental health but also street services, such as cleaning and litter collection, waste collection and recycling, green space management, air quality, and issues arising from climate change. In fact, they cover a significant part of what we now class under the headings of sustainability and quality of life.

In partnership with this new approach to environmental health, lies the more traditional regulatory services which have a significant role to play in ensuring that the environment in which we live, work and play enhances our health, creates healthy workplaces, reduces alcohol and tobacco related harm, maintains acceptable standards of housing, improves air quality, food standards and safety, and ensures consumers have access to safe, properly functioning products.

Importance for Northam

Environmental health aims to prevent or control disease, injury, and disability related to the interactions between people and their environment.

Current demand for water in the Wheatbelt is generally being met, however it is anticipated that water demand will increase as a result of population growth, particularly in the Avon Arc and coastal areas.⁸ Opportunities to improve water supply, storage and harvesting need to be investigated to address this increased demand.

Despite some areas where real improvements have occurred, Indigenous people do not have equal access to environmental health services and information.



Goal	
To maintain and promote public health and wellbeing for all of the community using a risk based approach, by building community capacity and by acknowledging that the local environment contributes to community wellbeing	
Strategies	
1.	Manage the food business risk classification processes focusing on education and competence of food handlers to reduce risk
2.	Provide an effective pest control program with an emphasis on community education
3.	Protect public health & safety in public places & during events
4.	Educate the community to better endure predicted climate changes, including extreme weather events
5.	Progress the conservation and restoration of indigenous flora and fauna species and ecosystems
6.	Minimise community nuisance and public health issues through development and implementation of relevant policies, local laws & legislation and by building community capacity
7.	Provide a co-ordinated & resourced solid waste collection & solid and liquid waste disposal service in an environmentally considerate compliant manner to protect the public health of the community now and into the future
8.	Provide resources, professional development opportunities and stakeholder collaboration to strengthen EHO staff, reduce duplication, increase resourcefulness and enhance joint funding opportunities

SoN Policy and Regional links:

EH Action Plan

Biodiversity Plan

Policies – motorbikes, asbestos, untidy premises, stallholders



PRIORITY FIVE: Ageing Population.

Rationale

Increased life expectancy, good health, greater financial flexibility and overall independence are enabling older people to embrace and redefine the ageing experience, with many opting for regional Australia as the venue of choice to spend their later years.

Age-friendly built environments can make neighbourhoods more liveable for all ages, reduce costs associated with health and aged care and yield a range of social and economic benefits by extending and expanding seniors' contribution to community life.

Local Government planning for an ageing community is imperative to ensure the appropriate social and physical infrastructure is in place to accommodate the needs of this demographic.

Importance for Northam

The proportion of older people aged 65+ in Northam is 15% and this proportion is steadily increasing.

There is already significant pressure on aged care infrastructure and services in the Wheatbelt and this will continue to increase according to population projections that suggest by 2026 one in four people in this region will be over the age of 65.⁷

With an increasing ageing population in the Shire, there are many untapped opportunities to utilise the wealth of knowledge and experience of the growing retired or semi-retired population.

Wheatbelt data indicates that between 2006 and 2009 a significantly lower proportion of older Wheatbelt residents reported receiving their annual flu and five yearly pneumonia vaccinations compared with the State.²



Goal	
Facilitate a process where the continued development of age friendly communities is paramount in Northam	
Strategies	
1.	Review the findings from the Wheatbelt Creating Age-Friendly Communities in Small Towns Pilot Project to identify any replicable projects
2.	Investigate the development and promotion of age-friendly housing
3.	Apply for Royalties for Regions funding aged care facilities in Northam and support the creation of age-friendly communities to provide seniors with appropriate infrastructure and access to essential services.
4.	Advocate for and provide more aged physical activity opportunities
5.	Promote and organise intergenerational activities – link with technology, adopt a grandparent, Story times, intergenerational community garden, etc.
6.	Advocate for improved health services – both clinical and preventive to cater to the ageing population
7.	Identify, promote and integrate the health promoting skills of the older multicultural members of Northam e.g. cooking skills, cultural activities, etc.

SoN and Regional Policy links

Active Wheatbelt Creating Age-Friendly Communities in Small Towns Ageing in the Bush DAIP



PRIORITY SIX: Creating a Safer Community.

The Shire of Northam endorsed a Community Safety and Crime Prevention Plan 2015 – 2017. The Public Health Plan recognises and endorses all strategies and key messages within the Plan. The Shire of Northam is committed to a whole of local government approach to both community safety and public health and the synergies between the two areas are clear.

Addressing and advocating for improved community safety was identified as the third most important role that the Shire could play in protecting and enhancing the community's health (33%).⁵

Goal To have a safe and secure community.	
1.	Reinforce collaboration and support
2.	Support young people and families
3.	Target priority issues to reduce crime and fear of crime
4.	Create safe public spaces through planning, technology and design
5.	Integrate injury prevention into the community safety portfolio
6.	To increase community awareness of anti-social behaviour and wilful damage, to in turn increase community reporting and personal skills
7.	To offer diversionary, intervention and counselling programs to lessen the occurrence of anti-social behaviour and wilful damage
8.	To increase awareness of residential and commercial burglary, to in turn increase reporting and personal preventive measures

SoN and Regional Policy links

Community Safety and Crime Prevention Plan 2015-2017

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IMPLEMENTATION PLAN FOR PUBLIC HEALTH PLAN

(* Denotes depending on budget allocation)

Priority 1: Preventing obesity and increasing healthy options

Goal: Enable a community that embraces active lifestyles and good nutrition, within an environment that supports health lifestyle choices

No.	Strategy	Action	Responsibility	Timing
1	Promote and develop sustainable, active transport modes, encouraging more active transport through linked up trail and cycle networks	1.1.1 Continue to liaise with the Trails Master Plan to ensure alignment with trail and cycle paths 1.1.2 Investigate adding destination and distance signage to trails and cycle paths 1.1.3 Promote existing paths through local media and SoN website 1.1.4 Consider opportunities to promote the Kep track as a setting for community events e.g. Rotary Team Challenge	Community Services & Engineering Services	Ongoing
2	Promote Live Lighter campaigns	1.2.1 Create a SoN healthy living webpage 1.2.2 Position Live Lighter brand and website link on the SoN website in the Healthy Living section 1.2.3 Talk with Live Lighter team annually to plan any joint campaigns throughout the coming year	Development Services	Medium
3	Distribute information to residents on what Council activities and facilities are available to help reduce obesity	1.3.1 Work with the ActiveSmart team to access the list of existing activities and POS in the SoN and place on the SoN Healthy living webpage	Community Services/Development Services	Short Term
4	Support community gardens projects*	1.4.1 Monitor how the library community	Community Services	Medium

		garden progresses 1.4.2 Consider various models of community gardens that have demonstrated high levels of community engagement		Term - ongoing
5	Develop and implement a healthy catering policy for all Council functions and meetings.	1.5.1 Draft and adopt healthy catering policy and ensure local suppliers can provide healthier foods.	Development Services	Short
6	Advocate to improve access to affordable fruit and vegetables	1.6.1 gain consensus on the gaps and needs with local stakeholders 1.6.2 Use a range of advocacy strategies to ensure this issue is placed on numerous political agendas	Community Services Development Services	Ongoing
7	Support the promotion of nutrition education to the community	1.7.1 Assist with, and provide opportunities for, other agencies in the promotion of nutrition education	Community Services	Ongoing
8	Investigate the feasibility of an indoor pool-hydrotherapy pool and offer more pool based activities	1.8.1 Continue with community consultation regarding the refurbishment of the SoN pool	Community Services	Ongoing
9	Promote the use of cycling as a healthy option for the community	1.9.1 Support and promote cycling as a healthy option 1.9.2 Investigate participation in annual Bike Week celebration	Community Services	Short Term - ongoing
10	Encourage Shire staff to participate in physical activities	1.10.1 Continue with existing staff events and activities 1.10.2 Gain media exposure to ensure the community know that the Shire staff are committed to a healthy lifestyle and are practicing what they preach 1.10.3 Look for new opportunities for staff to participate in healthy activities as a group to promote connections and	CEO Services	Ongoing

		healthy lifestyles 1.10.4 Include updates on the SoN Healthy Living webpage		
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Priority 2: Mental Health Promotion and Connected Communities

Goal: To increase social connection and mental health wellbeing within the Northam community

No.	Strategy	Action	Responsibility	Time
1	Embrace the Act Belong Commit philosophy	2.1.1 Continue to work with and apply for ABC funding 2.1.2 Place the ABC branding and web link on the SoN Healthy Living webpage	Community Services	Ongoing
2	Increase participation of residents in community engagement opportunities	2.2.1 Review SoN Community Engagement strategies 2.2.2 Plan and conduct the Avon River Festival	Community Services	Short term
3	Partner with organisations specialising in mental health to identify possible interventions or strategies the Shire could contribute to	2.3.1 Contact local service providers to see if such a list already exists 2.3.2 Consider opportunities for the SoN to partner with any mental health programs that focus on the prevention of mental health onset rather than treatment	Community Services	Short term - ongoing
4	Promote existing mental health services and community groups that address mental health issues or determinants	2.4.1 Place a list of all mental health prevention services on the SoN Healthy Living webpage	Community Services	Medium term - ongoing
5	Advocate for clinical services to visit or relocate to the shire on a regular basis	2.5.1 Gain consensus on the gaps and needs with local stakeholders 2.5.2 Use a range of advocacy strategies to ensure this issue is placed on numerous political agendas 2.5.3 Support existing programs such as Beyond	Community Services	Ongoing

		Blue		
6	Support innovative youth services and activities	2.6.1 Continue to liaise and work with these centres to ensure diversionary activities and other events that engage and retain young people are provided 2.6.2 Promote these activities on the SoN Healthy Living webpage	Community Services	Ongoing
7	Promote volunteering in the community	2.7.1 Engage with Volunteering WA to actively promote the importance of volunteering to small communities 2.7.2 Assist Volunteering WA in promoting the annual Volunteers recognition awards to community members 2.7.3 Promote winners on the Son Healthy Living webpage	Community Services Community Services/Development Services	Ongoing
8	Promote cross cultural and multicultural events	2.8.1 Investigate opportunities to promote cross cultural activities including one off promotional events e.g. multicultural week with more sustained programs that really engage and connect the communities within the Shire	Community Services	Ongoing

Priority 3: Preventing harm from alcohol and drug use

Goal: To actively reduce harm from alcohol, drugs and solvents to all residents using a partnership approach

No.	Strategy	Action	Responsibility	Time
1	Support the Northam Alcohol Accord	3.1.1 Identify training needs/opportunities for committee members and local key stakeholders to increase their understanding of AOD area. 3.1.2 Promotion of existing AOD services in Northam	Community Services	Ongoing
2	Continue to actively promote smoke free	3.2.1 Apply for funding from ACOSH to install	Community	Medium

	playgrounds and public spaces	smoke free signage in playgrounds 3.2.2 Purchase portable smoke free flags to use at appropriate events	Services	
3	Promote responsible alcohol consumption and smoke free strategies at community events and to sporting clubs	3.3.1 Revisit the no alcohol in public places policy and reaffirm Council's position in this matter 3.3.2 Advise all residents of the outcome of this decision, develop policies to allow extraordinary licenses (e.g. wedding in park, etc.) if required 3.3.3 Promote the policy on the SoN Healthy Living webpage 3.3.4 Review current Shire events package and include AOD harm ministration strategies 3.3.5 Purchase teardrop flag signage for use at events	Community Services	Ongoing Short term
4	Work with community, police, residents, local businesses and other stakeholders to implement the AODMP including community specific strategies and initiatives to improve safety, prevent crime and antisocial behaviour associated with alcohol and drug use.	3.4.1 Engage and liaise with Northam Good sports officer (GSO), an officer from the Department of Sport and Recreation (ODSR) and Committee overseeing Alcohol and Other Drug Management Plan 3.4.2 Engage and establish a working relationship with local youth providers to disseminate information on drugs	Community Services	Short Term Ongoing
5	Promote responsible alcohol consumption and smoke free strategies in the workplace	3.5.1 Offer QUIT smoking courses to Council staff for free	CEO Services	Ongoing

Priority 4: Environmental Health

Goal: To maintain and promote public health and wellbeing for all of the community using a risk based approach, by building community capacity and by acknowledging that the local environment contributes to community wellbeing

No.	Strategy	Actions	Responsibility	Time
1	Manage the food business risk classification processes focusing on education and competence of food handlers to reduce risk	4.1.1 Ensure all food businesses servicing vulnerable persons submit Food Safety Plans as required by the Food Standards Code 4.1.2 Promote all food business operators to undergo food safety training. 4.1.3 Investigate reward options for FoodSafe Food Businesses	Development Services	Long
2	Investigate the introduction of a Mosquito Control Program*	4.2.1 Undertake a feasibility study for funding for a Mosquito Management Program which focuses on mosquito surveillance, identification, control treatments and community education.* 4.2.2 Upskill EHO's in WA mosquito management through attendance at a training course and CLAG meetings.	Development Services	Long
3	Promote public health & safety in public places & during events	4.3.1 Provide a point of contact and co-ordination of all Shire department requirements for organisers of external events. 4.3.2 Support community/sporting groups to develop a Management Plan which includes risk management, emergency management for their annual events. 4.3.3 EHO to risk assess event applications make determination and inspect high risk events	Community Services & Development Services	Short Term & Ongoing
4	Educate the community to better endure predicted climate changes, including extreme weather events	4.4.1 Develop a climate change adaptation position and potential strategy 4.4.2 Develop a community education program	Development Services	Long
5	Support the conservation & restoration of indigenous flora and fauna species and ecosystems	4.5.1 Include in the development of a Shire of Northam Biodiversity Strategy in liaison with Wheatbelt NRM	Development Services & Community	Short term

		4.5.2 Construct the Aboriginal & Environmental Interpretive Centre	Services	
6	Minimise community nuisance & public health issues through development and implementation of relevant policies, local laws & legislation and by building community capacity	4.6.1 Review health local laws and policies in line with the new Public Health Bill requirements 4.6.2 Develop and implement community information in relation to changes	Development Services	Medium
7	Provide a co-ordinated & resourced solid waste collection & solid & liquid waste disposal service in an environmentally considerate compliant manner to protect the public health of the community now and into the future	4.7.1 Review Waste Management Plans (WMP) for Inkpen and Old Quarry landfill sites 4.7.2 Review Asbestos Management Plan for Inkpen Landfill 4.7.3 Undertake landfill volumetric surveys for Inkpen and Old Quarry sites 4.7.4 Undertake cell development in accordance with the reviewed WMP 4.7.5 Remove sludge to landfill & reline septic pond. 4.7.6 Provide timely reports to DER as per license requirements. 4.7.7 Implement initiatives of the regional waste management strategy. 4.7.8 Manage contract for waste collection and landfill operation	Development Services	Ongoing

Priority 5: Aging population

Goal: Facilitate a process where the continued development of age friendly communities is paramount in Northam

No.	Strategy	Action	Responsibility	Time
1	Investigate the development and promotion of age friendly housing	5.1.1 Continue to identify housing needs for the ageing population 5.1.2 Continue to advocate for the need to provide all types of housing to suit the different needs of ageing residents 5.1.3 Continue to talk with the community to provide information on how this strategy is progressing 5.1.4 Support the creation of age friendly communities to provide seniors with appropriate infrastructure and access to essential services 5.1.5 Apply for Royalties for Regions funding for aged care facilities	Development Services	Long
2	Review the findings from the Wheatbelt Creating Age-Friendly Communities in Small Towns Pilot Project to identify any replicable projects	5.2.1 Implement the SilverSports program for seniors 5.2.2 Ensure a wide range of physical activity options are available and promoted to seniors as many do not wish to play sport 5.2.3 Promote physical activity options for ageing residents as social opportunities 5.2.4 Promote all physical activity options and schemes on the Healthy Living webpage	Community Services Development Services	Short Term
3	Advocate for and provide more aged physical activity opportunities	5.3.1 Gain consensus on the gaps and needs with local stakeholders 5.3.2 Use a range of advocacy strategies to ensure this Issue is placed on numerous political agendas	Community Services	Ongoing
4	Promote and organise intergenerational activities – link with technology, adopt a grandparent, story times,	5.4.1 Access interested multicultural residents via consultation with existing groups, through the school newsletters, in local paper, on Council	Community Services	Medium Term

	intergenerational community garden, etc	website and ask them to nominate their specialist skills 5.4.2 Work with a small number of these interested people to pilot a range of cross cultural workshops, sessions, or similar activities.		
5	Acknowledge and support our aging population	5.5.1 Implement the Silver Sports program for seniors 5.5.2 Ensure a wide range of physical activity options are available and promoted to seniors as many do not wish to play sport 5.5.3 Promote physical activity options for ageing residents as social opportunities 5.5.4 Place all physical activity options and schemes are promoted on the Healthy Living webpage 5.5.5 Advocate for improved health services – both clinical and preventive to cater to the aging population	Community Services Development Services	Short Term

Priority 6: Creating a safe community

Goal: To have a safe and secure community

No.	Strategy	Action	Responsibility	Time
1	Promote and implement the Community Safety & Crime Prevention Plan	6.1.1 Actions as per the Community Safety & Crime Prevention Plan	Various	Ongoing