



Shire of

# Dalwallinu

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*Place of wheat and wattle*

Public Health & Wellbeing Plan

2022-2026



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# Acknowledgement of Country

The Shire of Dalwallinu acknowledges the Traditional Owners of the Country within the Shire's boundaries. The first known inhabitants of the land which now comprises the Dalwallinu Shire were the Indigenous Badima and Galamaia people who lived a nomadic life of hunting and gathering. The south west corner of the Shire of Dalwallinu is situated within the traditional country of the Yued Noongar people.

## Message from the Shire President & Chief Executive Officer

The Shire of Dalwallinu is pleased to present the Public Health Plan 2022-2026. Each local government in Western Australia is required by the *Public Health Act 2016* to maintain and enhance the health, wellbeing and safety of all of its citizens and align with the *State Public Health Plan for Western Australia 2109-2024*.

This plan has been developed to protect, promote and improve public health and wellbeing in our community. We are committed to ensuring that the residents of the Shire of Dalwallinu have an acceptable level of health today and into the future.

The development of the Public Health Plan has been a process of research and community consultation. The Shire is working towards having more opportunities for residents to engage in a healthy lifestyle and to make choices that will lead them to greater physical, social and mental health wellbeing while being part of a growing and thriving community.

The Shire of Dalwallinu is committed to working with its stakeholders, including the State Government, to make the goals of this plan a reality and to fully realise the benefits of a healthy lifestyle, through the right choices in exercise, diet and community interaction to our community today and into the future.

**KL Carter**

**SHIRE PRESIDENT**  
September 2022

**JM Knight**

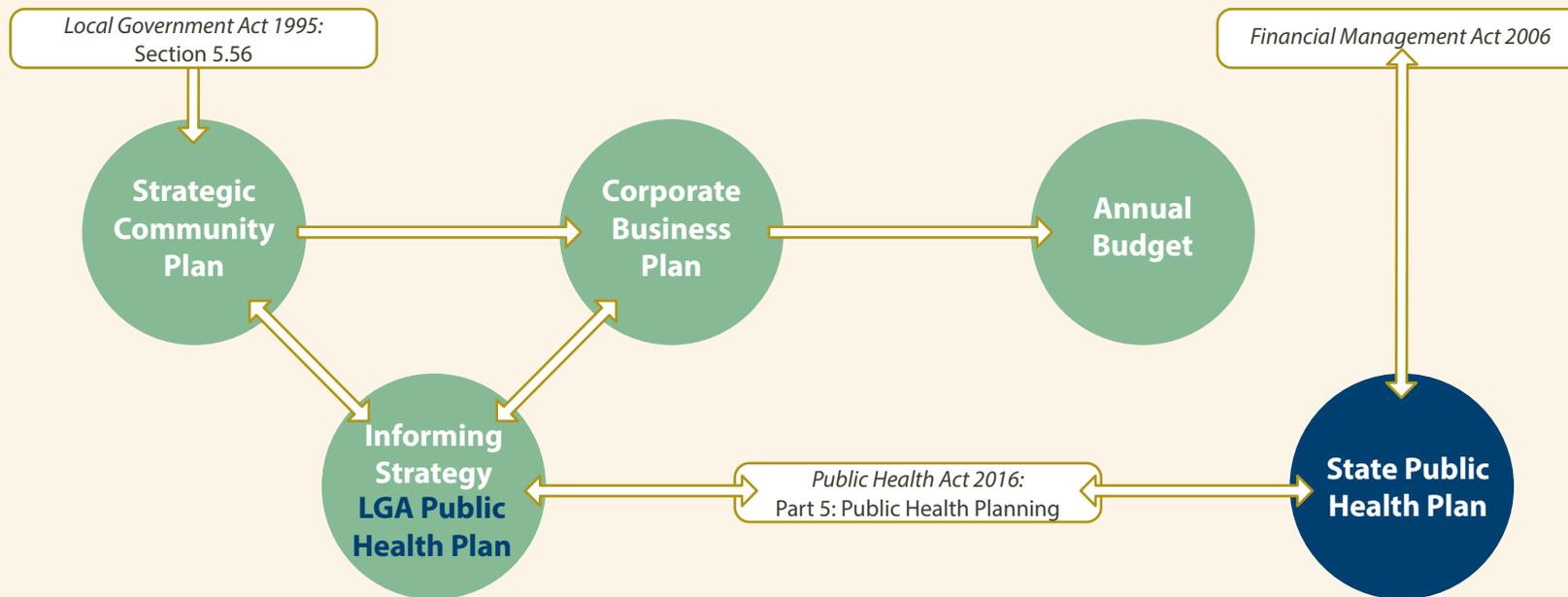
**CHIEF EXECUTIVE OFFICER**  
September 2022



# Plan Implementation

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

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



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

# Our Current Health Role

The Shire of Dalwallinu provides a range of funding to support the health of our community

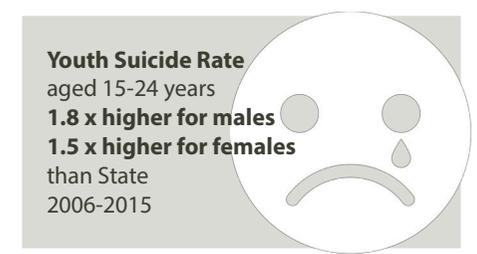
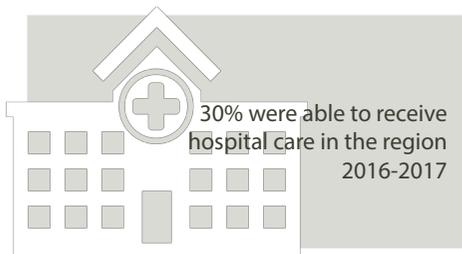
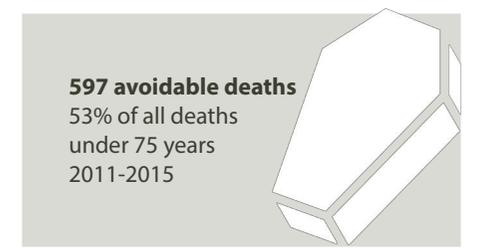
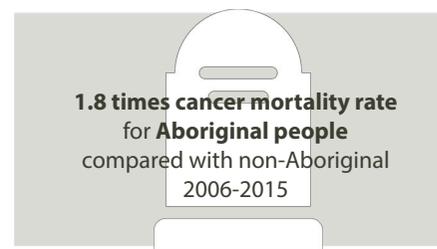
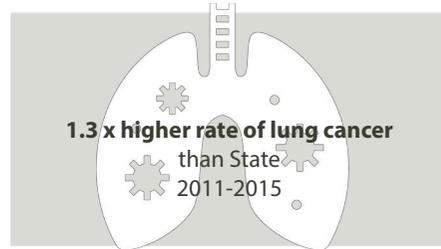
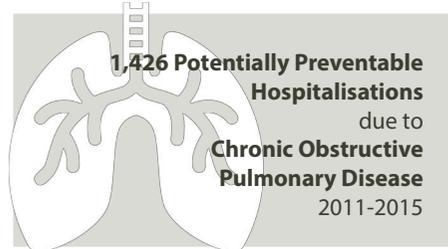
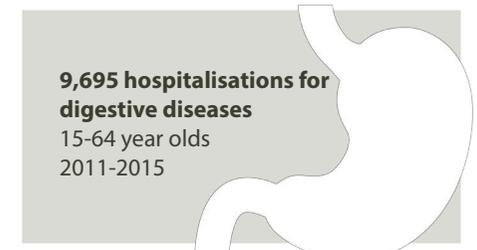
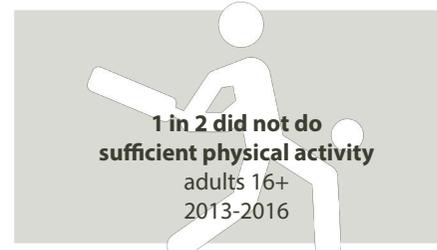
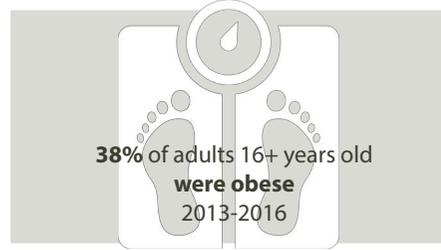
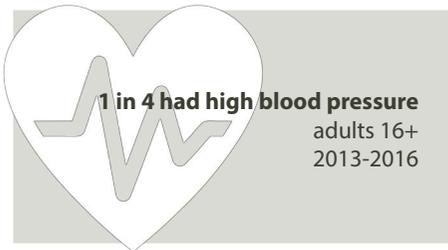
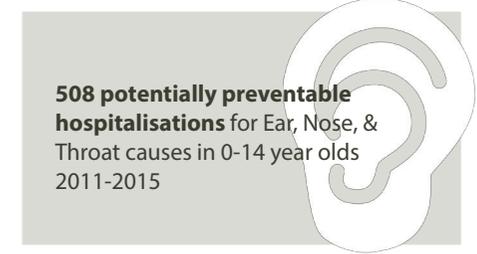
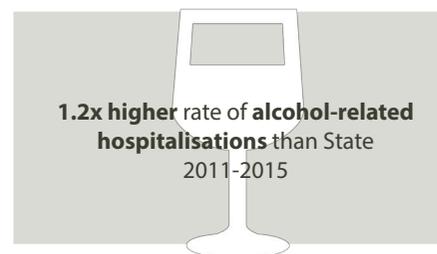
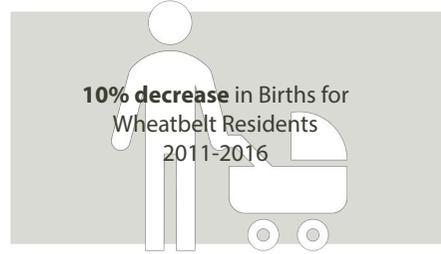
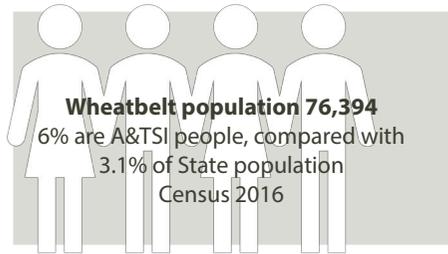


These are explained in more detail in the core business described here:

- Infrastructure and property services, including provision of local roads, footpaths, drainage, waste collection and management, and sewerage services
- Environmental Health Services to prevent and control environmental health hazards, emissions and communicable diseases (i.e., tobacco control, water and food safety, noise and air pollution and animal & mosquito control).
- Community Services, such as provision of a doctor and surgery.
- Cultural facilities and services, such as libraries, art galleries and places of historic importance and museums.
- Provision of recreation facilities, such as parks, sports fields, golf courses, swimming pools, recreation centres and bowling clubs.
- Building services, planning and development control, including inspections, licensing, certification and enforcement.
- Administration of facilities, such as the airport, cemeteries, street parking, solid & liquid waste disposal sites.
- Local Government Health Law Enforcement, Ranger and Emergency Services.



# Snapshot of the health of people living in the Wheatbelt Region



\*Western Australian Country Health Services

\*\*Compared with the WA State average

# Key results from our 2022 Public Health & Wellbeing Survey

## THE RESIDENTS OF DALWALLINU SPEAK

### AS THINGS ARE NOW

The four most serious health risks in our community are:

- No regular dental checkups
- Not enough exercise
- Being overweight
- Too much alcohol

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

- Depression
- Anxiety
- Loneliness

Our top three volunteering activities are:

- Community groups/services
- Sporting
- Public events

The sport & recreation facilities we use the most are:

- Dalwallinu Recreation Centre
- Sporting Oval
- Playgrounds

I feel like I belong in my local community 62%

I enjoy interacting with my neighbours 77%

I am proud of the community where I live 71%

I feel the Shire cares about our welfare 49%

I feel like my life has a sense of purpose 77%

There is strong community spirit in our Shire 67%

I know where to get help when I need it 71%

The words we used the most, to describe what we like best about living in the Shire of Dalwallinu

big sky mix of ages and ethnic groups  
fresh air excellent school community spirit  
diverse community it's safe and family friendly  
peace and quiet friendliness  
everyone is friendly

### CHANGE FOR THE FUTURE

Our top four programs to improve the health of our community:

- Programs for children
- Routine screening for health issues eg cervical cancer, prostate cancer
- Programs for seniors/aged people
- Programs for teens

Our top four facilities or resources for good community health are:

- Safe roads
- Parks & public open spaces
- Recreation facilities eg the Dalwallinu Rec Centre
- Affordable housing

Our top three programs to help us be more physically active are:

- Free fitness classes
- More hikes, walks, cycle paths & maps
- More recreational community activities/events

Our top three priorities to encourage the eating of healthy food:

- More healthy food options in takeaway/fast food outlets
- Healthy food options at sporting & community clubs & events
- Healthy foods being easier to identify in the shops

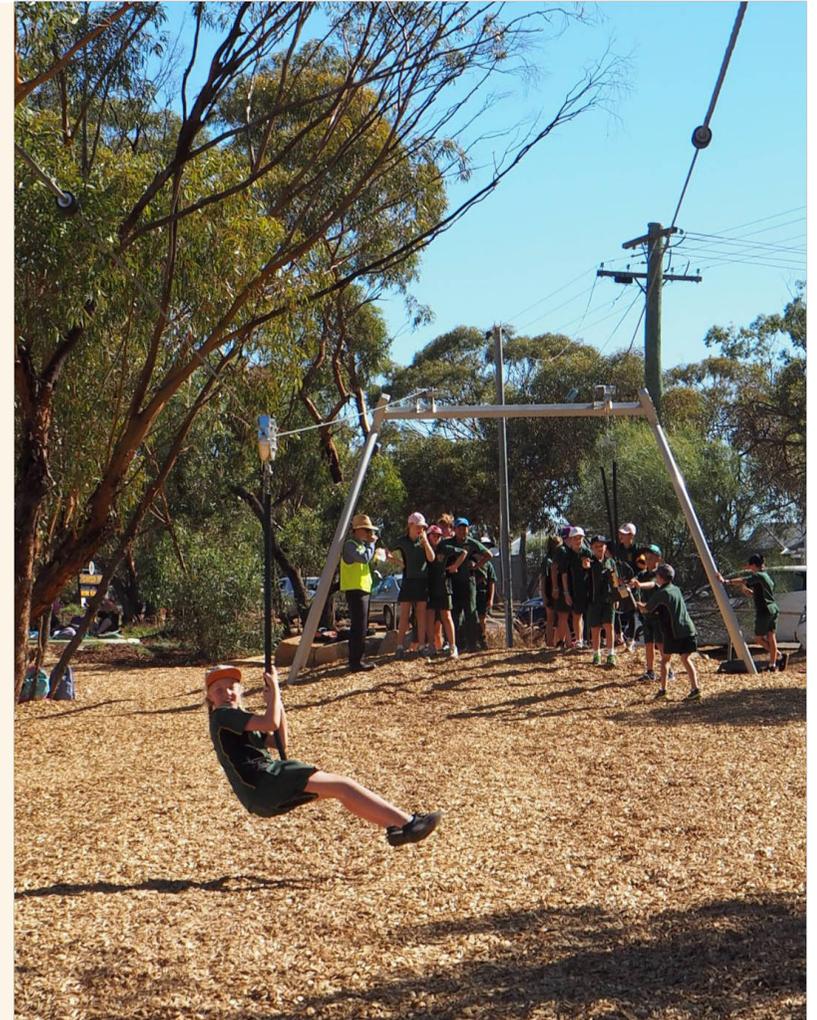
# Adding the Public Health Vision to the Strategic Community Plan

The Public Health Plan follows on from the 4 themes in the Strategic Community Plan:

1. Our Community (Social)
2. Sustainable Living (Economic)
3. Environment
4. Civic Leadership (Governance)

And introduces a new theme:

5. Public Health



# The Integrated Strategic Community Plan

1. OUR COMMUNITY (SOCIAL)	2. SUSTAINABLE LIVING (ECONOMIC)	3. ENVIRONMENT	4. CIVIC LEADERSHIP (GOVERNANCE)	5. PUBLIC HEALTH
To be a progressive and safe community with a high standard of living, valuing acceptance of all people	To be a diverse and innovative economy with a range of local employment opportunities	To have a balanced respect for our environment and heritage, both natural and built	To work together as custodians for now and the future	To promote and sustain a healthy, active and safe community
<p>1.1 Enhanced and expanded medical and other appropriate health services</p> <p>1.2 Enhanced quality of public amenities and all Shire facilities</p> <p>1.3 Improved technology and electronic communication</p> <p>1.4 Improved youth activities and services</p> <p>1.5 Protected heritage areas and buildings</p> <p>1.6 Enhanced community meeting areas in each town</p> <p>1.7 Improved and enhanced playground areas</p> <p>1.8 Rejuvenated and enhanced recreation precinct and Dalwallinu Recreation Centre</p>	<p>2.1 A growing Shire population</p> <p>2.2 Additional business development in the commercial and industrial sectors</p> <p>2.3 Promote tourism and associated business in the area</p> <p>2.4 Increased housing development</p> <p>2.5 Improved drainage of stormwater in towns</p> <p>2.6 Improved road network</p> <p>2.7 Improved productivity and profitability of agriculture</p>	<p>3.1 Reduced feral animal population in the Shire</p> <p>3.2 Reduced litter and improved ambiance of streetscapes</p> <p>3.3 Improved weed control in the Shire</p> <p>3.4 Enhanced rehabilitation of reserves</p> <p>3.5 Expanded recycling services</p>	<p>4.1 Improved communication / consultation across all towns with a variety of methods</p> <p>4.2 Improved flexibility in an provision of customer service</p> <p>4.3 Improved emergency planning and response</p> <p>4.4 Strategic alliances to best serve Dalwallinu</p>	<p>5.1 Planned COVID safe and healthy community</p> <p>5.2 Prevent harm from unsafe use of alcohol, tobacco and other drugs</p> <p>5.3 Increased healthy and affordable food and lifestyle options</p> <p>5.4 Improved community safety and wellbeing initiatives</p> <p>5.5 Provide environmental health protection to reduce risks to community health</p>



# Community & Public Health Outcomes

Communicable Disease	Harm Minimisation	Healthy Lifestyle	Community Health Outcomes	Environmental Health Protection
5.1 Planned COVID safe and healthy community	5.2 Prevent harm from unsafe use of alcohol, tobacco and other drugs	5.3 Increased healthy and affordable food and lifestyle options	5.4 Improved community safety and wellbeing initiatives	5.5 Provide environmental health protection to reduce risks to community health
<p>5.1.1 Keep the community informed with COVID-19 updates</p> <p>5.1.2 Implement COVID-19 Safety Plans in consultation with emergency authorities and develop risk management guidelines for public events</p> <p>5.1.3 Provide community education for personal hygiene, safe sex, home and workplace hygiene, including cleaning and disinfection</p> <p>5.1.4 Minimise the incidence and community spread of infectious disease through education, vaccination, food surveillance and vector control</p>	<p>5.2.1 Support stakeholders in promoting family friendly low and/or no alcohol, smoke-free events</p> <p>5.2.2 Provide targeted education to reduce the impact of alcohol and drug consumption in the community</p> <p>5.2.3 Liaise with clubs and liquor outlets to promote safe sale, service and consumption of alcohol and tobacco</p> <p>5.2.4 Encourage the reduction in smoking by promoting smoke free public spaces such as playgrounds and recreation spaces</p>	<p>5.3.1 Support community recreation activities and provision of accessible exercise equipment for all ages, children, young adults and seniors</p> <p>5.3.2 Link with Liveliighter or similar campaign to engage the community in healthy lifestyle choices</p> <p>5.3.3 Increase knowledge of the impacts of obesity and the benefits of maintaining good health</p> <p>5.3.4 Encourage healthy and affordable options in food outlets, at venues and events and Shire facilities</p>	<p>5.4.1 Liaise with Main Roads and Road Safety Commission to improve road safety in the region</p> <p>5.4.2 Continue to encourage childhood and adult immunisation participation</p> <p>5.4.3 Encourage personal health screening services e.g. cervical, bowel &amp; mammogram</p> <p>5.4.4 Ensure a regular dental service is maintained to promote good oral health</p> <p>5.4.4 Develop a community garden to engage seniors and young adults to increase social connections and enhance mental wellbeing</p>	<p>5.5.1 Monitor public health indicators and encourage other government intervention</p> <p>5.5.2 Provide access to education on public health matters e.g. FoodSafe Online and disease control</p> <p>5.5.3 Maintain food standards by regular surveillance of food premises</p> <p>5.5.4 Continue to monitor drinking and recreational waters, aquatic facilities and recycled water systems to maintain standards and reduce public health risks</p>





# Conclusion

This Plan was developed over 18 months duration in consultation with elected members and the local community. This is the first public health plan of many to follow that will require the Shire Council to consider the needs of the community when planning for better public health outcomes.

While public health is the responsibility of all persons in the community, this plan focusses on the need to address present shortcomings to improve the health of every person. Improving the health of individuals through exercise and nutrition were identified as key messages, and attention to mental health, the prevention of transport accidents, and increased screening for cancer-related illnesses will be beneficial in the longer term.

The Council will need to provide leadership to improve public health outcomes by:

- Leading the community by advocacy to provide better public health planning,
- Having a whole of Council approach,
- Encouraging partnerships with Government and NGOs for health planning, and
- Elected members encouraging and mentoring to promote healthy lifestyles.

The Plan was developed by including:

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

# The Way Forward

The strategies contained in the Shire of Dalwallinu's Public Health Plan are intended to mirror work already underway. The Shire is well known for the promotion of tourism and recreational pursuits, and living in harmony with the natural environment and practising sustainability. This connection with community was recognised through encouraging comments drawn from the 2022 Public Health & Wellbeing Survey.

The Shire of Dalwallinu may give consideration to liaising with the Wheatbelt Population Health Unit Health Promotion Officer in conjunction with neighbouring shires to review the supporting information in the Health Profile Report and the Public Health & Wellbeing Survey, and to work with government and funding agencies to raise awareness of the need for healthy lifestyles.

The Plan requires Council to ensure that its citizens are afforded protection from disease, minimise harm, promote active healthy lifestyles sustainably and the provide a safe environment by reducing risks to public health. This Plan is the first of many public health plans that will provide a direct focus on supporting better health outcomes of constituents living in the Shire.

Information used in the research phase of this plan was principally drawn from ABS Census material, SEIFA Index, AEDC (Education) data, Health Department hospital admissions data (2018 – 2020), and the Shire of Dalwallinu 2022 Public Health & Wellbeing Survey.

