



City of
Mount Gambier

Regional Public Health Plan 2015-2020

Developed under the provisions of Section 51 of the
South Australian Public Health Act 2011

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I am pleased to present you with the City of Mount Gambier's first Regional Public Health Plan.



Andrew Lee
Mayor of
City of Mount Gambier

This plan recognises Council is the relevant local public health authority for its area and outlines the work currently undertaken in this field.

Our Council has a long history of working collaboratively with the community and this holistic approach has multiple benefits for our community's public health. Through a variety of events, services and projects Council supports volunteering opportunities, recreational activities, youth sports programs, clubs and more. These activities go past just involving the community and can function to increase social connectedness, reduce social isolation, support good mental health, nurture early childhood development and increase physical activity.

The SA Public Health Act 2011 and our Regional Public Health Plan recognises that Council is in an ideal position to identify areas of concern within our own local community. The eleven priority areas identified in this document specifically effect residents of our community and will become a focus over the next five years.

Where appropriate Council can act as a leader, advocate, information provider, regulator and direct service provider. Essential to the success of implementing the plan is developing and sustaining partnerships with our communities, business sector, tiers of government and their agencies and non government organisations to secure high quality public health for our community.

The City of Mount Gambier Regional Public Health Plan 2015-2020 has been developed in accordance with the South Australian Public Health Act 2011.

This is the first plan developed under the legislation which identifies that Council is the relevant local public health authority for its area. Under this Act Council is delegated functions to take action to **preserve, protect** and **promote** public health within its area.

The SA Public Health Act 2011 defines public health as:

“Section (3)

- 1) Public health means the health of individuals in the context of the wider community;
- 2) Without limiting the definition of public health in subsection (1), public health may involve a combination of policies, programs and safeguards designed –
 - a) to protect, maintain or promote the health of the community at large, including where one or more persons may be the focus of any safeguards, action or response; or
 - b) to prevent or reduce the incidence of disease, injury or disability within the community.”

The City of Mount Gambier’s Regional Public Health Plan has been developed to align and be consistent with the State Public Health Plan, *South Australia: A Better Place to Live*, and hence follows the same four key priority areas identified:

1. Stronger and Healthier Communities and Neighbourhoods for All Generations
2. Increasing Opportunities for Healthy Living, Healthy Eating and Being Active
3. Preparing for Climate Change
4. Sustaining and Improving Public and Environmental Health Protection

Overview

Public Health Plans



This Plan identifies the key emerging priority areas for Mount Gambier’s public health and the determinants of health that are specific to our local population. Combined with Council’s other forward planning documents such as the Strategic Management Plan and the City Development Framework, the Futures Paper, this plan will ensure the

continued effectiveness of Councils projects and operational activities in addressing the current and future needs of the community. This Plan is based on an integrated approach to achieving common goals and does not emphasise public health as a separate area of action.



Mount Gambier is the major service centre for the Limestone Coast. Located on the slopes of a dormant volcano Mount Gambier has a population of 26,000 and services a regional population of over 60,000 people inclusive. Often referred to as 'the Mount' by locals the city is one of the fastest growing cities in South Australia.

The age structure of the City of Mount Gambier highlights the diversity we must achieve with service provision and resources. The largest age group within Mount Gambier is in the 0-4 year old age group, however in between the last two Census results the 60+ age brackets have shown the highest growth.

A thriving, progressive community, residents enjoy a quality lifestyle with city facilities and services, many attractions, a wide range of accommodation, shopping and entertainment and is surrounded by volcanic craters, lakes, limestone and underground aquifers.

Famous for its 'Blue Lake', the City also boasts beautiful parks and gardens, caves and sinkholes. An interesting mix of galleries, museums, sporting activities and markets provide an insight into the culture and arts of the town.

The City of Mount Gambier is responsible for providing an increasingly diverse range of facilities and services to achieve our vision of creating the most liveable City in Australia, where people in the community are secure, prosperous, healthy and valued. New economic and environmental pressures demand that our city re-invent itself to sustain our present lifestyle and ensure a future for the next generation.



Assessment of the State of Health

POPULATION PROFILE

The current residential population of Mount Gambier is estimated to be 26,092. Council acknowledges that the city of Mount Gambier services a wider regional population inclusive of approximately 60,000 individuals.

The population of Mount Gambier is growing and ageing. Over the last 5 years (2006-2011) Mount Gambier has experienced a growth rate of +5.5% (1,325 persons). Overall this represents an average annual population change of +1.08% per year for the period. The population is aging with the 60+ age brackets becoming an emerging group.

The number of recent arrivals in the area over the last 5 year period has increased. The emerging groups for change in the reported ancestries and overseas place of birthplace include Congolese, Burmese and Thai populations.

As the make up of our local community changes it is recognised the public health needs also evolve.

DETERMINANTS OF HEALTH

The social determinants of health and wellbeing are the circumstances in which people are born, grow up, live, work and age, and the systems put in place to deal with illness. Different groups in society face different life circumstances, and most determinants are not in the direct control of the health sector.

Mount Gambier (East)	719
Mount Gambier (Central North)	843
Mount Gambier (West)	902
Mount Gambier (Central)	930
Mount Gambier (North West)	1,004
Mount Gambier (Lakes)	1,008
Mount Gambier (North East)	1,017

Socio-economic status:

- There is a well established link between socio-economic disadvantage and poor health outcomes. A summary measure of disadvantage is the Index of Relative Disadvantage (IRSD), this is one of four Socio-Economic Indexes for Areas (SEIFA's).

The IRSD score for the South East Local Government Association (SELGA) Group of 965 is relative with the non-metropolitan South Australian overall score of 962. Within the SELGA area Mount Gambier has the lowest IRSD score.

- Within the Mount Gambier local government area there is a large disparity in socioeconomic status.
- 30.3% of residents in Mount Gambier hold a Pensioner Concession Card or a Health Care Card from Centrelink, this is the highest proportion in the SELGA group.

Unemployment:

- 6.8% of the eligible population aged 16 to 64 years in Mount Gambier are in receipt of an 'unemployment benefit'. The younger population (aged 15 to 24 years) comprises a higher rate with 9.4% of this age group receiving a NewStart or Youth Allowance benefit from Centrelink.

Education:

- Almost one fifth (19.1%) of the 16 year old population of the SELGA Group were not participating in full-time secondary education.

Housing:

- The proportion of low income households experiencing rental stress in Mount Gambier was 27.6%, the only Local Government Association (LGA) above the non-metropolitan average in the SELGA group.
- Houses rented from Housing SA at the 2011 Census in Mount Gambier was 10.3%, again the only LGA above the non-metropolitan average in the SELGA group.
- The highest proportion of residents in receipt of rent relief in the SELGA Group was Mount Gambier with 17.4% receiving financial assistance.

Access to Services:

- In the SELGA group a third of the population is estimated to face difficulties accessing services such as telecommunications, doctors, commonwealth income support, health and related services.
- Community health services offer a wide range of services for their local communities; relatively fewer people in the SELGA group were clients of community health services, with a rate 11% below the non-metropolitan area. None of the local LGAs had a rate above the non-metropolitan average. This not only reflects the demand for these services, but also their availability locally.
- The Child and Adolescent Mental Health Services in Mount Gambier services has approximately 58% more clients than in other non-metropolitan areas. This high rate indicates the important role these services provide the local community.
- Mount Gambier has 47% above the non-metropolitan average of adults accessing the government-funded community mental health services. This not only reflects demand for these important services, but

also their availability locally and in Adelaide where residents would travel for support.

Early Life and Childhood

- The rate of immunisation of infants at one year of age in the SELGA area is 94.4%, and fully immunised children at 5 years of age drops to a rate of 89.8%. The drop off in immunisation rates of children as they grow up places the Limestone Coast below the national average.
- Over a quarter of all children under the age of 16 years old in Mount Gambier live in low income families receiving welfare payments from Centrelink in June 2011.
- In 2009 15.4% of children in their first year of school were considered to be 'developmentally vulnerable' on one or more of the Australian Early Development Census (AEDC), as a proportion of all children assessed.

Mortality:

- The median lifespan for males and females in the SELGA group is 77 and 83.2 years respectively. These are both comparable to the non-metropolitan averages.
- Premature mortality at the ages of 15-24 years were 34% higher than the level in non-metropolitan areas overall. The highest rates in the SELGA group were observed in Wattle Range, Naracoorte and Mount Gambier.

Personal Health and Wellbeing:

- Mount Gambier during the 2007-2008 National Health Survey was estimated to have the highest proportion (16.8%) of residents aged 15 years and above reporting their health as 'fair or poor' in the SELGA area.

Assessment of the State of Health

DETERMINANTS OF HEALTH cont.

- Based on the K10 measure of psychological distress, 11.7% of adults in Mount Gambier are estimated to have experienced high or very high levels of psychological distress. This is slightly above the average level of distress experience by populations in the SELGA group and South Australia (10.8% and 11.5% respectively).

Community Connectedness:

- Residents reported high levels of community connectedness in 2010, with 90.2% feeling able to get support in times of crisis.

- The level of volunteering can indicate the cohesiveness of the community and how readily individuals are able to contribute to that community. In 2011, 22.2% of Mount Gambier's population reported as having been involved in volunteer work, this indicated an increase in the number of people volunteering (+188 persons) from 2006.

BURDEN OF DISEASE

Overall, the Limestone Coast sub-region appears to be healthier than other regional areas in the Country South SA Medicare Local region. There are 2 categories, listed below, in which the Limestone Coast is higher than the state average for the disability adjusted life years (DALY's) due to the burden of disease. DALY's are a key measure associated with the burden of disease, one DALY is equal to one year of healthy life lost.

DALY rates per 1,000 people:

Unintentional injuries: (Limestone coast 11.0 versus 5.9 for SA):

This category represents the largest disparity of the burden of disease between the Limestone Coast and the South Australian average. Unintentional injuries includes; preventable hospital admissions due to road traffic accidents, falls, fire/burns/scalds, striking/crushing accidents and other transport accidents.

Diabetes Mellitus (Limestone coast 10.1 versus 8.9 for SA):

Diabetes includes two sub-categories (type 1 and 2), of which type 2 contributes to 92.9% of the burden of disease. The highest

proportion for diabetes type 2 in the SELGA group is present in Mount Gambier.

Tobacco Smoking:

- Tobacco smoking is the greatest single cause of premature death and a leading preventable cause of morbidity in Australia. In the National Health Survey 2007-2008, the smoking rate for over 18 year olds in SELGA Group was estimated at 22.7%.
- Almost a fifth (19.9%) of pregnant women who gave birth in the SELGA Group over the three years (2008-2010) reported smoking during their pregnancy. Both sets of statistics are comparable with the state non-metropolitan averages.

Obesity & Overweight:

- Roy Morgan research indicates that 79% of adults in Mount Gambier are overweight or obese.
- One in five adult males in Mount Gambier is assessed as being obese (20.1%), slightly less women are classified as having an obese body mass at 17.7%.

Physical Inactivity:

- Mount Gambier has a higher than average rate compared to other non-metropolitan areas for physical inactivity among adults. Approximately 40.1% of adults in Mount Gambier are physically inactive. Mount Gambier has the highest rate in the SELGA group for physical inactivity.

Poor Nutrition & Diet - Daily Fruit Consumption by Adults:

- Only 48.2% of adults in the SELGA Group meet the recommended daily intake of 2 fruit servings per day.

Dental Health:

Children attending the School Dental Service in Mount Gambier present a higher rate of tooth decay than the state average. The average number of tooth decay for 6 year olds in Mount Gambier is 2.48 compared to the State average of 2.14. For 12 years old children the gap is larger with local children having an average number of tooth decay at 1.27 compared to 0.82 for the State average.

Fluoridation of the Blue Lake, Mount Gambier’s primary water supply occurred in 2010. The effects of fluoridation in the water are expected to take some time to have an effect on the tooth decay of the population. Children born since 2010 should experience the greatest child benefit, although fluoridation does have a benefit for all children and adults.

Mental Health:

- Mental health is a major contributor to the burden of disease including behavioural disorders, depression and suicide. Mental health is identified as a priority issue, and acts as a determinant of health, as mental health has the ability to influence many aspects of an individual’s life such as homelessness, substance abuse and domestic violence.
- Mental health problems were estimated to have affected 10.7% of males, and 10.6% of females in Mount Gambier.

PRIORITY AREAS/ISSUES

The following topics have been identified as emerging priority issues affecting the public health of the Mount Gambier community. These priorities have been identified using statistical research and local knowledge of the population profile, burden of disease and social determinants of health in our community. These priority issues will allow Council to focus its public health contribution and partnerships toward improving these areas over the duration of this five year plan. They include (in no particular order):

- **Poor Nutrition and Diet**
- **Obesity & Overweight**

- **Physical Inactivity**
- **Potentially Avoidable Hospital Admissions**
- **Degenerative & Mobility for the Aged**
- **Substance Abuse (tobacco, illicit drugs and alcohol)**
- **Mental Health**
- **Suicide Prevention**
- **Domestic Violence**
- **Delayed Early Childhood Development (inc immunisations, learning, socialising)**
- **Dental Health**

The City of Mount Gambier conducted an audit of existing plans to determine how effectively public health was currently addressed.

A gap analysis was conducted by comparing the City's Strategic Management Plan, Beyond 2015, with prescribed functions, objectives and principles listed under the SA Public Health Act 2011. Current activities were then linked with the health priority issues identified for our local area and the 4 key priorities of the State Public Health Plan.

SUMMARY

Council currently undertakes all prescribed functions as listed under the SA Public Health Act 2011 and addresses each of the four (4) key State Public Health Plan priorities.

Current work being undertaken by Council in various forms such as regulatory roles, major projects, provision of information, event promotion, support and delivery of public health programs comprehensively supports and promotes public health. The holistic approach to public health planning and implementation is consistent with the objectives of the SA Public Health Act.

The following is a summarised version of objectives which should be taken into consideration when implementing administration of the SA Public Health Act and influence public health planning processes;

- To **promote** health and well being
- To **protect** from risks to health:
 - **Early detection**, management and amelioration of risks to health
 - **Provide information** to individuals and communities on risks to public health
 - Encourage, **plan, create and maintain a healthy environment**

- Policies, strategies and campaigns for improving public health communities in particular for **vulnerable groups** (esp. Aboriginal and Torres Strait Islanders)
- **Prevention, early detection management and control**
- **Monitoring** conditions of public health significance
- Collect information on **prevalence**
- Scheme for state and local government **action for public health**

Over half of Council's current key performance indicators and operational activities directly relate to the public health objectives (52% and 54% respectively). Additional KPI's and operational activities have a more indirect influence on positive public health.

**OPPORTUNITIES
IDENTIFIED****Monitoring Conditions of Public Health
Significance / Information on Prevalence /
Action for PH**

Since the introduction of the requirement for Regional Public Health Plans, SA Health and the Local Government Association (LGA) have worked to build capacity and support the public health goals of local government. This has included the provision of various public health profiles of local government areas which have allowed priority areas to be identified.

These statistics can be collaborated with existing information sources utilised by Council to provide evidence based application of broad operational activities for the most effective target of public health priority issues.



The following strategies show how the current activities in Council's Strategic Management Plan are already influencing public health priorities in our community.

Strategies have been segregated under four headings to show how they specifically align with the key priorities identified in the State Public Health Plan. Extracts from the Strategic Management Plan have been incorporated into each area with examples of how the current broad key performance indicators

(KPI's) and operational activities directly influence public health. This not only reflects Council's current capacity in addressing priority issues within the community, it shows Council's adaptive ability to apply projects as the communities health needs evolve.

MOVING FORWARD

It is envisaged that broad KPI's and operational activities that benefit the health and wellbeing of residents of Mount Gambier can be targeted for specific action for public health where emerging issues are identified in this plan and Councils other forward planning documents. The continued provision of statistics and resources from SA Health, LGA SA and Medicare Local is vital.

Maintaining our current strategic plans with broad KPI's and operational activities will allow projects and services to be adapted as the community public health needs change. The identification of emerging trends and priority issues for the public health of the Mount Gambier population will allow for an evidence based approach in developing and implementing community health projects.

PARTNERSHIPS

Current and potential partnerships for public health action have been identified for each priority area highlighted in this plan. When considering future work, partners should be considered to ensure programs and services are not duplicated, and instead value added. A comprehensive list of potential partners and relevant priority areas for action can be found at the end of this document.

REGIONAL STRATEGIES

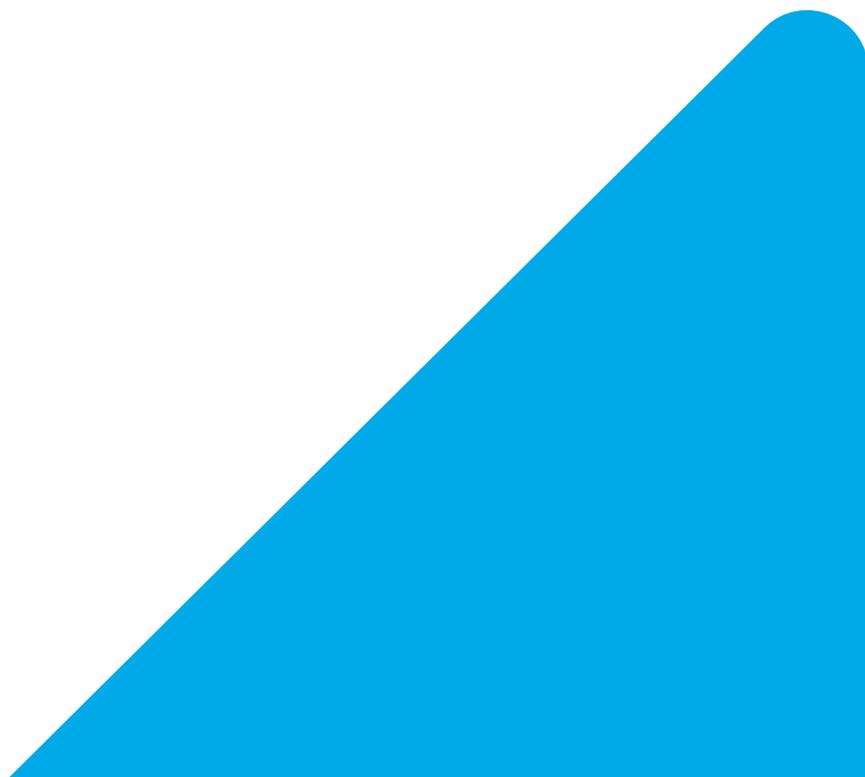


The City of Mount Gambier acknowledges the Regional Health and Wellbeing Plan prepared by the following Council's located in the South East Local Government Association (SELGA):

- Tatiara District Council
- Kingston District Council
- District Council of Robe
- Naracoorte Lucindale Council
- Wattle Range Council; and
- District Council of Grant

The SELGA Regional Health and Wellbeing

Plan highlights the similarities between the multiple local government populations. Both health plans indicate poor nutrition and diet, physical inactivity and substance abuse (tobacco, illicit drugs and alcohol) as priorities areas to be focused on over the 5 year duration of the plans. The City of Mount Gambier will aim to work with all member Councils of the SELGA group where appropriate to develop and implement strategies to promote these public health issues. Utilising this already established group, participation through SELGA will strengthen projects with a consistent regional approach, implementation and resourcing.



Strategies for Promoting Public Health: Stronger and Healthier Communities and Neighbourhoods for All Generations

“This public health priority is concerned with the physical and social infrastructure of where we live. It is important to ensure that our cities, towns and neighbourhoods are designed in ways that are mindful of those factors that contribute to health. This places a focus on how to make our communities more liveable, walkable, inclusive and accessible. It can also include increasing opportunities for social connectedness, volunteering and other forms of community participation, as well as developing and implementing community safety strategies.” – South Australia: A Better Place to Live

Obesity & Overweight / Physical Inactivity / Potentially Avoidable Hospital Admissions / Mobility Access for the Aged / Delayed Early Childhood Development / Poor Nutrition & Diet / Substance Abuse / Mental Health / Suicide Prevention / Domestic Violence

Develop open spaces and recreation facilities that support active communities, healthy environments and maintain a high level of amenity - *Beyond 2015*

SUICIDE PREVENTION ACTION PLAN 2013-2014

On the 8th October 2013 the Mount Gambier Suicide Prevention Network handed over to Council the Mount Gambier Suicide Prevention Action Plan. This action plan was developed as a whole of community response in developing Suicide Prevention links to Local Government initiated by the South Australia Suicide Prevention Strategy (2012-2016).

Our local (Mount Gambier) Suicide Prevention Network was the first network within South Australia to connect their Action Plan directly with local government.

LIBRARY SERVICES

The Mount Gambier Public Library is a vibrant hub that provides high quality services and facilities. The library is readily accessible to all residents and recognises the diverse

community and provides for the needs for all ages and interests. Social connectedness and inclusion is supported by the library; by acting as a meeting place, provides free access to internet and volunteer opportunities. Lifelong learning is promoted through the libraries wide collection, information displays and activities such as baby bounce and story time to stimulate children's early development.



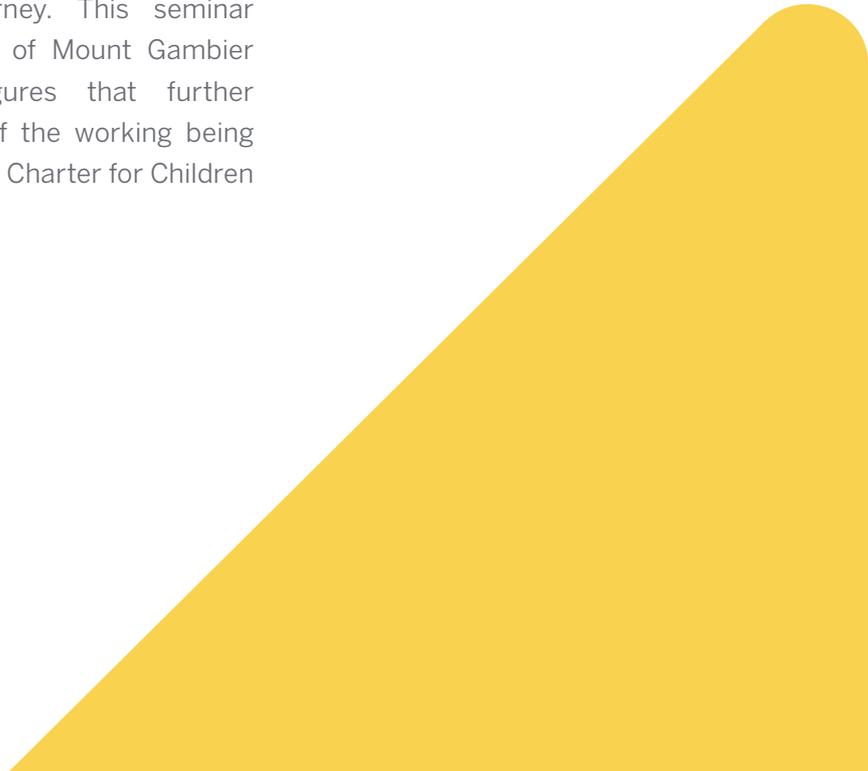
DIVERSITY & SOCIAL INCLUSION

Council recognises the diversity within our community, consisting of culturally and linguistically diverse, new arrivals, vulnerable populations, disabled and our large young population and aging residents. Council works toward building respectful partnerships with all relevant stakeholders through groups such as the Youth Advisory Group, Community Engagement and Social Inclusion Working Party, Community and Corporate Services Committee, various State and non-government organisations.



CHARTER FOR CHILDREN

The Lifelong Learning Sub-Committee supported the Mount Gambier Children's Centre deliver a forum with keynote Dr Sally Brinkman who explained the value (and complexities) of the Australian Early Development Index figures. This index measures the development of young people by the time they start formal full-time school, and has been fundamentally important in our goal of better understanding and respecting our young people and valuing the strength of their learning journey. This seminar presented for the City of Mount Gambier some confronting figures that further highlighted the value of the working being undertaken to develop a Charter for Children of our community.



Strategies for Promoting Public Health: Stronger and Healthier Communities and Neighbourhoods for All Generations

LIFELONG LEARNING

The City of Mount Gambier continues to adopt Learning as a key theme and strategy and in the review of Council's current Strategic Plan, Learning remains one of our key strategic goals Beyond 2015.

Our fundamental focus is that learning in all its forms is a lifelong activity and is a core source of individual, social and community strength. This is reflected in the simple statement of our learning vision: "To enhance our community's quality of life through the development, recognition and celebration of lifelong learning".

It is not the role of Council to take responsibility for, nor to be a provider of education in our City however, Council does facilitate information sharing and broker cooperative opportunities which:

- Dramatically reflect our commitment to the value of learning within our communities of interest

- Reinforce the message that learning and education are fundamental building blocks of a strong community
- Understand the issues and opportunities facing education and advocate effectively on behalf of the community
- Foster a united and shared understanding of the way forward.



OUR MOUNT GAMBIER VILLAGE – ONLINE HUB

The launch of the online hub has allowed for ongoing conversations and collaboration as we shift from focusing on predominantly agency based approaches to education and service delivery. This is a way to continue the conversation, foster relationships and plan outcomes and action plans for our community.

The City of Mount Gambier has remained committed to the continued development of a whole of community relational learning approach, working in an increasingly relationship-based way in terms of both service provision and the development of the Mount Gambier Charter for Children. Participation in the online hub demonstrates a commitment to continuing the conversation and developing Social Capital by working together.

Stronger and Healthier Communities and Neighbourhoods for All Generations

HEALTHY COMMUNITY SPACES

Development of vibrant, accessible open spaces plays a vital role in promoting health and wellbeing. It contributes to physical activity, encourages social interaction and aids to support positive mental health. Playgrounds and parks through design can encourage children to explore, learn and be active. Locations such as the Valley Lakes, Vansittart Park, Frew Park, John Powell Drive and the Old Railway Lands are wonderful examples.

Installation and maintenance of public amenities such as footpaths, roads, cycling infrastructure, seating and shade contribute to a safe environment which minimises risk and potential accidents and helps to connect the community.



Accessibility is improved for vulnerable populations by providing safe alternative transport infrastructure for homes without access to a vehicle and use mobility aids or scooters. Council additionally supports public transport services.



Strategies for Promoting Public Health:

Stronger and Healthier Communities and Neighbourhoods for All Generations

STRONGER AND HEALTHIER COMMUNITIES AND NEIGHBOURHOODS FOR ALL GENERATIONS

Relevant sections from Beyond 2015 Strategic Management Plan

GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET	
Building Communities To maintain and improve the quality of life of our people by fostering a range of infrastructure, services and activities.	1. Strive for an increase in services and facilities to ensure the community has equitable access and that the identified needs of the community are met.	2. Continue to develop and provide events support, management and assistance.	4. Develop, promote, implement a diverse program of activities in the Garden Square and review annually.	
		10. Continue to develop and deliver the library as a vibrant hub and destination, providing high quality library services and collections.	1. Use annual statistics to identify and review usage rates of all library programs and amend accordingly. 2. Conduct a biannual (twice yearly) survey of customers to determine customer satisfaction.	
		11. Ensure a wide range of library programs are offered and continue to be developed to address the changing needs of the community.	1. Identify participation rates for each program. 2. Undertake an annual review of the number of programs offered and type to assist in the scheduling of future programs.	
	2. Encourage the empowerment of the community to lead and self manage their respective desires and aspirations.	1. Maintain the value of existing annual funding programs, including existing funding for events and festivals, including the main corner and library programs, well being, events management, sport and recreation and community development.	1. 'In kind' (non-financial) support is initiated and budgeted against each event as identified within the annual events program is managed and reviewed.	2. Develop a standard grant application and assessment process.
			3. Encourage the community to self manage events and identify opportunities for new events.	1. Develop an Event Management Kit, including event funding application forms, to assist and support the community to identify opportunities and self manage events by 2012/2013 and review annually. 2. Develop a marketing plan to promote Council facilities to community members and groups as a place to stage their community events and activities in 2012/2013.

Stronger and Healthier Communities and Neighbourhoods for All Generations

STRONGER AND HEALTHIER COMMUNITIES AND NEIGHBOURHOODS FOR ALL GENERATIONS
 Relevant sections from Beyond 2015 Strategic Management Plan

GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Building Communities cont. To maintain and improve the quality of life of our people by fostering a range of infrastructure, services and activities.</p>	<p>5. Recognise and support our volunteers, community organisations and their sustainability as they continue to be the foundation of the community.</p>	<p>1. Encourage community members to volunteer in community life and contribute to the social and cultural fabric of Mount Gambier</p>	<p>1. Identify, schedule and hold at least two events throughout the year to recognise volunteers. 2. Develop a volunteer register to support Council and community based events by 2013/2014 and review annually.</p>
		<p>2. Develop a community profile identifying the diverse groups/communities within the City of Mount Gambier.</p>	<p>1. Undertake a desktop review of the 2011 Census data to identify the community profile of the City of Mount Gambier by 2013/2014.</p>
		<p>3. Where possible, reasonable, practical and efficient, identify projects that may be carried out partly or wholly by community groups.</p>	<p>3. Selected small scale construction projects to be carried out partly or wholly by community groups are identified annually.</p>
	<p>7. Support the community's development through nurturing collaborative relationships and partnerships and through direct access to Council for recognition, funding, facilitation, and in kind support.</p>	<p>1. Facilitate access to Council services and resources.</p>	<p>1. Services and facilities to remain accessible to Community Groups as required. 2. Council advocates, partners on a range of social, recreational and cultural programs as required. 3. Continue to provide support to community based organisations through funding, facilitation and 'in kind' support as identified within the yearly program of events and the annual budget process.</p>

Strategies for Promoting Public Health:

Stronger and Healthier Communities and Neighbourhoods for All Generations

STRONGER AND HEALTHIER COMMUNITIES AND NEIGHBOURHOODS FOR ALL GENERATIONS

Relevant sections from Beyond 2015 Strategic Management Plan

GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
Building Communities cont. To maintain and improve the quality of life of our people by fostering a range of infrastructure, services and activities.	8. Recognition of our different cultural communities. Building respectful partnerships with those communities and acknowledging the traditional custodians of this area.	1. Provide interpretation and education opportunities through appropriate displays.	1. Review and update existing displays within the Tourist Information Centre and the Main Corner which provide interpretation of communities, customs and heritage annually. 2. Continue to foster the relationship between Aboriginal and Torres Strait Islander communities through consultation and involvement with the Community Engagement and Social Inclusion Working Party.
	10. Recognise the roles, needs and contributions of minority or disadvantaged groups in our community.	1. Identify minority and disadvantaged groups in our community by a review of census data. 2. Continue to service the needs of the socially disadvantaged and/or impaired people within the community.	1. Include appropriate engagement strategies within the Community Engagement Framework by 2013/2014. 1. Support community organisation via grant funding that provide a service to minority or disadvantaged groups to develop programs to aid their contribution to the community.
Diversity To provide opportunities for the needs of our diverse community groups to fully participate in our community, and to ensure a continuing sense of their engagement, belonging and recognition.	1. Understand our community profile.	1. Gather and summarise information and statistics including census data (2011) to assist understanding and decision making regarding our community.	1. 2011 Census summary document prepared by June 2013. 2. Maintain the data base which forms part of the community directory and review twice a year.
	2. Engage with Federal and State Governments and other agencies to provide resources to meet the needs of diverse groups in our community.	1. Advocacy and partnership with stakeholder groups to assist with service delivery programs.	1. Maintain regular meetings of the Community Engagement and Social Inclusion Sub Committee. 2. Maintain and strengthen Council's involvement with the Tertiary Education sector and support its expansion.

Stronger and Healthier Communities and Neighbourhoods for All Generations

STRONGER AND HEALTHIER COMMUNITIES AND NEIGHBOURHOODS FOR ALL GENERATIONS			
Relevant sections from Beyond 2015 Strategic Management Plan			
GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Diversity cont. To provide opportunities for the needs of our diverse community groups to fully participate in our community, and to ensure a continuing sense of their engagement, belonging and recognition.</p>	<p>6. Facilitate the community's active involvement in meeting the varied aspirations, diverse needs and special services that are required (including those for marginalised and vulnerable groups).</p>	<p>2. Continue to promote a Child/Vulnerable People Safe Environment.</p>	<p>1. All Elected Members, Employees and volunteers identified as working with children/vulnerable people undertake appropriate training as per legislative requirements.</p>
<p>Community Well-Being To advance the holistic health and well being of all age groups in our community by creating healthy environments, strengthening community relationships, developing health and well-being programs and supporting excellence in the delivery of health services.</p>	<p>1. Advocate for the health needs of the community by encouraging partnerships in the provision of affordable and viable facilities and infrastructure.</p>	<p>3. Provision of a safe, all inclusive and welcoming 'third place', through the library, that is free for all community members, incorporating a broad range of activities so as to reduce social isolation and promoting inclusiveness.</p>	<p>1. Keep detailed statistics on visitation and usage of service and prepare quarterly reports. 2. Identify and develop an annual schedule of programs to be offered through the library. 3. Continue to promote and further enhance the library as an active and safe community space to maintain the community support and usage of the library.</p>
<p>Learning To be recognised as a learning community which celebrates learning for all groups and members of the community.</p>	<p>1. Encourage and promote partnerships with the community, industry and governments that will increase delivery and uptake of lifelong learning opportunities.</p>	<p>1. Foster relationships and facilitate conversations to improve community engagement and learning.</p>	<p>6. Develop and program community learning activities and experiences in the Garden Square with community groups.</p>

Strategies for Promoting Public Health:

Stronger and Healthier Communities and Neighbourhoods for All Generations

STRONGER AND HEALTHIER COMMUNITIES AND NEIGHBOURHOODS FOR ALL GENERATIONS

Relevant sections from Beyond 2015 Strategic Management Plan

GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Learning cont. To be recognised as a learning community which celebrates learning for all groups and members of the community.</p>	<p>2. Promote the benefits of cooperative learning and the contribution learning makes to our enhanced quality of life.</p>	<p>1. Develop a coordinated approach across Council for the delivery of life long learning activities.</p>	<p>1. Develop an evaluation framework to review Council's achievement of lifelong learning goal.</p> <p>2. Recognise that most Council activities provide learning opportunities.</p> <p>3. Review existing community learning material, resources and information already available to communities.</p> <p>4. Establish a statistical baseline of community involvement in learning activities.</p> <p>5. Continue to be leaders in delivering, developing and promoting library collections and services to the community.</p>
	<p>3. Support a diverse range of community learning initiatives and celebrate the success of formal and informal learning achievements</p>	<p>1. Develop a framework within which learning achievements and initiatives can be recognised and celebrated.</p>	<p>1. Elected Members and key staff being visible and attending celebratory functions.</p> <p>2. Determine opportunities for recognition and celebration of learning achievements.</p> <p>3. Continue to support recognition of learning through active involvement in scholarship programs.</p>

Increasing Opportunities for Healthy Living, Healthy Eating and Being Active

“Non-communicable conditions threaten our individual health and the productivity and vitality of our community. Overweight and obesity and low levels of physical activity are major risk factors for many non-communicable conditions... More and more of our tax dollars are going to support acute care for people suffering from these conditions. This means that there can be fewer resources for other important areas of community support and community life. Similarly, these conditions threaten the productivity and the eventual prosperity of our communities as more and more people experience their disabling effects.” – South Australia: A Better Place to Live

Substance Abuse / Obesity & Overweight / Physical Inactivity / Poor Nutrition & Diet / Mobility Access for the Aged / Potentially Avoidable Hospital Admissions / Mental Health / Suicide Prevention / Domestic Violence / Delayed Early Childhood Development / Dental Health

Encourage community initiatives to identify, address and respond to emerging health issues and trends within the community - *Beyond 2015*

SUBSTANCE ABUSE

Council participate in a number of educational activities to provide healthy choices relating to tobacco, alcohol and drug use. Including SELGA anti-drink driving campaigns, Limestone Coast Drug Action Team

information forums such as ‘Understanding the Ice Factor’, encouraging and hosting ‘smoke free’ community events.

HEALTH PROMOTION EVENTS

Various events are organised and supported to highlight health promotion in the community. Events such as; the Blue Lake Fun Run, local markets, White Ribbon Day,

Loudest Shout, Seniors Month and Youth Week focus on raising awareness, education, reducing stigma and public health action.



Strategies for Promoting Public Health:

Increasing Opportunities for Healthy Living, Healthy Eating and Being Active

SPORT AND RECREATION

Mount Gambier City Council recognises the significant impact sport and physical activity has in our community. Throughout the city there is a wide range of beautifully maintained public playgrounds, open reserves and

sporting facilities. Council assists local sporting clubs through annual in kind support and grant programs.

PARK AND STRIDE

Launched in November 2014 this program aims to foster behaviour change and encourage physical activity. Residents and visitors to Mount Gambier are encouraged to

park in off street car parks and walk during small shopping trips in the central business district to help improve their health, the local economy and our environment.

FRUIT & NUT TREE PROGRAM

This Council funded project encourages neighbourhoods to get together and apply for fruit and nut trees to be supplied, for residents to plant and maintain in local reserves. This program aims to provide a source of affordable and nutritious fresh produce, along with added physical activity and social advantage.



FREE CITY BIKE HIRE

Available from the Library, The Main Corner and The Lady Nelson bikes are free to hire and ride throughout the city. All safety equipment is provided along with bike trail maps. Bikes with child seats are provided to make this an option for all ages.



Increasing Opportunities for Healthy Living, Healthy Eating and Being Active

INCREASING OPPORTUNITIES FOR HEALTHY LIVING, HEALTHY EATING AND BEING ACTIVE			
Relevant sections from Beyond 2015 Strategic Management Plan			
GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Building Communities To maintain and improve the quality of life of our people by fostering a range of infrastructure, services and activities.</p>	<p>3. Encourage the development of community facilities and infrastructure, community events, and community active and safe community spaces through direct support, seeking funding and facilitation etc.</p>	<p>1. Encourage community ownership of events and decrease reliance on Council to manage and provide community events.</p>	<p>1. Promote the Event Management Kit by sending to all clubs and community organizations to assist the support of community to identify, develop and facilitate events/projects and/or activities in 2012/2013.</p> <p>2. Provide support to community based organization in the preparation of Funding Applications for the management and holding of community event when requested.</p>
		<p>2. Provide access to reserves and facilities for community use, inducing sporting groups, specials occasions (i.e. weddings).</p>	<p>1. The booking system to use reserves and facilities is maintained at all times.</p>
		<p>3. Develop and manage sustainable infrastructure including roads, footpaths and drains.</p>	<p>1. New footpaths are constructed annually in accordance with the five year plan.</p> <p>7. Cycling paths continue to be developed in accordance with the Bike Plan up to the annual limit of Council's budget and grants.</p> <p>8. All Pedestrian ramps installed to meet Disability Discrimination Act requirements with an annual budget and program, which includes community needs, to be prepared by 2013/2014.</p>
		<p>4. Provide a road and street network that promotes safe movement of all traffic.</p>	<p>5. Promote educational programs when developed, to encourage safe movement of traffic including cycling and walking.</p>

Strategies for Promoting Public Health:

Increasing Opportunities for Healthy Living, Healthy Eating and Being Active

INCREASING OPPORTUNITIES FOR HEALTHY LIVING, HEALTHY EATING AND BEING ACTIVE

Relevant sections from Beyond 2015 Strategic Management Plan

GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Building Communities</p> <p>To maintain and improve the quality of life of our people by fostering a range of infrastructure, services and activities.</p>	4. The identified needs of the community are met, through implementing Long Term Asset Management Plans and Infrastructure Plans.	1. The long term financial plan be further reviewed and updated to identify and recognise the anticipated spend on identified capital works.	1. Undertake annual audits on the City Centre footpaths to appropriately address risk management issues.
<p>Diversity</p> <p>To provide opportunities for the needs of our diverse community groups to fully participate in our community, and to ensure a continuing sense of their engagement, belonging and recognition.</p>	4. Recognise and respond to our collective responsibilities to provide ease of access to physical facilities and spaces (public or privately owned).	1. Undertake an assessment of all Council buildings to assess, record any issues identified that prevent or restrict access (In accordance with the principles in the Disability Discrimination Act), and respond appropriately.	<p>1. Inspections undertaken on all Council owned buildings and completed by 2014.</p> <p>2. A schedule of all works to be carried out is developed by December 2013 and implementation commenced.</p>
	5. Consider the needs of all community groups in developing projects, services and infrastructure (public or privately owned).	1. Develop open spaces and recreation facilities that support active communities, healthy environments and maintain a high level of amenity.	<p>1. All roundabouts, reserves and playgrounds are maintained on an ongoing basis.</p> <p>2. Community spaces audited for accessibility and design in accordance with Good Urban Design Principles by 2015.</p>
		2. Advocate for means of safe crossing of Major Arterial roads	1. Actively liaise with the Department of Planning, Transport and Infrastructure (DPTI) to determine clearly what DPTI can and will do in relation to this matter.
	6. Facilitate the community's active involvement in meeting the varied aspirations, diverse needs and special services that are required (including those for marginalised and vulnerable groups).	1. Advocate for the development of a special needs program for marginalised and vulnerable groups.	<p>1. A Safe mobility program is developed, delivered and maintained by 2014.</p> <p>2. Provide support for the delivery of programs for special health groups for marginalised and vulnerable groups when requested.</p>

Increasing Opportunities for Healthy Living, Healthy Eating and Being Active

INCREASING OPPORTUNITIES FOR HEALTHY LIVING, HEALTHY EATING AND BEING ACTIVE
 Relevant sections from Beyond 2015 Strategic Management Plan

GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Diversity cont. To provide opportunities for the needs of our diverse community groups to fully participate in our community, and to ensure a continuing sense of their engagement, belonging and recognition.</p>	<p>7. Develop the capacity of Council to effectively communicate and engage with our communities, other agencies and service providers.</p>	<p>1. Network with age care and disability service providers to identify needs within the community.</p>	<p>1. Attend meetings with aged care and disability service providers twice a year. 2. Advertise for funding rounds bi-annually 2012/13.</p>
		<p>2. Work with kindergartens and primary schools to improve health and wellbeing through active lifestyles.</p>	<p>1. Identify safe walking/cycle path networks around schools through community education by 2013. 2. Provide training and education to parents and new migrants on safe walking/cycle pathways to schools.</p>
<p>Community Well-Being To advance the holistic health and well being of all age groups in our community by creating healthy environments, strengthening community relationships, developing health and well-being programs and supporting excellence in the delivery of health services.</p>	<p>3. Ensure through research and engagement that the current and future health (services and infrastructure) needs are identified.</p>	<p>1. Monitor the level of assisted care for residents of supported residential facilities and boarding houses within the City in accordance with legislation.</p>	<p>1. Supported residential facilities and boarding houses are monitored to comply with legislation through annual licensing requirements.</p>
	<p>4. Actively liaise with community health service providers to encourage local programs and services and ongoing community consultation.</p>	<p>2. Work closely with Universities, TAFE, training bodies and allied health providers.</p>	<p>1. Continue to provide support to the Medical, Pharmaceutical, Dental professions through the provision of orientation tours.</p>
	<p>5. Actively liaise with primary (acute) health care providers to expand local availability of specialist services.</p>	<p>1. Encourage and support identified collaborative arrangements and partnerships of a local community nature.</p>	<p>1. Continue to liaise with the community health service program providers.</p>
	<p>6. Advocate for support programs which increase the level of community engagement in healthy lifestyle activities and which encourage our community to make quality health decisions.</p>	<p>1. Advocate for and support the provision of health care services in Mount Gambier</p>	<p>1. Continue to attend meetings of the Mount Gambier and District Health Services Board.</p>
	<p>6. Advocate for support programs which increase the level of community engagement in healthy lifestyle activities and which encourage our community to make quality health decisions.</p>	<p>1. Continue to promote active lifestyles amongst the community.</p>	<p>1. Continue to implement the Bike Plan and expanding the footpath and bike path network.</p>

Strategies for Promoting Public Health:

Increasing Opportunities for Healthy Living, Healthy Eating and Being Active

INCREASING OPPORTUNITIES FOR HEALTHY LIVING, HEALTHY EATING AND BEING ACTIVE
 Relevant sections from Beyond 2015 Strategic Management Plan

GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
Community Well-Being To advance the holistic health and well being of all age groups in our community by creating healthy environments, strengthening community relationships, developing health and well-being programs and supporting excellence in the delivery of health services.	7. Increase the local awareness and understanding of the range of health issues and needs of the community.	1. Encourage community initiatives to identify, address and respond to emerging health issues and trends within the community.	1. Identify opportunities for Community Groups to develop and enhance their activities and facilities.
	8. Facilitate programs that focus attention on mental health issues in the community and support mental health providers in their work.	1. Encourage SA Health to identify opportunities and programs addressing mental health concerns and issues.	1. Provide support and funding assistance to locally based programs addressing mental health issues and concerns within the community.
	9. Advocate with Federal and State Governments to increase local availability to acute health care services and also primary health care services.	1. Continue to maintain Council's advocacy role in the provision of health services.	1. Ensure Council provides timely responses to requests for letter of support.



“There is no doubt that climate change will have and is having implications for both the health of the public and public health infrastructure. There is also no doubt that climate change is an issue that warrants concerted efforts both across and between governments and from the whole community. Local government has an important role in providing leadership and education to assist citizens and business to understand and accept their responsibilities to address climate change.” – South Australia: A Better Place to Live

Obesity & Overweight / Physical Inactivity / Poor Nutrition & Diet / Mobility Access for the Aged

Support initiatives that value and preserve our unique environment and contribute to environmental sustainability - *Beyond 2015*

**COMPREHENSIVE
HOLISTIC
ASSESSMENT
TOOL**

Council have incorporated climate change influences into planning frameworks using a purpose designed Comprehensive Holistic Assessment Tool (CHAT tool). All Council projects which meet the criteria must use the CHAT tool, an online survey,

to determine a holistic score - which forms part of the project proposal and influences the projects approval. The tool takes into account the environmental, social, financial and governance implications of the assessed projects.

**AQUATIC CENTRE
BIOMASS HEATER**

The 3 swimming pools at the Mount Gambier Aquatic Centre are heated by a 650 kW biomass boiler using local plantation wood chips, a carbon neutral fuel source.

**BLUE LAKE
SOLAR LIGHTS**

In February 2015 the installation of 92 solar lights along the footpath around the Blue Lake commenced. The lights will enable the community to use the path for passive recreation after dark.



Strategies for Promoting Public Health:

Preparing for Climate Change

LIBRARY POWER

In early 2014 Council commissioned a 57kW solar power system on the roof of the Library. This will supply 25-30% of the building's

electricity needs. The library also provides a haven from extreme heat, particularly for vulnerable populations.

KESAB SUSTAINABLE COMMUNITY AWARDS

Each year Council enters the KESAB Sustainable Community Awards. It is an opportunity to showcase the great work that

the community and Council are doing in the area of environmental sustainability.

WASTE EDUCATION STRATEGIES

Educational campaigns are conducted to encourage individuals to increase their sustainable use of resources. Household bin audits have been conducted and as a result informational bin lid stickers have been used

to raise awareness of correct recycling. Home energy tool kits can be hired from the Library for residents to assess their usage of power in the home.

ENVIRONMENTAL SUSTAINABILITY INITIATIVES

Council actively participates and advocates environmental sustainability initiatives of importance such as Clean Up Australia Day, Earth Hour, Ride to Work Day, Walk to Work

Day and National Recycling Week. Council encourages active involvement from the community and supports these annual events.



PREPARING FOR CLIMATE CHANGE			
Relevant sections from Beyond 2015 Strategic Management Plan			
GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Securing Economic Prosperity</p> <p>To support our economic generators in meeting opportunities in the local, national and international business environment, to ensure that the City has a viable, sustainable and diverse economic base and continues to be a thriving provincial city</p>	<p>7. Develop and implement a dynamic planning process to meet emerging economic, social and environmental conditions.</p>	<p>1. Develop appropriate mechanisms to identify emerging economic, social and environmental conditions.</p>	<p>1. In partnership with the State Government and other stakeholders develop a regional strategy.</p> <p>2. Develop a vision for a vibrant and truly sustainable Mount Gambier/region in line with the Natural Step Framework by 2013/2014.</p>
<p>Environment</p> <p>To incorporate into Council business and the development of our community a commitment to secure the long term integrity of the environmental systems, landscapes and services which support them.</p>	<p>1. Systematically build Council as an environmentally sustainable organisation.</p>	<p>1. Identify the Carbon footprint of Council and understand the carbon trading scheme and the legislative requirements for climate change adaptation.</p>	<p>1. Establish a system to annually measure and report on Council's carbon emissions by 2014.</p> <p>2. Annually assess if Council is required to comply with any carbon and/or climate change legislation.</p> <p>3. Provide guidance to staff to adopt environmental practices in all operations 2013/2014</p>
		<p>2. Incorporate and promote ecological Sustainable Development (ESD) principles in Council's plans, projects and developments.</p>	<p>1. Provide Council divisions with templates and checklists for incorporating ESD principles into Council's plans, projects and developments by 2013.</p>
		<p>3. Educate the community to minimise waste and improve recycling levels.</p>	<p>1. >5% reduction in waste generation per capita by 2015 (in line with South Australia's Waste Strategy 2011-2015).</p>
		<p>4. Coordinate and support the Environmental Sustainability Sub Committee (ESSC).</p>	<p>1. ESSC meetings held monthly.</p> <p>2. The coordination and implementation of all action arising from meetings undertaken monthly.</p>

Strategies for Promoting Public Health: Preparing for Climate Change

PREPARING FOR CLIMATE CHANGE

Relevant sections from Beyond 2015 Strategic Management Plan

GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Environment cont. To incorporate into Council business and the development of our community a commitment to secure the long term integrity of the environmental systems, landscapes and services which support them.</p>	2. Partner with the community to conserve and reduce the quantity of water use and improve the quality of water entering our groundwater and lakes system.	1. Develop a model that can be easily used to understand the environmental impact of any decision relating to supply, Council Services and Operations	<p>1. Provide Council divisions with templates and checklists for incorporating integrated water management principles into Council's plans, projects and developments by 2013.</p> <p>2. Actively provide information for the community regarding the interpretation of the importance of groundwater for the region's lifestyle and economy through the website, environmental drops etc.</p>
	3. Plan and implement infrastructure to protect and enhance the natural and built environment, including in response to climate change influences.	1. Ensure that development in areas of high natural and/or built heritage value complement and are sympathetic to the environment in which it is situated.	<p>1. Ensure compliance with the requirements as specified within the Development Plan at all times.</p> <p>2. Identify and plan for energy use requirements for Council buildings using the Building Code as a minimum requirement (try to achieve best practice).</p>
		2. Develop and deliver a tree planting and management program to improve the quality and quantity of local vegetation under Council's care and control	<p>1. Trees planted on streets and reserves as per the tree planting policy program which will be reviewed annually (300 trees to be planted annually).</p> <p>2. Trees trimmed, removed and replaced as required on an ongoing basis. All complaints addressed within 48 hours of receipt.</p> <p>3. Undertake a fruit tree trial in public open space by 2014.</p>

PREPARING FOR CLIMATE CHANGE

Relevant sections from Beyond 2015 Strategic Management Plan

GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Environment cont. To incorporate into Council business and the development of our community a commitment to secure the long term integrity of the environmental systems, landscapes and services which support them.</p>	<p>4. Support initiatives that value and preserve our unique environment and contribute to environmental sustainability</p>	<p>1. Provide support to internal and external environmental sustainability initiatives.</p>	<p>1. Develop a merit assessment template to assess initiatives and projects linked to the Natural Step Framework by 2013. 2. Assess initiatives and projects based on a merit assessment template (still to be developed) and linked to the Natural Step Framework once the template has been developed.</p>
	<p>5. Enhance the way of life and resilience of the Mount Gambier community through environmental sustainability guided by the Natural Step Framework.</p>	<p>1. Develop and implement community education programs around our environmental aspirations and obligations.</p>	<p>1. Deliver three community education programs per year. 2. Community education developed including articles and talks to key groups promoting our environmental aspirations.</p>
	<p>7. Use every opportunity to increase the level of community understanding and awareness of the necessity of environmental sustainability.</p>	<p>1. Raise awareness through the development of education programs as well as using other opportunities as they arise.</p>	<p>1. Deliver three community education programs per year including articles and talks to key groups (community/business/industry) promoting our environmental aspirations.</p>

Strategies for Promoting Public Health: Sustaining and Improving Public and Environmental Health Protection

“Our communities function because of basic public health protection services and strategies. If they were absent or weakened, our health would be severely challenged due, for example, to the dangers of poor water quality, unsafe foods, ineffective waste disposal, falling immunisation rates and the spread of more virulent infectious diseases, poorly designed or unsafe dwellings, and inadequate community infrastructure.” – South Australia: A Better Place to Live

Delayed Early Childhood Development / Dental Health / Mental Health / Suicide Prevention / Substance Abuse / Potentially Avoidable Hospital Admissions / Mobility Access for the Aged

Strive for an increase in services and facilities to ensure the community has equitable access and that the identified needs of the community are met - *Beyond 2015*

ADVOCACY FOR HEALTH SERVICES

Council acts as an advocate for the health needs of the community in the provision of affordable, efficient, professional and accessible facilities. It is understood in our Limestone Coast area that health and specialist services in Mount Gambier are

highly utilised by residents from neighbouring council areas, servicing a much larger population. New professionals moving to Mount Gambier are supported through professional networks to help ensure trained staff are retained within the area.



COMMUNITY SHARPS DISPOSAL PROGRAM

‘Community sharps’ is the collective term given to those needles and syringes used by members of the community for the administration of medication. Council provides a free disposal service to allow residents to responsibly discard of used sharps.



Sustaining and Improving Public and Environmental Health Protection

COMMUNICABLE DISEASE PREVENTION & CONTROL

Council's Environmental Health Officer's are responsible for the regulation of industries to prevent the transmission of disease. Authorised officers enforce:

- Food industry
- Hair and beauty industry
- Swimming pools/spas
- Waste water management (septic tanks)
- Supported Residential Facilities
- Cooling Towers & High Risk Manufactured Water Systems
- Insanitary conditions and rodent activity

Building and Planning officers through regulating the Council area assist in developing an environment conducive to good public health.

Environmental health staff monitor notifications of communicable diseases from the Communicable Disease Control Branch and SA Health and complete public health investigations when directed or in the identification of an outbreak. These statistics are used to identify trends within the population and increase public health promotion to raise awareness and prevent further cases occurring.

SUPPORT IMMUNISATION SERVICES

Council supports the provision of public immunisation sessions to assist in maintaining appropriate immunisation rates within our community. Immunisation sessions are held twice a month by the South East Regional Community Health Service at Council offices.



Strategies for Promoting Public Health:

Sustaining and Improving Public and Environmental Health Protection

SUSTAINING AND IMPROVING PUBLIC AND ENVIRONMENTAL HEALTH PROTECTION

Relevant sections from Beyond 2015 Strategic Management Plan

GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Building Communities</p> <p>To maintain and improve the quality of life of our people by fostering a range of infrastructure, services and activities.</p>	<p>1. Strive for an increase in services and facilities to ensure the community has equitable access and that the identified needs of the community are met.</p>	<p>6. Ensure the efficient implementation of the Dog and Cat Management Act through the enhancement, implementation and review of the Dog and Cat Management Plan 2013-2018.</p>	<p>1. Review City of Mount Gambier Dog and Cat Management Plan in 2013.</p> <p>2. Conduct an annual public awareness campaign to raise awareness of the requirement to register dogs annually.</p> <p>3. Prepare an annual community education plan and program to promote the Dog and Cat Management Plan.</p>
		<p>7. Continue to provide an efficient and high performance kerbside household waste and recycling Service.</p>	<p>1. Waste Services are delivered to customer satisfaction through maintaining the annual performance results of the Local Government Association Comparative Performance Measurement Survey</p> <p>2. Council's waste management system continues to reflect community, legislative requirements and Council's decisions.</p> <p>3. Identify and implement annual Continuous Improvement Projects.</p>
		<p>8. Provide timely and effective burial and cremation services in accordance with relevant acts (Carinya Gardens and Lake Terrace Cemetery</p>	<p>2. Relevant Cemetery / Burial / Cremation Acts and Regulations are complied with 100% at all times.</p> <p>5. The Carinya Gardens Cemetery Master Plan implemented and adhered to at all times.</p>

Sustaining and Improving Public and Environmental Health Protection

SUSTAINING AND IMPROVING PUBLIC AND ENVIRONMENTAL HEALTH PROTECTION			
Relevant sections from Beyond 2015 Strategic Management Plan			
GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Building Communities cont. To maintain and improve the quality of life of our people by fostering a range of infrastructure, services and activities.</p>		9. Ensure all public toilet facilities and amenities are maintained and kept clean.	<p>1. Public toilets and amenities are cleaned as per the Public Toilets and Amenities Schedule.</p> <p>2. Public toilets and amenities are audited and inspected quarterly by the Environmental Health Officer and any issues identified are appropriately addressed so as to ensure all toilet and amenities are in a clean and functional manner 90% of the time.</p> <p>3. Customer requests are dealt with within 24 hours of receipt of any request.</p>
	4. Encourage the development of community facilities and infrastructure, community events, and community active and safe community spaces through direct support, seeking funding and facilitation etc.	3. Develop and manage sustainable infrastructure including roads, footpaths and drains.	5. Stormwater drains are maintained and repaired as required. 6. New drains area constructed in accordance with budget allocation.
<p>Securing Economic Prosperity To support our economic generators in meeting opportunities in the local, national and international business environment, to ensure that the City has a viable, sustainable and diverse economic base and continues to be a thriving provincial city.</p>	5. Provide infrastructure and facilities that contribute to Mount Gambier being able to enhance its economic base and quality of life.	1. Ascertain the capacity of current utility services and infrastructure.	<p>1. Undertake a review of all utility services and infrastructure as part of the Urban Boundary Adjustment DPA by June 2013.</p> <p>2. Ensure all new areas identified for future development can be appropriately serviced by utility services and infrastructure when required on an ongoing basis.</p>

Strategies for Promoting Public Health: Sustaining and Improving Public and Environmental Health Protection

SUSTAINING AND IMPROVING PUBLIC AND ENVIRONMENTAL HEALTH PROTECTION

Relevant sections from Beyond 2015 Strategic Management Plan

GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Environment</p> <p>To incorporate into Council business and the development of our community a commitment to secure the long term integrity of the environmental systems, landscapes and services which support them.</p>	<p>2. Support the preservation and enhancement of the City's unique natural and built heritage for future generations.</p>	<p>3. Appropriately respond to and address storm, fire, accidental and criminal damage.</p>	<p>1. Minor maintenance is undertaken in accordance with service standards.</p> <p>2. Criminal damage is appropriately addressed and reported within twenty four hours.</p> <p>3. Emergency response to accidents undertaken immediately as required in accordance with the Regional Emergency Management Plan.</p> <p>4. Storm damage and flooding is addressed and managed in line with disaster recovery.</p> <p>5. Implement and comply with the state wide Bushfire Management Plan as developed by the South Australian Government at all times.</p>
<p>Community Well-Being</p> <p>To advance the holistic health and well being of all age groups in our community by creating healthy environments, strengthening community relationships, developing health and well-being programs and supporting excellence in the delivery of health services.</p>	<p>3. Advocate for the health needs of the community by encouraging partnerships in the provision of affordable and viable facilities and infrastructure.</p>	<p>1. Reduce risk and improve public health outcomes for the community through the effective and timely implementation of the Public and Environmental Health Act 1987 (repealed) South Australian Public Health Act 2011, associated regulations and codes.</p>	<p>1. Food premises are inspected as per the Food Act and on a risk basis and notified accordingly.</p> <p>2. Support the 'Registered Training Organisation' in the provision of affordable and accessible food safety training for food handlers.</p> <p>3. Undertake annual auditing, or ensure it is undertaken, of high risk food businesses serving vulnerable people.</p> <p>4. Undertake inspections of public pools and spas in respect to relevant acts and regulations.</p> <p>5. Inspect hairdressers and skin penetration facilities in accordance with the Public and Environmental Health Act and risk management</p>

Sustaining and Improving Public and Environmental Health Protection

SUSTAINING AND IMPROVING PUBLIC AND ENVIRONMENTAL HEALTH PROTECTION			
Relevant sections from Beyond 2015 Strategic Management Plan			
GOAL	STRATEGIC OBJECTIVE	OPERATIONAL ACTIVITY	KPI & TARGET
<p>Community Well-Being cont. To advance the holistic health and well being of all age groups in our community by creating healthy environments, strengthening community relationships, developing health and well-being programs and supporting excellence in the delivery of health services.</p>			6. Ensure all cooling tower and warm water systems are audited annually as per the Public and Environmental Health Act, relevant regulations, codes and standards. 7. When insanitary conditions are identified, attempt to resolve in a timely and effective manner. 8. Ensure timely follow up of communicable diseases where required.
		2. Ensure applications for on site waste water treatments are assessed according to the Public and Environmental Health Act 1987 (repealed) South Australian Public Health Act 2011 and are regularly reviewed for maintenance.	1. Maintenance reports are reviewed when submitted with Council. 4. Review all properties for sewer connections in 2013/2014, subject to budget allocation.
		4. Have safe and regulated outside displays/eateries in accordance with relevant legislation.	1. Ensure all outdoor furniture and displays have been issued with a permit subject to the Local Government Act. 2. Undertake (at least twice yearly) monitoring of furniture and displays to ensure they meet permit conditions.

In addition to the current strategies various stakeholders have been identified to be engaged as potential partners in further projects undertaken/supported by Council.

PRIORITIES	POTENTIAL PARTNERSHIPS FOR ACTION	P O T E N T I A L CONTRIBUTION
Poor Nutrition & Diet	<ul style="list-style-type: none"> SA Health Department Education and Child Development (DECD) AC Care Trial projects in schools regarding education and availability of healthy food – utilise local specialists Continue partnerships with volunteer based organisations – lobby for funding 	<ul style="list-style-type: none"> Funding assistance Value add to existing programs Use of educational / health promotion resources Provide expert advice, specialist services Council is not equipped to deliver (GP's, Nurses, Councillors etc.)
Obesity & Overweight	<ul style="list-style-type: none"> Department Planning Transport and Infrastructure See Partners in Poor Nutrition & Diet and Physical Inactivity priority areas. 	
Physical Inactivity	<ul style="list-style-type: none"> Peak sporting bodies in Mount Gambier Department of Health - SA Health Department Planning Transport and Infrastructure Department Education and Child Development (DECD) SAPOL – fear of exercising outside Early Childhood, AC Care, Centacare, Lifeline – family trends and behaviours GP's & gyms - education 	<ul style="list-style-type: none"> Assistance with statistics to measure changes of priority areas during / after implementation of the first RPHP. Help to develop subsequent plans as required.
Potentially Avoidable Hospital Admissions	<ul style="list-style-type: none"> LGAMLS – research common risks and trends – trips and falls Motor Accident Commission & SAPOL – driver safety Department Planning Transport and Infrastructure Self assessed risk – early detection or home safety 	
Degenerative & Mobility/Access for the Aged	<ul style="list-style-type: none"> Partnerships with Aged Care and Supported Residential Facilities Advocate for Disability services – Department Communities Social Inclusion (DCSI) Dementia Australia Falls prevention program Department Planning Transport and Infrastructure 	

PRIORITIES	POTENTIAL PARTNERSHIPS FOR ACTION	P O T E N T I A L CONTRIBUTION
Substance Abuse	<ul style="list-style-type: none"> • State Government • Department Education and Childhood Development • Department Planning Transport and Infrastructure • Drug and Alcohol Services of SA (DASSA) • Uniting Communities • Life Without Barriers • General Practitioners • SA Dental (smoking cessation program) • Limestone Coast Drug Action Team 	<ul style="list-style-type: none"> • Funding assistance • Value add to existing programs • Use of educational / health promotion resources • Provide expert advice, specialist services Council is not equipped to deliver (GP's, Nurses, Councillors etc.) • Assistance with statistics to measure changes of priority areas during / after implementation of the first RPHP. Help to develop subsequent plans as required.
Mental Health	<ul style="list-style-type: none"> • SA Health – service provision • Mt Gambier Community and Service Directory • The Junction • Headspace/Uniting Communities 	
Suicide Prevention	<ul style="list-style-type: none"> • Refer - Suicide prevention plan 	
Domestic Violence	<ul style="list-style-type: none"> • Limestone Coast Violence Against Women Collaboration • Limestone Coast Domestic Violence Service • SAPOL • Department for Communities and Social Inclusion's • Office for Women • Department of Human Services • Lifeline • Mensline • White Ribbon Australia • 1800RESPECT • Kids Helpline 	
Delayed Early Childhood Development	<ul style="list-style-type: none"> • Mount Gambier AEDC Action Group • Department Education and Child Development (DECD) • Independent schools • NGO's and human services • Housing SA • AC Care and Lifeline • State Government – transport 	
Dental Health	<ul style="list-style-type: none"> • Advocate for more specialists • SA Dental Service • (NB: poor nutrition & diet programs may be relevant) 	

(NB: SA Health and LGA SA would be relevant partners to all priority areas).

Implementation and Review Process

IMPLEMENTATION

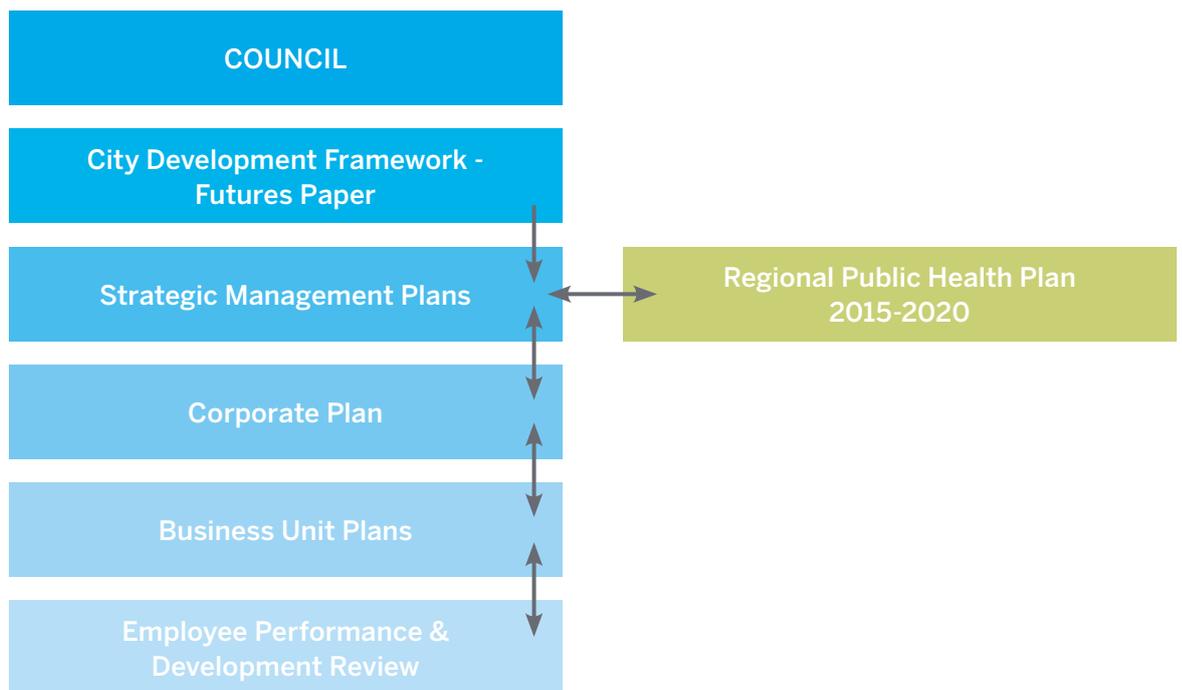
It is envisaged that the Regional Public Health Plan once completed, will sit below Council's future planning document, the Strategic Management Plan. Current KPI's and operational activities related to public health will be continued with a renewed focus on priority areas highlighted in this public health plan and local determinants of

health. All staff will be responsible for their individual contribution to the City of Mount Gambier's health plan through continued implementation of their relevant KPI's as listed in the Council's Corporate Plan. Implementation of the plan will be monitored recorded through Council's reporting structures.

GOVERNANCE STRUCTURE

The City of Mount Gambier's Regional Public Health Plan 2015-2020 joins Council's suite of strategic management plans.

The flow diagram below represents how the health plan will influence Council's decision making.



EVALUATION

The SA Public Health Act 2011 requires Council to report on the progress of implementing the Regional Public Health Plan every two (2) years to the Chief Public Health Officer. In a reporting year, the report must be provided to the Chief Public Health Officer on or before 30 September. The report must relate to a reporting period of 2 financial years ending on 30 June in the reporting year. By using current operational activities and KPI's as strategies to address priority issues and

risks identified to our public's health, annual reporting on the strategic plan will allow for accurate data on Councils tasks undertaken to be recorded and reported transparently. Continued support from SA Health and the LGA on the monitoring of conditions of public health significance and information on prevalence will allow for our strategies influence in reducing or eliminating risks to be evaluated.



REVIEW

Council may amend a Regional Public Health Plan at any time; however it must be reviewed at least once in every 5 years.



References

LEGISLATION

- South Australian Public Health Act 2011
- South Australian Public Health (General) Regulations 2013

COUNCIL PLANS AND SUPPORT DOCUMENTS

- City Development Framework, the Futures Paper
- City of Mount Gambier: Strategic Plan – Beyond 2015
- City of Mount Gambier: Corporate Plan 2012
- Profile.id – Community Profile – City of Mount Gambier 2011 Census Results

SA HEALTH SUPPORT MATERIAL

- Summary of the State Public Health Plan: South Australia - A Better Place to Live
- State Public Health Plan: South Australia - A Better Place to Live
- Report of the Chief Public Health Officer: The State of Public Health for South Australia 2012

LOCAL GOVERNMENT ASSOCIATION (LGA) OF SOUTH AUSTRALIA SUPPORT MATERIAL

- An Audit Tool for Local Council's Public Health Planning 2013
- LGA: Population Health Profile – of the South East Local Government Area to assist in the preparation of the Regional Public Health Plan
- LGA Information Papers on South Australian Public Health Act 2011:
 - Information Paper 3: Public Health Planning Overview
 - Information Paper 4: Council as the Local Public Health Authority for its Area
 - Information Paper 5: Functions of Council - To Preserve, Protect and Promote Public Health
 - Information Paper 6: Functions of Council – Cooperation between Council and other Authorities
 - Information Paper 7: Functions of Council – Ensuring Adequate Sanitation Measures are in Place and that Activities do no Adversely Affect Public Health

ADDITIONAL SUPPORT MATERIAL

- Medicare Local: 2013 Interim Needs Assessment Summarised Report
- Heart Foundation: Creating Heart Healthy Communities – Helping local councils meet the requirements of Public Health Planning
- SEIFA Index (Socio-economic Indexes for Areas)
- SELGA Health and Wellbeing Plan

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