



City of Mount Gambier

REGIONAL PUBLIC HEALTH PLAN

2021 - 2026



MAYOR'S MESSAGE

I am pleased to present you with the City of Mount Gambier's Regional Public Health Plan 2021-2026.

The City of Mount Gambier has a long history of working collaboratively with the community and this all-inclusive approach has multiple benefits for the 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 beyond just involving the community and can assist in increasing social connectedness, reducing social isolation, supporting good mental health, nurturing early childhood development and increasing physical activity.

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 the community. This in turn, ensures the continued effectiveness of Council's projects and operational activities to address the current and future needs of the community.

Our Regional Public Health Plan identifies Council as the relevant local public health authority for its area and outlines the work currently undertaken in this field. Along with the SA Public Health Act 2011, this plan recognises that Council is in an ideal position to identify areas of concern within our own local community. The twelve priority areas acknowledged in this document specifically affect residents of the community and will become a focus over the next five years.

OVERVIEW

The City of Mount Gambier Regional Public Health Plan 2021-2026 has been developed in accordance with the South Australian Public Health Act 2011.

This is the second plan, updating the Regional Public Health Plan 2015-2020, 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:

1. Public health means the health of individuals in the context of the wider health of the community;
2. Without limiting the definition of public health in subsection (1), public health may involve a combination of policies, programs and safeguards designed –

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

- 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 with the State Public Health Plan 2019-2024 and follows four key priority areas identified:

1. Promote:

Build stronger communities and healthier environments,

2. Protect:

protect against public and environmental health risks and respond to climate change,

3. Prevent:

prevent chronic disease, communicable disease and injury, and

4. Progress:

strengthen the systems that support public health and wellbeing.

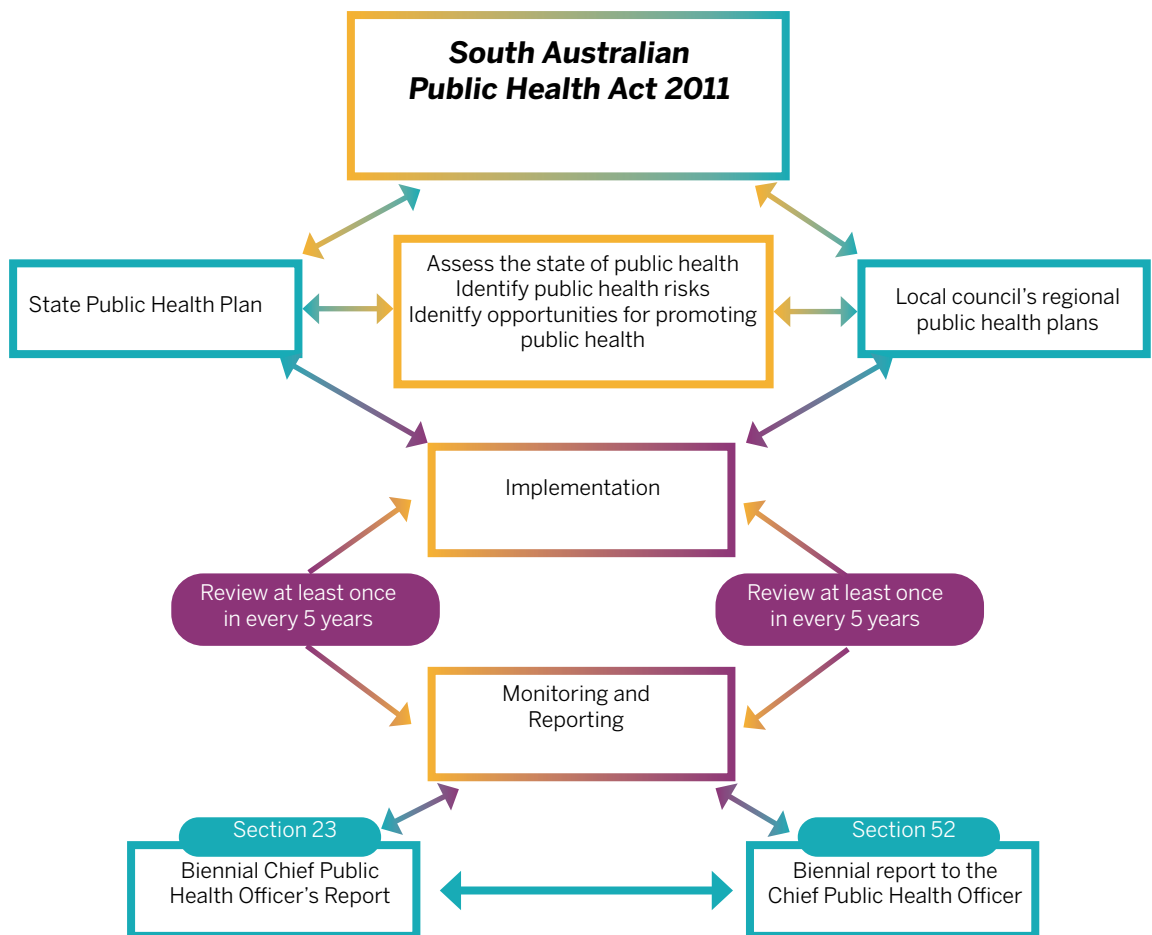


Diagram 1: Public health planning system

This plan identifies the key focus 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 Plan 2020-2024, Disability Access and Inclusion Plan, City Development Framework and the Futures Paper, this plan will ensure the continued effectiveness of Council’s 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 a dormant volcano Mount Gambier has an approximate population of 27,000 and services a regional population of almost 65,000 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 2016 Census shows the median age is 40 years with the largest group within Mount Gambier in the 0-14 year old age group (19.8%). The 65 years old and over (18.5%) is similar to the State percentage for this cohort with a higher percentage in Mount Gambier for the 0-19 year old age group.

A thriving, progressive community, residents enjoy a quality lifestyle with city facilities and services, many attractions, a wide range of accommodation providers, shopping and entertainment. The city 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.

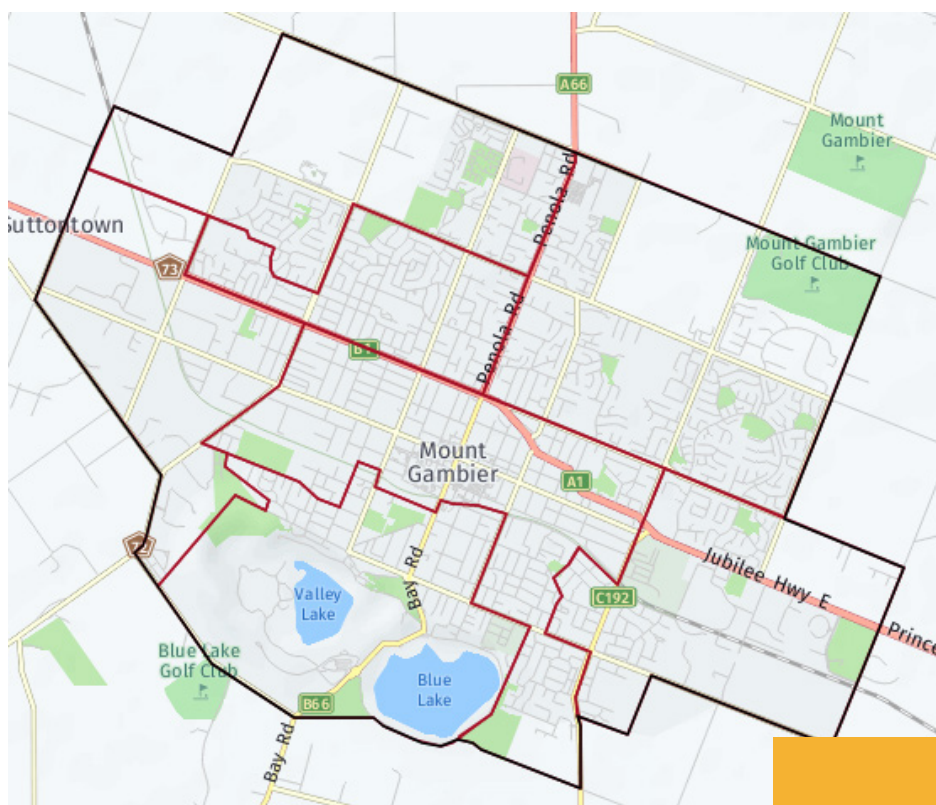
The City of Mount Gambier is responsible for providing an increasingly diverse range of facilities and services to achieve our vision of creating an inclusive city where people lead fulfilling lives, where people in the community are secure, prosperous, healthy and valued. New economic and environmental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

POPULATION PROFILE

The current residential population of Mount Gambier is approximately 27,000. Council acknowledges that the City of Mount Gambier services a wider regional cross State border community inclusive of approximately 65,000 people.

The population of Mount Gambier is growing and ageing. Over the past 6 years (2014-2019) the city has experienced a growth rate of +4.24% (565 persons). Overall, this represents an average annual population change of +0.70% per year for the period. The population aged 60+ is increasing.

The number of recent arrivals in the area has continued to increase. The evolving groups for change in the reported ancestries and overseas place of birthplace include India and Burmese. As the makeup of the local community changes it is recognised that public health needs to also evolve.



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 table indicates the differing levels of disadvantage in the areas of the City of Mount Gambier. The lower the score, indicated the higher the disadvantage. Therefore, Mount Gambier North East has the lowest disadvantage and Mount Gambier East the highest levels of disadvantage. Mount Gambier has an overall disadvantage score of 925, compared to 979 for South Australia. Mount Gambier has the highest level of disadvantage when compared to the other Limestone Coast Council areas.

Within the Mount Gambier local government area there is a large disparity in socioeconomic status. 28% of residents in Mount Gambier hold a Pensioner Concession Card or a Health Care Card from Centrelink, which is lower than the Regional SA level.

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.

Index of Relative Socio-economic Disadvantage in Mount Gambier (2016)

| | |
|-------------------------------|--------|
| Mount Gambier (East) | 733.2 |
| Mount Gambier (Central North) | 831.1 |
| Mount Gambier (West) | 902.4 |
| Mount Gambier (Central) | 921.7 |
| Mount Gambier (North West) | 991.5 |
| Mount Gambier (Lakes) | 996.9 |
| Mount Gambier (North East) | 1021.1 |

UNEMPLOYMENT

In the 2020 March quarter, Mount Gambier had an unemployment rate of 6.2%, 1% higher than the national average. In June and July 2020, 11.8% of the eligible population aged 15 to 64 years in Mount Gambier were in receipt of an 'unemployment benefit', either Youth Allowance or Job Seeker. This is an increase since the last plan, with COVID-19 influencing unemployment rates Australia wide during 2020.

EDUCATION

During the last Census, almost 12% of 15-24 year old age group were disengaged with either work or education in Mount Gambier. Approximately 14% of the 16 year old age group in Mount Gambier were not participating in full-time secondary education, notably lower than the regional South Australia level of 17%.



HOUSING

The proportion of low-income households experiencing rental stress in Mount Gambier was 28.4%, similar to the national average (28%), however higher than regional South Australia percentage of 25.8%. Houses rented from Housing SA at the 2016 Census in Mount Gambier was at 9.1%, dropping from 11.1% in 2011. The same period saw an increase in private renters and homeowners.

The proportion of residents in receipt of rent relief in Mount Gambier is 17.6%, higher than the level in regional South Australia, with 15.6%. The 2016 Census estimated that there were just under 100 persons homeless in Mount Gambier.

ACCESS TO SERVICES

An estimated 1.6% of people over the age of 18 years in Mount Gambier, had difficulty accessing health care. While this may appear low, it is above the regional South Australia rate of 1.2%. The 2014 model estimate for 18 years and over shows 3.2% had difficulty or could not get to their chosen place due to transport.

The Child and Adolescent Mental Health Services in Mount Gambier has approximately 16% more clients than overall rate in regional South Australia. This high rate indicates the important role these services provide the local community.

Over a third (35%) more clients aged over 15 years in Mount Gambier access the government-funded community mental health services when compared to overall regional South Australia. This not only reflects demand for these important services, but also their availability locally and in Adelaide where residents would travel for support.

During 2016 internet services were accessed from 75% of Mount Gambier's private dwellings, however, over 8% of children (under 15 years old) were living in dwellings where internet could not be accessed.



EARLY LIFE AND CHILDHOOD

The rate of immunisation of infants at one year of age in Mount Gambier in 2017 was 92%, and fully immunised children at 5 years of age increased to a rate of 94.6%. This is an increase of fully immunised 5 year olds since the last plan.

In June 2016, approximately a quarter of all children under the age of 16 years old in Mount Gambier lived in low-income families receiving welfare payments from Centrelink.

In 2015, 28.6% 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. This was a significant increase from 15.4% in 2009. The latest data released in 2018 indicates this has slightly reduced to 26.3%.

MORTALITY

The median lifespan for males and females in Mount Gambier is 78 and 84 years respectively. These are both comparable to the non-metropolitan averages. Premature mortality at the ages of 15-24 years has a rate of 37.6 deaths per 100,000 population, this is two thirds of the rate in Regional SA (56.2 deaths per 100,000) overall estimate in 2015.

Over a five year period (2013 - 2017) the annual average infant mortality rate was 3.6 per 1,000 population. In the same period the youth mortality (15 - 24 year old age group) had an annual average of 64.3 per 1,000 population.

PERSONAL HEALTH & WELLBEING

According to the 2017/2018 National Health Survey, Mount Gambier was estimated to have 17.6% of people aged 15 years and above, rate their own health as fair or poor. This is a slight increase (1%) over the 10-year period. 13% of adults in Mount Gambier are estimated to have experienced high or very high levels of psychological distress, an increase from 11.7% in 2007/2008 survey. This is comparative with levels in regional South Australia.

Residents reported high levels of community connectedness in 2014, with 94.2%, feeling able to get support in times of crisis. An increase from 90.2% in 2010.

The level of volunteering can indicate the cohesiveness of the community and how readily individuals are able to contribute to that community. In 2016, 22.1% of Mount Gambier's population (over 15 years of age) reported as being involved in volunteer work. This is a similar contribution to the community by volunteers as recorded in 2011 of 22.2%.

In 2014, over 30% of people 18 years older were providing support to a family member or relative outside of their household. Unpaid assistance from carers, 15 years and over, for people with a disability was provided by 11.8% of the local population in 2016.

BURDEN OF DISEASE

In 2017/2018, admissions for potentially preventable conditions totalled 900 people which equates to 3,059 people per 100,000 population. The highest age bracket for preventable hospital admissions was 65 years of age and over and the lowest was in the 15 - 24 year old age group.

Avoidable mortality statistics for Mount Gambier in 2013/2014 resulted in men (134) nearly doubling women (73) with cancer being the highest cause. There were 61 cases of potentially preventable hospitalisation from vaccine preventable conditions in 2017/2018. Admissions to hospital for acute dental conditions during 2017/2018 was 116 persons.

UNINTENTIONAL INJURIES

This category represents unintentional injuries including; preventable hospital admissions due to road traffic accidents, falls, fire/burns/ scalds, striking/ crushing accidents and other transport accidents. The rate of admissions for these avoidable conditions in Mount Gambier was 5% lower than Regional SA overall, during 2016/2017.

DIABETES MELLITUS

Type 2 Diabetes in Mount Gambier has an estimated prevalence of 4.7% of the population, similar to regional South Australia overall in 2014/2015. In Mount Gambier in 2017/2018, 1,296 people were being treated which is 4.7% of the population.

ALCOHOL AND OTHER DRUGS

4,186 people die from alcohol related injuries, illness and accidents and an estimated 144,000 people are hospitalised due to alcohol every year in Australia.

Legislation in many states including SA and NSW prohibits the supply of alcohol to young people without parental permission. However high levels of alcohol consumption occur both in the home and the home of others.

Tobacco smoking is the greatest single cause of premature death and a leading preventable cause of morbidity in Australia. In the National Health Survey 2017/2018, Mount Gambier's smoking rate for 18 year old's and over was estimated at 14.7%, representing a drop from 22.7% over the ten year period.

However, the rate of pregnant women who reported smoking during pregnancy was still almost a fifth (18.1%) of pregnant woman surveyed. Despite this, both sets of statistics are notably lower than the statistics for regional South Australia.

Planet Youth is an evidence-based prevention program from Iceland, internationally renowned for producing significant reductions in alcohol and other drug use among young people. Data is collected through a survey of year 10 school students questioning family structure, parental and peer support, structured and unstructured activities and pastimes, substance use and academic achievements. The Limestone Coast results from 2019 are indicated below.

Young people with a peer group that drinks alcohol are more likely to also drink in comparison to young people whose friends do not drink alcohol.

Among young people who drink sometimes or often, the two most common places they drank were at home or in the home of others.

Parents and older siblings are the major suppliers of alcohol to young people.

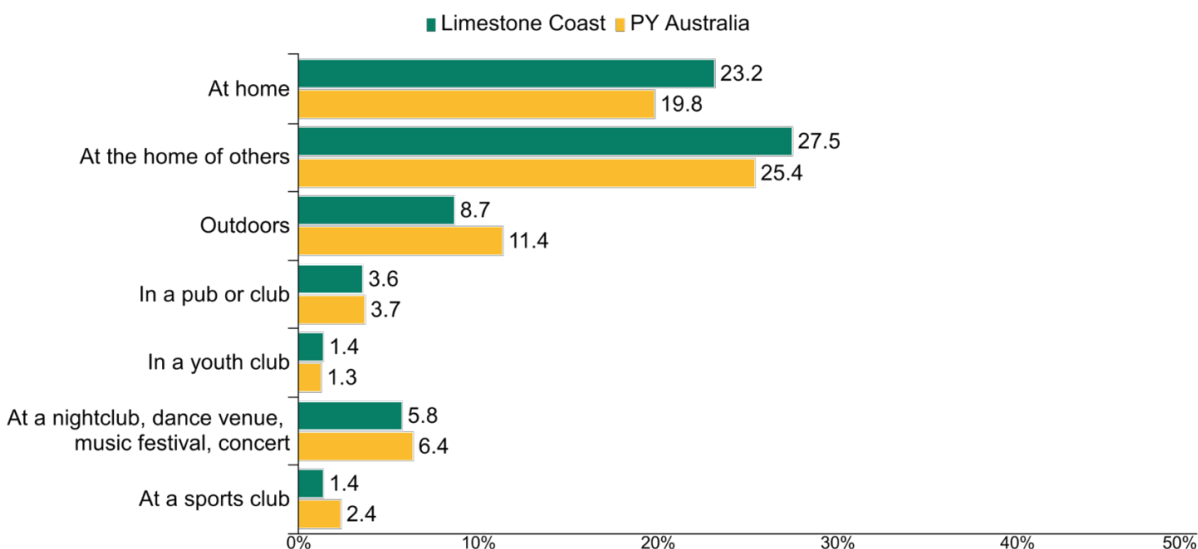
Substance use – Key Findings



Peer group effects - Key findings



Proportion of adolescents in Limestone Coast who drink alcohol sometimes or often in the following places:



OBESITY & OVERWEIGHT

The 2014/2015 National Health Survey Estimates Obesity in Mount Gambier to be over a third for males (35%) and females (38.1%). These figures are consistent with Regional SA overall, however, indicate a growing incident of obesity when compared with the previous survey in 2007/2008 (up from 20.1% & 17.7% respectively).



PHYSICAL INACTIVITY

Mount Gambier has an increasing estimated percentage for physical inactivity among adults. Data modelled from the 2014/2015 National Health Survey estimates 73.3% of adults are inactive, an increase from approximately 40.1% of adults in the 2007/2008 survey.

POOR NUTRITION & DIET

Only 45.8% of adults in Mount Gambier meet the recommended daily intake of two fruit servings per day, however two thirds of children 4 - 17 years old are estimated to meet the recommended fruit consumption.

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. In 2017/2018, 255 persons were admitted to hospital for mental health related conditions.

Mental health problems were estimated to have affected 18.9% of males in 2014/2015 surveys compared to 10.7% in 2007/2008, and 20.8% for females, almost doubling from 10.6% in Mount Gambier. This is another risk factor that has seen a substantial increase from previous data collection.

SUICIDE

In 2019, total suicide deaths in South Australia was 251, an increase of 39 from 2018. Across Australia, total suicide deaths increased by approximately 300 from 3,000 in 2018 to 3,318 in 2019.

The Mount Gambier & Districts Suicide Prevention Network have developed an action plan in line with the South Australian Suicide Prevention Plan.

FOCUS AREAS

The following topics have been identified as focus areas affecting the public health of the Mount Gambier community. These focus areas have been identified using statistical research and local knowledge of the population profile, burden of disease and social determinants of health in the community. This 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
- Environmental Sustainability
- Accessibility (Disability Access & Inclusion)



SUMMARY

Council currently undertakes all prescribed functions as listed under the SA Public Health Act 2011 and addresses each of the four 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 State Public Health Plan 2019-2024 identifies the following:

“This plan’s vision is for a South Australia where communities are friendly, safe and sustainable with well-designed places that support physical and mental health and wellbeing. This includes being able to walk or cycle to local services, easily access public transport to larger centres, make nutritious food choices and enjoy being active in parks and other recreational facilities. This vision also sees South Australia’s rich diversity celebrated, community activities accessible to everyone and residents participating and having a say in community life.”

– State Public Health Plan – 2019-2024 - A Healthy, liveable and connected community for all South Australians.

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

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

OPPORTUNITIES IDENTIFIED

MONITORING CONDITIONS OF PUBLIC HEALTH SIGNIFICANCE / INFORMATION ON PREVALENCE / ACTION FOR PUBLIC HEALTH.

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 focus 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 Plans are already influencing public health focus areas in the 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 City of Mount Gambier Strategic Plan 2020 – 2024 have been incorporated into each area with examples of how the current broad operational activities directly influence public health. This not only reflects Council's current capacity in addressing focus areas within the community, it shows Council's adaptive ability to apply projects as the community's health needs evolve.

Maintaining our current strategic plans and operational activities will allow projects and services to be adapted as the community public health needs change. The identification of developing trends and focus areas for the public health of the Mount Gambier population will allow for an evidence-based approach in developing and implementing community health projects.

The City of Mount Gambier acknowledges the Limestone Coast Regional Public Health & Wellbeing Plan prepared by the following Councils located in the Limestone Coast Local Government Association (LCLGA):

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

Current and potential partnerships for public health action have been identified for each focus 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 focus areas for action can be found at the end of this document.



PROMOTE: Build stronger communities and healthier environments

As outlined in the State Public Health Plan: “The environment where we live, learn, work and play have a major influence on our physical, social and emotional health and wellbeing across the life course”. The following projects are examples for City of Mount Gambier which fit within this State priority.

SPORT AND RECREATION CAPITAL WORKS PROGRAM GRANTS

The aim of the City of Mount Gambier Sport and Recreation Capital Works Program is to foster and assist in the development and/or capital renewal of sport and recreation infrastructure within the city. The development and renewal of this infrastructure promotes the long-term use of the facilities and encourages participation in our local sport and recreation activities.

LIBRARY SERVICES

The Mount Gambier Public Library is a vibrant hub that provides high quality services and facilities. The library is readily accessible and welcoming to all residents and recognises the diverse community it serves. Programs, resources and activities are provided for all ages and interests. Social connectedness and inclusion is supported by the Library; by acting as a meeting place, providing free access to the internet and volunteer opportunities. Examples of the wide range of services delivered for the community are:

- School holiday programs,
- Youth activities,
- STEAM programs (Science, Technology, Engineering, Arts and Mathematics),
- Author events,
- Lifelong learning opportunities,
- Digital literacy training,
- Under 5 early literacy programs, and
- A volunteer program



COMMUNITY EVENTS

Various community events are organised or supported by Council throughout each calendar year. Most events are aligned with the focus areas highlighted in this Plan as well as community connectedness and social cohesion. Council has recently identified the need to deliver events that are inclusive and accessible to all people as part the Disability Access and Inclusion Plan (DAIP). Examples of such events are:

- Parkrun,
- Inside Line Downhill Mountain Bike race,
- Fringe Mount Gambier,
- Legends of the Lake Hill Climb,
- Blue Lake Fun Run, and
- Blue Lake Carols.

DISABILITY ACCESS AND INCLUSION

The City of Mount Gambier Disability Access and Inclusion Plan (DAIP) has been developed in consultation with the community and staff, to identify and address priority areas and create awareness of disability and equitable access and inclusion.

The plan outlines Council's commitment to the continuous review and development of information, services and facilities to ensure equitable access and inclusion for all.

Further to the DAIP, Council continues to demonstrate a commitment to providing well designed public spaces and developments that are safe, inclusive and accessible for all.

Through ongoing consultation and engagement, Council continues to work with the community to review and improve the environments where we live, learn and play. The valuable insights, learnings and relationships developed through consultations such as the Changing Places facility in 2018 have been integrated across other projects, departments and developments within Council such as the Wulanda Recreation and Convention Centre.

EARNING AND LEARNING

The City of Mount Gambier continues to adopt learning as a key theme and strategy in the current Strategic Plan. "Becoming an 'earning and learning' community" Council is driving the development of local career, education and entrepreneurship pathways that build skills to grow the economy, facilitate new businesses and provide exciting and relevant employment opportunities for all people as it transitions to an 'earning an learning' city.

PROMOTE BUILD STRONGER COMMUNITIES AND HEALTHIER ENVIRONMENTS

Relevant sections from City of Mount Gambier Strategic Plan 2020-2024

| Goal | Theme | Activity | Action |
|------------|--|---|---|
| Our People | <p>1.1 Community based organisations and networks Community groups and networks develop and grow to achieve their aspirations.</p> | <p>1.1.1 Fostering and supporting community-based organisations. 1.1.2 Supporting programs that allow the community groups to be more effective in achieving their goals. 1.1.3 Developing a volunteer management plan to maximise the benefit of volunteering to the community for those who choose to donate their time to the Council.</p> | <ul style="list-style-type: none"> We will deliver our own volunteer management plan. |
| Our People | <p>1.2 Community growth We foster a sense of community by encouraging and supporting participation in community life.</p> | <p>1.2.1 Creating opportunities for existing and new businesses by being genuinely 'open for business' and ready for education, health and retirement opportunities. 1.2.2 Helping community groups to help themselves by providing support for effective networks to develop and grow.</p> | <ul style="list-style-type: none"> We will implement our commitment outlined in the Small Business Friendly Council Charter. Active representation on Community Groups. |

| Goal | Theme | Activity | Action |
|------------|--|--|--|
| Our People | 1.3 Sense of Community The community grows in real terms at a rate that helps sustain and grow the services available within the City and for the region. | 1.3.1 Supporting community events and programs that bring people together, encourage interaction and promote a sense of community. 1.3.2 Providing opportunities to enable the community to be supported and involved. 1.3.3 Raising awareness of community accomplishments. | <ul style="list-style-type: none"> • We provide a Small Wins Fund of \$25,000 that provides seed funding for community projects of up to \$2,000. • Provide in-kind support for community events eg. Fringe, New Year's Eve • Submission for awards eg. KES-AB, Public Health Awards |
| Our People | 1.4 Care for the community: We will develop our service offering to the community to ensure all members have access to required levels of support. | 1.4.1 Developing and delivering community safety initiatives that respond to local issues and concerns. 1.4.2 Providing integrated services and facilities that encourage active living to improve health and wellbeing. 1.4.3 Valuing and supporting our Boandik and multicultural communities. 1.4.4 Planning, leading and facilitating high quality services to develop the potential of children and young people. 1.4.5 Ensuring support services and recreational activities are accessible. | <ul style="list-style-type: none"> • We will deliver the Wulanda Recreation and Convention Centre and will invest in ensuring that programs are available and accessible for the community. • Provide and maintain community facilities that encourage community health and wellbeing eg. Improvement to Parks and reserves, • Provision of community education programs eg. School Holiday Programs • Implementation of the Disability Access and Inclusion Plan • Deliver actions from the Reconciliation Action Plan |

| Goal | Theme | Activity | Action |
|---------------------|--|--|--|
| <p>Our Location</p> | <p>2.1 Infrastructure development and managing our current assets: We will commence work on meeting the community's aspirations for future infrastructure development, whilst managing our existing infrastructure and assets in a manner that demonstrates the pride we take in our environment.</p> | <p>2.1.3 Consolidating, upgrading and seeking funding for a number of walking and cycling trails throughout the city, including the Rail Trail and the Crater Lakes precinct.</p> | <ul style="list-style-type: none"> We will finish the Rail Trail within the first two years of the Strategic Plan and will invest in cross links in the last two years of the plan. Develop a passive transport strategic plan. Increase the number of passive transport routes. |
| <p>Our Location</p> | <p>2.4 Recognition of our indoor and outdoor sporting assets and our adventurous opportunities: We will work on capitalising on the delivery of the Wulanda Recreation and Convention Centre to highlight the opportunities for sporting and other community events in Mount Gambier and we will seek to leverage the adventure sports market through support to potential providers to develop activities, effective marketing and working with our partners to raise the profile of our City and region.</p> | <p>2.4.1 Seeking to hold at least six regional standard community or sporting events in the new Wulanda Recreation and Convention Centre annually.</p> <p>2.4.2 Continuing to hold six regional standard sporting events (or higher) at our outdoor facilities.</p> <p>2.4.4 Work in partnership with our sporting clubs to improve their sporting and clubhouse facilities and to help them take advantage of accommodation opportunities for groups.</p> | <ul style="list-style-type: none"> We will hold six regional standard community or sporting events in the new Wulanda Recreation and Convention Centre annually. Provision of sport and recreation capital works program grants Provide general advice for development applications to assist with compliance. Attract one State / National event per annum. |
| <p>Our Location</p> | <p>2.5 Focusing on activation, revitalisation and placemaking in our CBD: We will look to create opportunity in our CBD for all year-round activation through effective placemaking and place shaping, making it a vibrant, cohesive and safe place.</p> | <p>2.5.2 Understanding the traffic impacts and the management of delivery needs within a more pedestrian friendly environment.</p> | <ul style="list-style-type: none"> Review the CBD traffic management plan. CBD Activation Plan. |

| Goal | Theme | Activity | Action |
|--|--|--|--|
| Our Diverse Economy | 3.2 Land use planning settings: Planning that provides for future economic and lifestyle changes and continued growth whilst protecting the natural environment. | 3.2.3 Advocating and planning for road, train, airport and communications infrastructure that better connects us with the world. 3.2.4 Working with operators to deliver a public transport network that connects people to essential services, leisure activities and employment. | <ul style="list-style-type: none"> We will work with public transport providers to deliver a more relevant service to the city of Mount Gambier, including access to the new Wulanda Recreation and Convention Centre. |
| Our Diverse Economy | 3.3 Appealing and affordable housing for growth: We have appealing and affordable housing appropriate to incomes, aspirations and cultures to attract and retain new residents. | 3.3.5 Being prepared to use our powers under the Local Nuisance and Litter Control Act and the Development Act to deal with unsightly premises to maintain the standard of residential amenity. | <ul style="list-style-type: none"> Responding to and investigating complaints relating to maintaining the standard of residential, commercial and industrial amenity. Ensure compliance with relevant legislation including: Public Health Act. |
| Our Climate, Natural Resources, Arts, Culture and Heritage | 4.2 Open Space: We will ensure that future growth is planned in a manner that provides access to, and does not detract from, the community's environmental values | 4.2.1 Prepare a Sport, Recreation and Open Space Strategy and masterplans for our key reserves enabling effective and efficient multiple uses and the improvement of facilities. 4.2.2 Ensuring opportunities exist to access and experience natural areas. 4.2.3 Enhancing and promoting environmental experiences to encourage the involvement of our residents and attract visitors. 4.2.4 Seeking to improve connectivity between our reserves and the CBD by non-motorised forms of transport. | <ul style="list-style-type: none"> We will deliver a Sport, Recreation and Open Space Strategy and Masterplans within the first year. Enhancements to three key reserves over the life of the plan in accordance with Council's Disability Access and Inclusion Plan (DAIP). |



| Goal | Theme | Activity | Action |
|---|---|--|---|
| <p>Our Climate, Natural Resources, Arts, Culture and Heritage</p> | <p>4.4 Recreational and cultural pursuits: We will ensure that community members are provided with opportunities for cultural growth and development through provision of innovative services and programs.</p> | <p>4.4.1 Delivering a network of safe and convenient walking trails and cycle paths linking relevant land uses and recreation opportunities.</p> | <ul style="list-style-type: none"> We will finish the Rail Trail within the first two years of the Strategic Plan and will invest in cross links in the last two years of the plan. Construct/install additional cycling paths. Strengthening cultural capacity through programmed activities. |

PROTECT: Protect against public and environmental health risks and respond to climate change

As outlined in the State Public Health Plan: “Healthy living environments contribute to public health outcomes such as improved food safety and water quality and the safe and effective disposal of waste.” The following projects are examples for City of Mount Gambier which fit within this State priority.

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. Council won the National Resource Recover and Waste Management category during the 2020 Australian Sustainable Communities Tidy Town awards.

WASTE EDUCATION STRATEGIES

Educational campaigns are conducted to encourage individuals to increase their sustainable use of resources. Waste education programs are delivered directly into schools and to community groups. During 2020 Council established the free Food Organics Green Organics (FOGO) collection to residential properties throughout the city and implemented the first bulky goods collection trial for the city area. Over 45% of the content of the average Mount Gambier rubbish bin is organic waste, mostly food waste. This results in hundreds of tonnes going to landfill each year, instead of being composted. The bulky waste trial has diverted over 330 tonnes, through over 1,200 collections.

ENVIRONMENTAL SUSTAINABILITY INITIATIVES

Council actively participates and advocates for 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.



REUSE MARKET

The ReUse Market was opened in 2018, with patronage and support from the community at unexpectedly high levels. Residents have the opportunity to drop-off reusable items to the Waste Transfer Station for free, which are then resold through the ReUse Market. Since opening over 200 tonnes of waste have been diverted away from landfill.

WASTE SERVICES

When incorrectly disposed of, waste can cause public health issues. Council provides numerous waste services to alleviate this potential issue:

- Kerbside bin collections
 - General Waste, Recycling, FOGO (Food Organics Garden Organics).
- Bulky/Hard Waste on call collection trial.
- Waste Transfer Station – numerous items accepted free of charge.

FOOD SAFETY AND PUBLIC HEALTH PROMOTION AND PROTECTION

Council actively educates, regulates and assists businesses to meet compliance with relevant legislation. In 2019, City of Mount Gambier produced two publications to assist food business operators to navigate the fit-out and construction of a premise and the food safety operation of their food activity.

In collaboration with neighboring Councils, the regional Food Safety and the Hair, Beauty Skin Penetration newsletters are produced and distributed across the Limestone Coast which can be used as a free training tool by operators. These newsletters became a valuable source of communication for Council to provide updates to businesses during the COVID-19 pandemic.

Council supports registered training organisations in the provision of affordable and accessible food safety training for food handlers and subscribes to the Environmental Health Australia 'I'm Alert' online training platform to provide a free service for all users via the Council website. Authorised officers may commence enforcement of relevant legislation if community health is compromised, to prevent harm and injury. These preventative measures help reduce the burden on the medical system and the amount of time people are unable to go about their normal daily activities, including work and volunteering.

PROTECT

PROTECT AGAINST PUBLIC AND ENVIRONMENTAL HEALTH RISKS AND RESPOND TO CLIMATE CHANGE

Relevant sections from City of Mount Gambier Strategic Plan 2020-2024

| Goal | Theme | Activity | Action |
|-----------------------------------|---|--|--|
| <p>Our Diverse Economy</p> | <p>3.5 Reusing, recycling and waste management: We will work with the community to ensure there is better understanding of the impacts and responsible options available for reuse, recycling and waste management, including investigations as to how the city and region can be more self-sufficient.</p> | <p>3.5.1 Seeking to procure or develop recycled or renewable materials for our services. 3.5.2 Investing in sustainable waste management practices and progressive technology at the Council's Caroline Landfill facility including methane collection and solar power options. 3.5.3 Invest in education programs to reach everyone in the community to enhance understanding of options and actions. 3.5.4 Continuing to invest in Council's ReUse Market and the range of materials that Council accepts for recycling at the Waste Transfer Station. 3.5.5 Working with partners across the Limestone Coast region to develop solutions to collective waste management and recycling issues, including an independent material recover option.</p> | <p>We will reduce our per capita tonnage of waste from the City going to the Caroline Landfill.</p> <p>We will be producing less waste and enabling greater tonnages of reuse, recycling and organic waste to be collected.</p> <p>Actively pursue the development of a regional waste facility.</p> |

| | | | |
|--|--|--|--|
| <p>Our Climate, Natural Resources, Arts, Culture and Heritage</p> | <p>4.1 Natural assets: We are effective at protecting and conserving the high-quality values of our natural environment.</p> | <p>4.1.1 Working in partnership with relevant organisations to ensure a sustainable environment.</p> <p>4.1.2 Protecting biodiversity for future generations and the creation of wildlife corridors through the Council's own works or in a new private development.</p> <p>4.1.3 Providing opportunities and funding for community involvement in projects aimed at developing environmental sustainability.</p> | <p>We will continue to fund community projects in the Crater Lakes and to develop a partnership with Cleland Wildlife Park and Glenelg Nature Trust.</p> <p>We will see a greater variety of native species, both flora and fauna, in the Crater Lakes precinct and better opportunities to engage the community in understanding our environment.</p> |
| <p>Our Climate, Natural Resources, Arts, Culture and Heritage</p> | <p>4.3 Planned reduction of our carbon footprint: Council will lead by example in the fields of sustainable development and resource efficiency</p> | <p>4.3.1 Managing water through conservation, reuse and water quality.</p> <p>4.3.2 Reducing the environmental impact of waste and maximising conservation of natural resource.</p> <p>4.3.3 Planning our response to climate change.</p> <p>4.3.4 Demonstrating Council's commitment to the environment by reducing our carbon emissions and increasing our use of renewable energy sources.</p> | <p>The Council will enter into agreements to provide more renewable energy from its assets.</p> <p>The community will see a reduction in our overall energy purchases and the implementation of improved sustainable energy supplies at the Caroline Landfill and the Wulanda Recreation and Convention Centre.</p> |

PREVENT: Prevent chronic disease, communicable disease and injury

As outlined in the State Public Health Plan: “Preventable chronic and communicable diseases threaten our health, mental wellbeing and the productivity and vitality of our communities”. The following projects are examples for City of Mount Gambier which fit within this State priority.

COMMUNITY SHARPS PROGRAM

Council offers several pathways for the safe disposal of sharps within the community. Sharps disposal units are located in various public toilet facilities, in addition to a 24-hour collection unit located near the main entrance of the Mount Gambier Civic Centre. Council also subsidises the cost of purchasing sharps containers that meet the Australian Standards and the disposal of the subsequent hazardous waste.

IMMUNISATION

The City of Mount Gambier Council supports the provision of public immunisation sessions to assist in maintaining appropriate immunisation rates and health within the community. Immunisation sessions are held by the Country Health Connect – Limestone Coast Local Health Network, utilising Council facilities. The public vaccination sessions provide for the vaccination of children in accordance with the Australian Immunisation Schedule free of charge and provide the opportunity for adults to be vaccinated under a user pay system.

MOUNT GAMBIER WULANDA RECREATION AND CONVENTION CENTRE

The Wulanda Recreation and Convention Centre is a multi-purpose facility designed to be a community space, with facilities and activities for all ages and abilities including children, families, youth, community groups, recreational and organised sports and those with special needs.

This development will provide substantial year round indoor facilities, addressing many community needs including health and fitness and social inclusion.

ART GRANTS

Council endeavors to address a very important relationship which is being formed between the creative arts and health outcomes, and to generate deeper interest within the arts and health communities, as well as with the general public, about researching the complexities of engagement of arts and health. Namely, Council strongly believes that art-based interventions are highly effective in improving the overall wellbeing and the vitality of the community, by reducing adverse physiological and psychological outcomes.

At the Riddoch Arts and Cultural Centre as well as the Mount Gambier Library, Council is immersed in programs based on positive health effects of visual arts therapy and movement-based creative expression in projects such as virtual reality meditation & tai chi (in celebration of Mental Health Week). The precincts also embrace programs in expressive writing and music engagement.

Council is planning further research and presentation of projects exploring connections between art, technology, chronic diseases, injury and mental health; framing these connections not as particular problems on the fringes of society, but as overall social issues playing a big part in all of our lives. Some of these projects will include virtual reality & augmented reality. An example of an artistic research project that could be presented; is exploring the impact that touch has in promoting stimulation and emotional connection in dementia care.

BICYCLE FACILITIES



Council is dedicated to making cycling as accessible as possible to the community and has provided a number of different types of cycling infrastructure. These facilities include a national standard BMX track, a cycling velodrome, two new pump tracks, the rail trail bike path and the gradual identification of bike lanes within road reserves. It is anticipated that all of these facilities will provide a range of choice that appeals to both the novice rider and the professional to enable the community to embrace cycling.

The cycling facilities now available within the city help to promote a healthy and active lifestyle and are designed to be as accessible as possible to encourage all generations to enjoy an active outdoor lifestyle.

Mountain bike and cycling tourism has been identified as a growing tourism sector which enables people to escape on their bikes and explore the world. Mount Gambier is able to take advantage of the unique Crater Lakes area to offer a mountain bike experience which is unique to the city.

SPORT, RECREATION AND OPEN SPACE PLAN

Council is currently undertaking a process to commence the preparation of a Sport, Recreation and Open Space Plan which is a strategic approach to manage Council's sporting, recreation and open space facilities. It is anticipated that this strategy will guide the strategic direction for Council's open space areas and recreational facilities into the future.

The development and implementation of the plan is intended to provide a more strategic approach to property management with the anticipated benefit for the community being the ability to access a range of facilities aimed at different levels of outdoor activity, whether active or passive. This project is anticipated to commence in early 2021.

CITY HERITAGE WALKS

Council, upon advice from the City of Mount Gambier Heritage Committee undertook the development of a number of heritage walks throughout the city. Not only do these walks assist in raising community awareness of heritage conservation, they also help to promote the benefits of walking in the outdoors.

THE RAILWAY LANDS & RAIL TRAIL WALKING AND CYCLING PATH

The Railway Lands and Rail Trail walking and cycling path project enhances Mount Gambier's central activity spaces by providing an easily accessible place that encourages active participation and passive recreation, through activities such as cycling, walking and playing. The Railway Lands provides integrated spaces for public gatherings, concerts, markets and celebrations and promotes social inclusion for a growing community. The Rail Trail walking and cycling path provides a shared cycling/walking path along a section of rail corridor that runs approximately ten kilometres east-west through the City of Mount Gambier Local Government Area.

The Railway Lands and the Rail Trail walk and cycle path offers health value via a shared path through the centre of Mount Gambier. It has become the city's most popular communal meeting spot; creating a common thread that connects the entire city both physically and socially.

The Railway Lands and the Rail Trail walk and cycle path offers health value as it provides a multipurpose community space and creates a sense of civic pride.

PARK AND STRIDE

The City of Mount Gambier introduced a branding project for the City in 2016 to encourage residents to walk instead of driving short distances in the central business area. The distance and time it would take to reach a destination by foot was identified on signs throughout the city. The aim of the project was to encourage a cultural change among residents towards a healthier lifestyle.

WORKS CONSTRUCTION PROGRAMS

In 2019/2020, Council invested \$338,000 in the construction of an additional 2.3 kilometres of concrete paths throughout the city, in addition to the maintenance of paved areas.

These projects form part of Council's 10 year rolling footpath program. In addition to the concrete paths Council also installed numerous new ramp openings as part of the footpath program to improve the safety of road crossing by the disabled, elderly and those with prams and spent approximately \$830,000 on resurfacing existing footpaths.

CHARTER FOR CHILDREN

The Mount Gambier Charter for Children is an important step in assisting us to become the most liveable city in Australia. The charter consists of nine aspirational principles which guide the work of Council, local businesses and services to assist our children to flourish in their earliest years.

ALCOHOL AND OTHER DRUGS

Council collaborates with the Substance Misuse Limestone Coast Local Drug Action Team to deliver the Planet Youth pilot program to the region. Planet youth is an evidence-based approach to increasing protective and preventative factors relating to substance use among adolescents. The Substance Misuse Limestone Coast deliver evidence based education programs such as Climate Schools through the Library. Council encourages and hosts 'smoke and alcohol free' community events.

PREVENT

PREVENT CHRONIC DISEASE, COMMUNICABLE DISEASE AND INJURY

Relevant sections from City of Mount Gambier Strategic Plan 2020-2024

| Goal | Theme | Activity | Action & Target |
|--|---|--|--|
| Our People | <p>1.5 Care for the community: We will develop our service offering to the community to ensure all members have access to required levels of support.</p> | <p>1.4.2 Providing integrated service and facilities to encourage active living to improve health and wellbeing.</p> | <ul style="list-style-type: none"> We will deliver the Wulanda Recreation and Convention Centre and will invest in ensuring that programs are available and accessible to all in the community. Implementation of the Disability Access and Inclusion Plan actions. |
| Our Climate, Natural Resources, Arts, Culture and Heritage | <p>4.4 Recreational and cultural pursuits: We will ensure that community members are provided with opportunities for cultural growth and development through provision of innovative services and programs.</p> | <p>4.4.3 Adopting a Reconciliation Action Plan and working to implement it sensitively.</p> | <ul style="list-style-type: none"> We will implement our first Reconciliation Action Plan. We will seek more Boandik input and output in the arts, culture and heritage across our city including more public art and the use of Boandik art in more Council publications and exhibitions. |

PROGRESS: Strengthen the systems that support public health and wellbeing

As outlined in the State Public Health Plan: “Strengthening collaborative efforts across the health system and across government, non-government, business and community will result in a planned and consistent approach to addressing public health issues. Partnerships are essential to achieving improved health and wellbeing”. The following projects are examples for City of Mount Gambier which fit within this State priority.

LIVING IN CHALLENGING CONDITIONS PROJECT

During 2020, Council took the opportunity to become involved with University of Adelaide Public Health students. As part of their studies, students would undertake a project for Council in a chosen public health topic. City of Mount Gambier commenced a project around challenging living conditions, with a focus on squalor and hoarding. It is envisaged this will be a long-term partnership, with part one of the project completed during 2020 being a literature review, looking at proactive city centric services that could be transferred into regional areas. Part two will be conducted going forward (in 2021), building on part one by beginning to develop sound principles and possible strategies for Council to implement.

ANNUAL NEIGHBOURHOOD ENGAGEMENT ACTIVITY

Generally centered around a public space or community reserve, Council annually undertakes a range of targeted strategic engagement activities to learn more about the needs and interests of pockets of the community. In response to the feedback received and themes identified, Council partners with key agencies and organisations to promote the availability of relevant key services, support and opportunities on a local level, increasing community connection and cohesion, enhancing community leadership and instilling greater community pride within a defined local neighbourhood.



AF SUTTON RESERVE COMMUNITY ENGAGEMENT PROJECT

The AF Sutton Memorial Park Neighbourhood Engagement Project engaged a neighbourhood surrounding a community reserve which, although once valued as a local meeting and recreational space for the surrounding community, had more recently been acknowledged to suffer from deteriorating facilities, vandalism and anti-social behaviour.

The AF Sutton Memorial Park Neighbourhood Engagement Project engaged almost 200 surrounding residents in articulating how they valued their neighbourhood and how Council could work with the community to make it an even better place to live or visit. The project empowered Council staff to work in partnership with local residents to make meaningful and efficient local improvements focusing on, but not limited to, the local reserve.

Through the delivery of a range of strategic community engagement activities, Council was not only able to prioritise a range of tangible improvements within the local reserve, surprisingly, there was also offers for help from neighbours. Furthermore, a range of additional local focus areas were highlighted in which Council was well-positioned to respond.

The project was awarded a commendation at the Minister for Health and Wellbeing, Excellence in Public Health awards in October 2020. This project will be used as an example when planning similar projects within Mount Gambier.

ADVOCACY

Council plays an advocacy role for our local community by petitioning State and Federal government, on a broad range of issues and services, such as: health services, education offerings, road safety, sustainable initiatives and innovation. This is often done in collaboration with industry and community groups.



RECONCILIATION ACTION PLAN (RAP)

Council's Reconciliation Action Plan (RAP) focusses on strengthening positive relationships, acknowledging and respecting Aboriginal and Torres Strait Islander cultures and providing opportunities to ensure our First Nations people have the same life opportunities as other Australians. Council's plan has been five years in the making, incorporating collaboration with Boandik Elders and community leaders to identify almost 80 deliverables over a period of two years. The plan has been endorsed by Reconciliation Australia as an 'Innovate' RAP.

(image credit: Belinda Bonney)

CORPORATE ASSISTANCE TO VOLUNTEERING PROGRAM

Council has committed to providing ongoing assistance to a number of local services through a unique corporate volunteering program which connects staff to a range of key local service providers during times of need.

Initially developed as a direct response to volunteer shortages in local food-security services during COVID-19, Council provided emergency logistical assistance to Foodbank, Meals on Wheels and Spare Ya Change for Kids through deployment of staff and other resources to enable these services to continue to support the community.

This program not only supports local services, but also builds a direct relationship between Council staff and the community sector, increasing awareness and appreciation in this space.

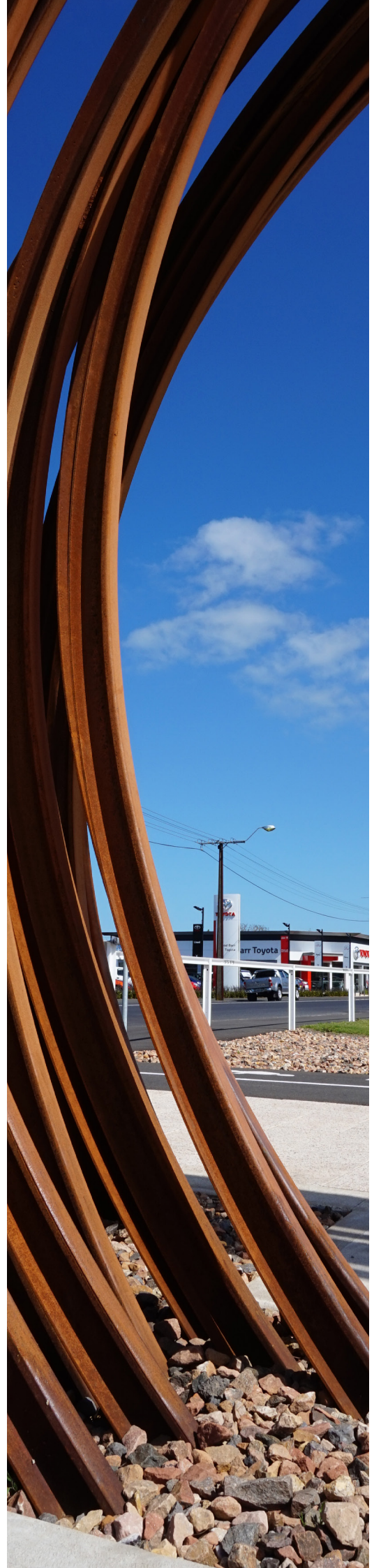
PROGRESS

STRENGTHEN THE SYSTEMS THAT SUPPORT PUBLIC HEALTH AND WELLBEING

Relevant sections from City of Mount Gambier Strategic Plan 2020-2024

| Goal | Theme | Activity | Action |
|------------|--|---|--|
| Our People | 1.2 Community growth: We foster a sense of community by encouraging and supporting participation in community life. | 1.2.2 Helping community groups to help themselves by providing support for effective networks to develop and grow. 1.2.3 Working in partnership with service providers get them to select Mount Gambier as their location of choice for services provided for the South East of South Australia and South West Victoria. | <ul style="list-style-type: none"> We will implement our commitment outlined in the Small Business Friendly Council Charter. Community Strengthening and Small Wins Grants. |
| Our People | 1.4 Care for community We will develop our service offering to community to ensure all members have access to required levels of support. | 1.4.2 Providing integrated services and facilities that encourage active living to improve health and wellbeing. 1.4.3 Valuing and supporting our Boandik and multicultural communities. 1.4.4 Planning, leading and facilitating high quality services to develop the potential of children and young people. 1.4.5 Ensuring support services and recreational activities are accessible. | <ul style="list-style-type: none"> We will deliver the Wulanda Recreation and Convention Centre and will invest in ensuring that programs are available and accessible to all in community. From the day the Wulanda Recreation and Convention Centre opens a range of sporting and community activities will be subsidised to enable participation across community. In accordance with Council's Disability Access and Inclusion Plan (DAIP). |

| Goal | Theme | Activity | Action |
|--------------|--|--|---|
| Our Location | <p>2.1 Infrastructure development and managing our current assets: We will commence work on meeting the community's aspirations for future infrastructure development, whilst managing our existing infrastructure and assets in a manner that demonstrates the pride we take in our environment.</p> <p>2.2 Regional collaboration:</p> | <p>2.1.1 Working with the community to ensure our CBD, health and education precincts, our streets and public spaces are safe, inviting and support a positive image of the City of Mount Gambier.</p> <p>2.2.4 Working with other local government areas to develop cross-regional plans and initiatives.</p> | <ul style="list-style-type: none"> We will finish the Rail Trail within the first two years of the Strategic Plan and will invest in cross links in the last two years of the plan. Deliver infrastructure projects in accordance with Council's Disability Access and Inclusion Plan (DAIP). Establish efficiencies with shared service delivery in the region. Collaborate with the implementation of the Regional Rail Trails project. |



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

| FOCUS AREAS | POTENTIAL PARTNERSHIPS FOR ACTION | POTENTIAL CONTRIBUTION |
|----------------------------------|--|--|
| <p>Poor Nutrition & Diet</p> | <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 • Health Care professionals • Country Health Connect | <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 focus areas during / after implementation of the first Regional Public Health Plan. Help to develop subsequent plans as required. |
| <p>Obesity & Overweight</p> | <ul style="list-style-type: none"> • Department Planning Transport and Infrastructure • See Partners in Poor Nutrition & Diet and Physical Inactivity focus areas. • Sporting Clubs and fitness providers • Limestone Coast Local Government Association – Be Active Officer/sporting Clubs • Health Care professionals • Country Health Connect | |
| <p>Physical Inactivity</p> | <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 behaviors • GP's & gyms – education • Country Health Connect | |



| FOCUS AREAS | POTENTIAL PARTNERSHIPS FOR ACTION | POTENTIAL CONTRIBUTION |
|--|---|------------------------|
| <p>Potentially Avoidable Hospital Admissions</p> | <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 • Health Care Professionals • Mount Gambier and District Health Care Boards • Country Health Connect | |
| <p>Degenerative & Mobility/Access for the Aged</p> | <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 • Non-Government Organisations | |

| FOCUS AREAS | POTENTIAL PARTNERSHIPS FOR ACTION | POTENTIAL CONTRIBUTION |
|-----------------|---|---|
| Substance Abuse | 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/Allied Health Services Limestone Coast Drug Action Team Planet Youth Substance Misuse Limestone Coast Sporting Clubs Community Groups Non-Government Organisations | <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 (GPs, Nurses etc.) • Assistance with statistics to measure changes of focus areas during / after implementation of the first Regional Public Health Plan. Help to develop subsequent plans as required. |
| Mental Health | SA Health – service provision Mt Gambier Community and Service Directory The Junction Headspace/Uniting Communities Lifeboat Lifeline Migrant Resource Centre Sporting Clubs Community Groups Non-Government Organisations | |

| FOCUS AREAS | POTENTIAL PARTNERSHIPS FOR ACTION | POTENTIAL CONTRIBUTION |
|--------------------|---|------------------------|
| Suicide Prevention | Mount Gambier & Districts Suicide Prevention Network StandBy Non-Government Organisations – Mental Health support Health Care Professionals Country Health Connect SA Health – Service Provision | |
| Domestic Violence | 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 | |

| FOCUS AREAS | POTENTIAL PARTNERSHIPS FOR ACTION | POTENTIAL CONTRIBUTION |
|--|---|------------------------|
| <p>Delayed Early Childhood Development</p> | <p>Mount Gambier AEDC Action Group Department for Education (DfE) Independent schools Non-Government Organisations Housing SA AC Care and Lifeline State Government – transport Melaleuca Hub North Gambier Hub Children’s Centre</p> | |
| <p>Environmental Sustainability</p> | <p>Chamber of Commerce Nature Glenelg Trust Community Action for Sustainability Green Industries SA Environment Protection Authority Department for Environment and Water Department for Infrastructure and Transport Schools Service clubs Community groups Local businesses Non-Government Organisations</p> | |



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

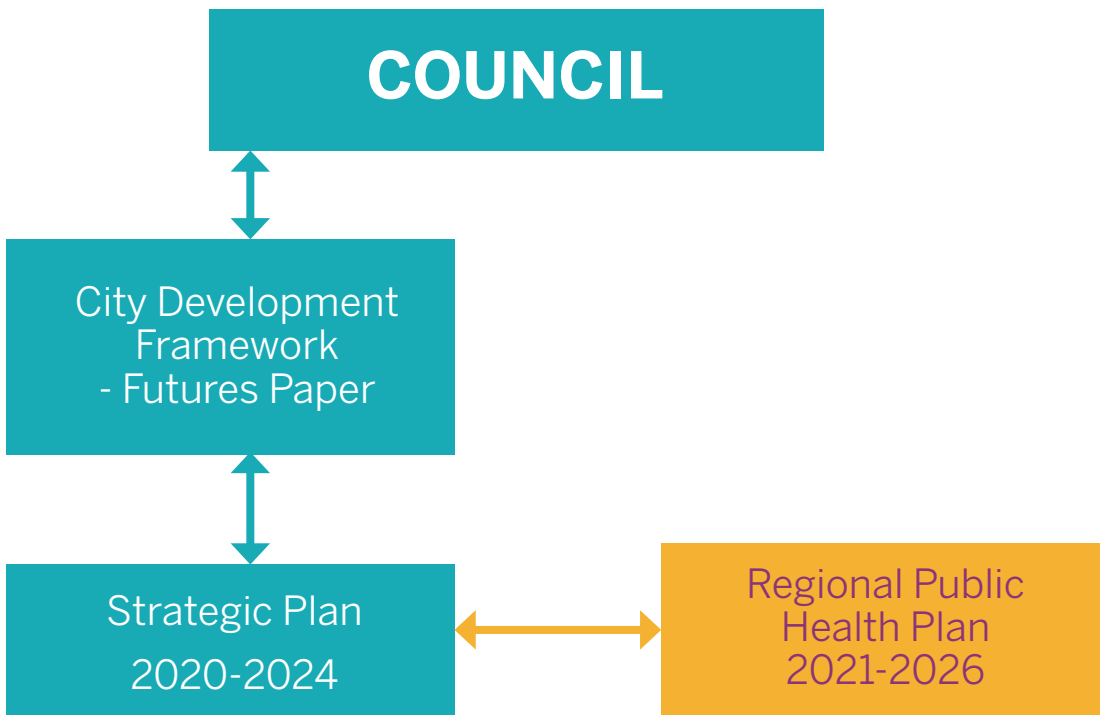
| FOCUS AREAS | POTENTIAL PARTNERSHIPS FOR ACTION | POTENTIAL CONTRIBUTION |
|--|--|------------------------|
| <p>Accessibility (Disability Access Inclusion)</p> | <p>Limestone Coast Inclusion Reference Group Mission Australia NDIS Department for Education Aged Care Facilities Migrant Resource Centre ORANA Bedford Industries Non-Government Organisations (NGOs)</p> | |

IMPLEMENTATION

GOVERNANCE STRUCTURE

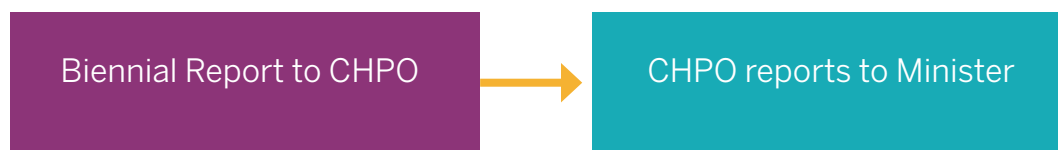
The Regional Public Health Plan sits below Council's future planning document, the Strategic Plan 2020-2024. Implementation of the plan will be monitored and recorded through Council's reporting structures.

The 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 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 two financial years ending on 30 June in the reporting year. By using current operational activities and 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 Council's tasks undertaken to be recorded and reported transparently.



REVIEW

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

REFERENCES

Legislation

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

Council's Plans and Supporting Documents

- City Development Framework, the Futures Paper
- City of Mount Gambier Strategic Plan
- Profile.id – Community profile
– City of Mount Gambier Census Results

SA Health Support Material

- Summary of the State Public Health Plan
- State Public Health Plan 2019 – 2024
- Chief Public Health Officer's Report

Local Government Association (LGA) of South Australia

- Local Government Community Health and Wellbeing Toolkit

Additional Support Material

- SEIFA Index (Socio-economic Indexes for Areas)
- LCLGA Regional Health Plan
- Public Health Information Development Unit (PHIDU)



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