



Public Health and Wellbeing Plan

2023 - 2027

Document Control

Date	Amendment details	Prepared by
19 October 2023	Draft presented to Council seeking approval to publish the document for public comment.	Manager of Regulatory Services
9 November 2023	Document control table added.	Manager of Regulatory Services
16 November 2023	Plan presented to Council for endorsement. Plan endorsed	Manager of Regulatory Services

Contents



Acknowledgement of Country

Introduction.....1

Our Health and Wellbeing History2

Our Current Health Role3

Snapshot of Our Community’s Health4

Community Survey Results.....5

Strategic Community Plan 2022 - 20327

Our Planned Health and Wellbeing Actions8

Acknowledgement of Country



The Shire of Bruce Rock acknowledges the Ballardong Noongar people as the Traditional Custodians of the land where we live. We pay our respect to Elders past and present.



Introduction

Local Governments are vital in protecting and promoting the health and wellbeing of their residents, and can play a critical role in reducing disease, illness, and injuries. In recognition of this important public function, Part 5 of the Public Health Act 2016 requires Local Governments in Western Australia to develop local public health plans.

This Public Health and Wellbeing Plan outlines the actions that the Shire of Bruce Rock will take between 2023 and 2027 to improve the health and wellbeing of our community.

These actions will build upon a substantial body of work already implemented by the Shire over the years, and will be guided by the State Public Health Plan for Western Australia 2019-2024 (State Plan), as amended.

The State Plan has been developed by the Chief Health Officer of the Western Australian Department of Health, in collaboration with the Mental Health Commission and various Western Australian public health professionals. The State Plan identifies three public health objectives to reduce disease, injury and premature deaths in Western Australia. These objectives are to empower and enable people to live healthy lives, to provide health protection for the community, and to improve Aboriginal health and wellbeing.

The Shire of Bruce Rock's Public Health and Wellbeing Plan 2023-2027 has been developed over a two-year period, in consultation with the local community and following extensive analysis of health data. This plan will assist Council in taking into consideration the needs of the community when planning for, and working towards achieving, improved public health and wellbeing outcomes.

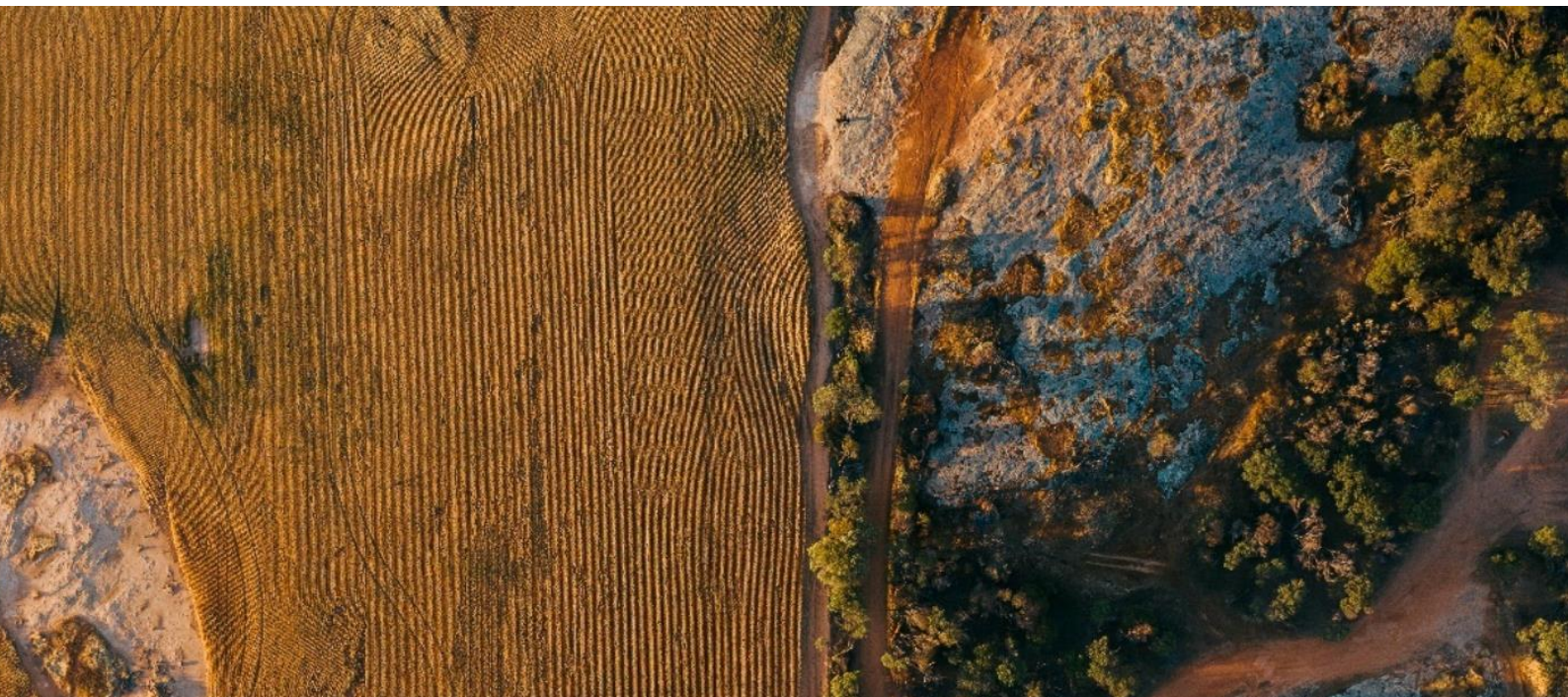
Our Health and Wellbeing History

The Shire of Bruce Rock has a rich history of commitment to the community's health and wellbeing. This includes the development of the historic Memorial Hospital, which was devised and promoted by the former Roads Board Members and the local community. The Memorial Hospital was opened by the Premier, Sir James Mitchell, on the 18th of November 1922. The new hospital facility was subsequently built in 1968. The hospital (which is now open 24 hours a day) was, and remains today, an essential public health service for the local community.

The Bruce Rock Roads Board Chairman, Mr Jack Stewart, is recognised as making a significant contribution to public health by lobbying earnestly to have the townsite of Bruce Rock converted to the use of septic tanks as a preferred effluent disposal system, which eventually replaced the unhygienic cesspools and outhouses used.

Mr Stewart, along with the Roads Board, also promoted and enabled the construction of an ambulance building and an infant health centre.

In recent times, Council's commitment to public health and wellbeing has continued with the construction of the Medical Centre and the new Emergency Services building. Council has also attracted a full-time General Practitioner and Dentist, as well as visiting Allied Health Services to the town of Bruce Rock.



Our Current Health Role

The Shire of Bruce Rock provides a range of funding to support the health and wellbeing of our community through the following services and facilities:

- Infrastructure and property services, including although not limited to, the provision of public facilities, roads, footpaths, drainage, and waste collection and management.
- Environmental health services to:
 - mitigate and manage environmental health risks;
 - ensure water quality, food and public event safety; and
 - manage public health emergencies, nuisances and particular animal controls.
- Community services that include the provision of a Medical Centre, and the investment towards the attraction and retention of a local General Practitioner, Dentist and Allied Health professionals.
- Provision of recreation facilities such as parks, sporting fields, golf courses, the Aquatic Centre, the indoor/outdoor playing surfaces, and bowling greens, most of which were built at a central location. Also, recreation facilities in and around the satellite townsites of Shackleton, Ardath and Babakin.
- Building services, and planning and development control, inclusive of inspections, licensing, certification and educational enforcement, when required and appropriate.
- Administration of facilities, such as the all-weather illuminated aerodrome used by the Royal Flying Doctor Service, cemeteries, and solid and liquid waste disposal sites.
- Administration of Local Government Laws, including the Health and Nuisances Local Laws.
- Administration of Ranger and Emergency Services.

Snapshot of Our Community's Health



In developing the Public Health and Wellbeing Plan 2023-2027, the Shire of Bruce Rock has assessed data on the status of our community's health and wellbeing. Some key points to note in this regard include the following:

- Our children have a higher cognitive development score than the State average.
- Unfortunately, data from 2014-18 shows that there is a higher cancer incidence than State average in our community, including a:
 - 1.5 times higher rate of breast cancer;
 - 1.5 times higher rate of prostate cancer; and
 - 2 times higher rate of lung cancer.
- Between 2015 and 2019, there was a 12.4% increase in female mental health presentations in the 15 to 24 years old age bracket.
- In contrast, between 2015 and 2019, there was a 25% decrease in male mental health presentations in the 15 to 24 years old age bracket.
- 2019 saw a significantly higher rate of hospitalisation of females than the State average for:
 - blood diseases and neoplasms;
 - endocrine and nutritional diseases;
 - injury and poisoning; and
 - musculo-skeletal diseases.
- Similarly, 2019 also saw a significantly higher rate of hospitalisation for males than the State average for:
 - chemotherapy and dialysis;
 - circulatory diseases and neoplasms;
 - digestive diseases; and
 - injury and poisoning.
- Between 2014 and 2018, there was 0% of youth suicides, compared to the State average of 20.4% in males and 8.2% in females.

Community Survey Results

In addition to considering existing health and wellbeing data, the Shire of Bruce Rock commissioned a community survey to inform the development of the Public Health and Wellbeing Plan 2023-27.



CURRENT STATUS

The survey results showed that the two most serious health risks in our community are:

1. the abuse and usage of illicit substances; and
2. tobacco and cigarette smoking.

The survey also showed that the top three most serious mental and social health issues in our community are:

1. anxiety;
2. alcoholism; and
3. depression.

On a positive note, the survey identified that our community's top three volunteering activities are:

1. sporting;
2. public events; and
3. community groups and services.

The sport and recreation facilities we use the most are the:

1. Bruce Rock Aquatic Centre;
2. Bruce Rock Recreation Centre; and
3. Football Oval.



CHANGE FOR THE FUTURE

The community members who participated in the survey stated that the top four desired programs to improve the health of our community are:

1. routine screening for health issues (such as cervical and prostate cancers);
2. programs for seniors and aged care;
3. community events for residents; and
4. programs for teens.

The community also indicated that the top three facilities or resources for good community health are:

1. recreation facilities (such as recreation centres, ovals and gyms);
2. safe roads; and
3. disability access to buildings and recreation activities.

The top three desired programs to help our community be more physically active are:

1. exercise and play equipment in parks that cater for various age groups;
2. public exercise equipment that is free to use; and
3. more hiking, walking and cycle paths, inclusive of maps to show where these are located.

Last, but not least, the survey found that the top three priorities to encourage our community to eat healthy food are:

1. more healthy food options at takeaway and fast-food outlets;
2. healthy food options at sporting and community events; and
3. healthy foods being easier to identify in the shops.

Strategic Community Plan 2022 - 2032

The Public Health and Wellbeing Plan 2023-2027 is strongly linked to the themes of the Shire of Bruce Rock's Strategic Community Plan 2022-2032. The themes are:

1. Infrastructure
2. Economy
3. Community
4. Governance
5. Advocacy
6. Healthy and Wellbeing

Infrastructure	Economy	Community	Governance	Health and Wellbeing
1.3 Shire facilities are maintained in a strategic manner to meet community need	2.1 Assist the local economy to grow	1.1 Our community is engaged and has a healthy lifestyle	4.1 Our organisation is well positioned and has capacity for the future	1.3.1 Demonstrated development of our Sport and Recreation Facilities Plan
2.2 Roads are a key driver across the Shire	2.3 Workers and their families can work and reside in the Shire	2.3.3 Residents can access local early childhood programs and services	4.1.2 Technology reduces delays and improves accuracy of organisational processes	1.1.7 Locals can access GP, primary and allied health services in Bruce Rock
	2.4 Tourism helps diversify our local economy		4.3 Proactive and well governed Shire	3.1 Maintain a high standard of environmental health and waste services



Our Planned Health and Wellbeing Actions

Council will provide leadership to endeavour to improve public health and wellbeing outcomes by:

1. leading the community through advocacy;
2. encouraging and developing partnerships with other Local Governments, State Government health agencies and Non-Governmental Organisations (NGO) to support better health and wellbeing outcomes; and
3. encouraging and promoting healthy lifestyles.

The specific actions to be taken by Council are as follows:

Health and Wellbeing	Recreation Services	Access to Allied Health	Environmental Health
We will advocate for the State Government to have accessible mental health programs for all ages, especially for 15-24 year olds.	We will work with the Wheatbelt Public Health Unit to facilitate services and programs for teens, seniors and aged persons' fitness and wellbeing in our recreation venues.	We will work collaboratively with the State Government and the Wheatbelt Public Health Unit to provide information and education to plan for a COVID safe community.	We will continue to provide an environmental health service to ensure health hazards in the community are prevented or detected for resolution.
We will work with road safety authorities and police to maintain safe roads in our community.	We will endeavour to improve access for disabled persons in the townsite areas.	We will assist in the promotion of participation in screening for prostate, breast and lung cancers.	We will endeavour to work with Food Atlas to assist in encouraging food outlets to prepare healthy and affordable meals.
We will work with the Wheatbelt Public Health Unit to facilitate education to reduce the unsafe consumption of alcohol and drugs in the community.	We will investigate the installation of free fitness infrastructure equipment at various locations.	We will work collaboratively with the State Government, the Wheatbelt Public Health Unit and Allied Health professionals to provide services to the community.	We will continue to monitor public health indicators, and conduct food and water surveillance programs.
We will continue to ensure community safety is a valued feature of our lifestyle, and make the health and wellbeing of our residents a priority.			