Better Living Better Health

Regional Public Health and Wellbeing Plan for the EHA Constituent Councils 2020 – 2025

Introduction

Better Living, Better Health 2020 – 2025 is the regional public health and wellbeing plan for the Eastern Health Authority Constituent Councils of Burnside, Campbelltown, Prospect, Norwood Payneham & St Peters, and Walkerville. This Plan builds on the previous Public Health Plan and will lay foundations for the next Public Health Plan.

This Regional Public Health Plan acknowledges that public health is a key concern for all Constituent Councils and that each Council addresses public health issues across their business. The detail of individual Council actions are not addressed in this Plan. Instead, it focuses on regional activities that require collaboration between the councils and community partners.

Better Living, Better Health 2020 – 2025 builds on regional strengths and addresses regional challenges. It also considers priority populations identified in South Australia's State Public Health Plan 2019-2024, and it addresses the State's four strategic priorities:

Promote: Build stronger communities and healthier environments.

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

Prevent: Prevent chronic disease, communicable disease and injury.

Progress: Strengthen the systems that support public health and wellbeing.

Where we are coming from and where we are going

This is the second Regional Public Health Plan for the region. As such it builds on the last plan, Better Living, Better Health 2014 – 2018 and it will be the foundation of the next.

Plan 2014-18	Integrating Public Health into council business
Plan 2020-25	Establishing regional projects and collaborations
Plan 2026-30	Expanding regional projects and collaborations

Snapshot of the region

The region serviced by this public health and wellbeing plan comprises areas of relative socio-economic advantage compared to Greater Adelaide. Despite this, many residents are asset rich but cash poor and there are pockets of socio-economic disadvantage, social isolation and poor access to open space and services.

Population profile

- 162,362 people
- Fewer young children and young adults*
- More older people*
- 24% born overseas
- Many from China, Italy and India
- 773 humanitarian migrants
- 860 Aboriginal and Torres Strait Islander people
- 12.7% provide unpaid care to someone with a disability or long-term illness.

Socio-economic status

- High engagement in secondary education*
- High level of education among mothers of children under 15 years*
- Pockets of socio-economic disadvantage
- 56.2% of people over 65 years receive Age Pension
- 4.1% receive Disability Support Pension
- 3.4% unemployed
- 27.2% of low-income households experience rental stress
- 4% of dwellings are social housing
- 2.5% experience household crowding.

Health and wellbeing

- Consistent immunisation coverage overall
- Lower rates of smoking and obesity*
- 62.7% are physically inactive
- 1,800 people access mental health services annually
- Pockets of mental health vulnerability.

Community Connection

- Issues with isolation for some populations
- Fewer residential aged care places*
- Culturally tolerant
- Good access to support during a crisis outside family
- General feeling of public safety.

*Compared to Greater Adelaide

Working together for regional public health and wellbeing outcomes

A regional approach

Better Living, Better Health 2020 – 2025 will focus on activities that require cross-council collaboration for their planning and implementation. These activities will have health and wellbeing outcomes that cross council boundaries and benefit the whole region.

Co-design of goals, activities and ways of working together

Successful implementation of this plan relies on processes that support effective collaboration between EHA and Constituent Councils. Co-design methods have been employed throughout the development of the Plan to facilitate shared goals and collaborative working relationships.
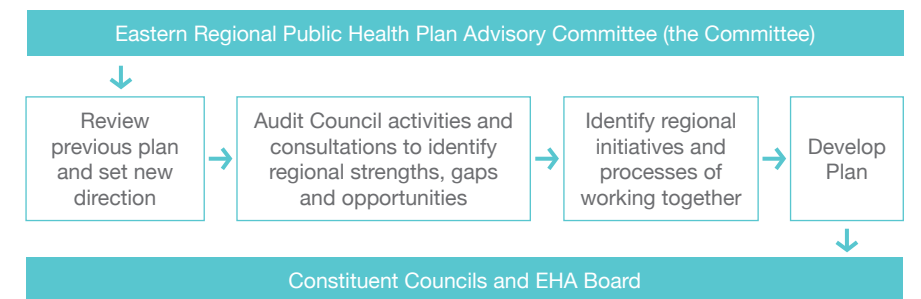
Community consultation

Over the past five years, all Constituent Councils have engaged their communities around issues that are relevant to public health and wellbeing in the region, including ageing, youth, cultural and linguistic diversity, reconciliation, access and inclusion, social/community open space and recreation planning. A decision was made to reflect on this feedback to ensure planning was informed by a diversity of voices.
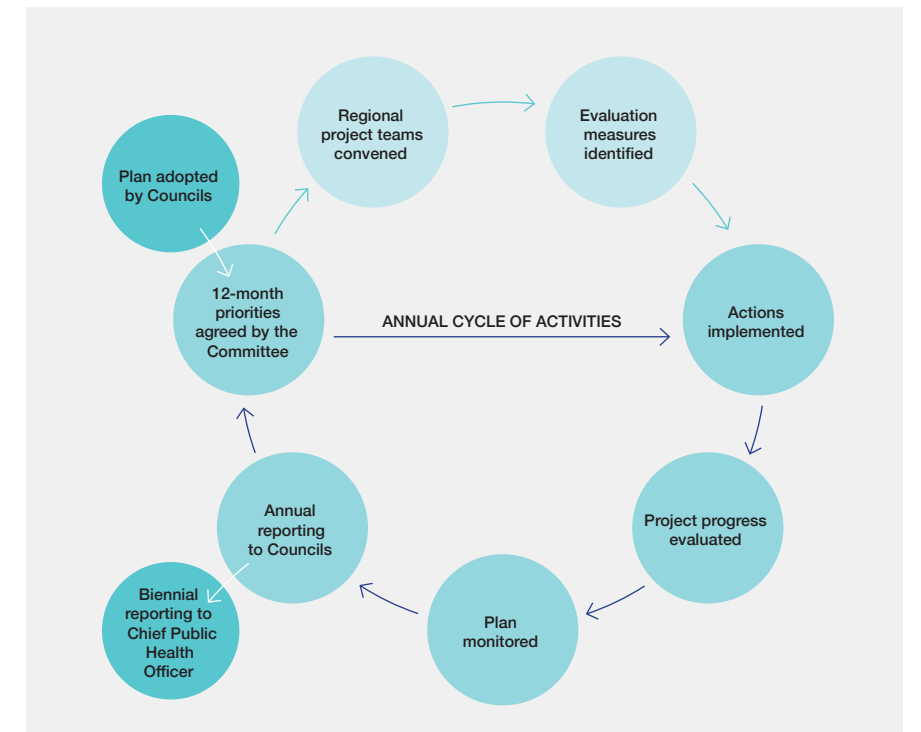
Regional plan development process

Eastern Regional Public Health Plan Advisory Committee (the Committee)

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| Review previous plan and set new direction | → | Audit Council activities and consultations to identify regional strengths, gaps and opportunities | → | Identify regional initiatives and processes of working together | → | Develop Plan |

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Constituent Councils and EHA Board

Implementation and reporting framework – an annual cycle

ANNUAL CYCLE OF ACTIVITIES

- Plan adopted by Councils
- Regional project teams convened
- Evaluation measures identified
- Actions implemented
- Project progress evaluated
- Plan monitored
- Biennial reporting to Chief Public Health Officer
- Annual reporting to Councils
- 12-month priorities agreed by the Committee

Regional Public Health and Wellbeing Plan

This Plan is being delivered in conjunction with other regional plans including: Climate Change Adaption (Resilient East); Disability Access and Inclusion; Age Friendly Communities; Child and Youth Development; Reconciliation; Social/Community and an assortment of sports, recreation, asset management and open space plans.

STRATEGIC DIRECTION	REGIONAL PROJECTS AND RELATED ACTIONS	OUTCOME GOALS	TARGET POPULATIONS	STATE PRIORITIES			
				PROMOTE	PROTECT	PREVENT	PROGRESS
Environments for health **Regional strength** ○ River Torrens Linear Park, trails and water course reserves ○ Valued open space ○ Diverse recreation opportunities ○ High quality amenity ○ Resilient East **Regional Challenge** ○ Poor continuity across boundaries ○ Residential growth and pockets with poor access to open space	**Active Regional Connections - Open space mapping with cycling and walking routes** ○ Map open space and recreation areas across the region including relevant infrastructure (toilets, play spaces) ○ Overlay cycling and walking routes, including along the River Torrens Linear Park ○ Identify opportunities to enhance connectivity and amenity to increase access for all ages and abilities – apply climate change adaptation lens ○ Investigate continuity of signage and wayfinding to amenities and places of interest across the region, including Kaurna culture and local heritage	○ Increase physical activity ○ Reduce car use ○ Increase opportunities for social connection ○ Increase connections to safe healthy places and spaces ○ Contribute to climate change adaptation	○ All ○ Older people ○ People with disability ○ Children & young people ○ Aboriginal and Torres Strait Islander people ○ Geographical areas with poor access	X			X
	Regional community transport network ○ Map community transport across the region in consultation with Community Passenger Network (CPN) ○ Identify gaps in community transport network – safety, spatial, temporal, group, promotion ○ Plan enhancements to regional community transport network based on mapping and gap analysis ○ Implement enhancements to regional community transport network	○ Support ageing in place ○ Increase opportunities for social connection ○ Increase connections to safe healthy places and spaces	○ Older people ○ People with disability ○ Isolated people ○ Poor access to transport ○ Low socio-economic populations ○ Young People ○ Aboriginal and Torres Strait Islander people	X			X
Capacity for health **Regional Strength** ○ Community pride and engagement ○ Cultural diversity ○ Range of services and clubs ○ Volunteers **Regional Challenge** ○ Pockets of socio-economic disadvantage ○ Pockets of isolation and vulnerability ○ Volunteering opportunities don't meet demand ○ Ageing population ○ Youth engagement	**Regional Promotion of activities and events** ○ Investigate regional platform/s for promotion of health and wellbeing activities across all council areas ○ Pilot regional promotion approach around an existing event of regional significance (e.g. ZestFest) – review ○ Develop regional events and festivals calendar ○ Plan role-out of regional promotion approach across broad spectrum of events and activities. Apply an access for all lens over all promotion (including access details) ○ Implement role out of regional promotion approach across broad spectrum of events and activities	○ Increase opportunities to participate ○ Increase attendance ○ Increase diversity of attendees	○ All	X			X
	'Talk to your neighbour' – addressing social isolation ○ Research best practice approaches,(eg. consider the integration of national 'Neighbour Day' activities, co-ordinated by Relationships Australia into the project) ○ Map vulnerable populations ○ Implement pilot project ○ Identify community champions for subsequent rollout of project	○ Increase sense of belonging ○ Increase Intergenerational interaction ○ Increase access to services and opportunities ○ Enhance community capacity ○ Increase feelings of safety	○ Older people ○ Young People ○ Isolated people ○ New arrivals	X			X
	Regional volunteering ○ Bring local volunteer coordinators together to map current practices around volunteering ○ Develop Regional Volunteer Passport scheme including regional database of volunteers and volunteer opportunities ○ Collaborate to deliver shared volunteer training across the region	○ Increase opportunities for social connection ○ Build social capital (shared knowledge, skills and resources) ○ Build community capacity	○ All ○ Aboriginal and Torres Strait Islander people ○ Retirees ○ Students ○ Unemployed ○ New arrivals	X			X
	Mental Health and Suicide Prevention Network ○ Investigate regional partnerships based on shared outcome goals ○ Establish regional mental health and suicide prevention network	○ Understand need (who, where and when) ○ Scope regional projects ○ Identify council role in supporting partners and facilitating good outcomes	○ Young People ○ Older People ○ Socially Isolated			X	X
Protection for health **Regional Strength** ○ Low rates of lifestyle risk factors for poor health **Regional Challenge** ○ Hoarding ○ Isolation	**Regional vaccination program**	○ Effective control of preventable disease ○ Coordinated response to Covid-19 vaccination that ensures community is informed and delivery of vaccination program is equitable, accessible and timely	○ All ○ Children ○ Older people ○ At risk populations		X		X
	Public and Environmental Health Service performance	○ Protect, maintain or promote the health of the community ○ Prevent or reduce the incidence of disease, injury or disability within the community	○ All		X		X
	Food safety service performance	○ Effective control of preventable illness	○ All		X		X
	Supported residential facilities regulation and licensing	○ Ensure safety and wellbeing of people in supported residential care	○ Older people ○ People with disability		X		X
	Emergency management planning	○ Facilitate community safety ○ Facilitate community resilience	○ All		X		X