



Shire of
Broomehill
Tambellup
looking forward

Public Health
&
Wellbeing Plan
2023-2027

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Acknowledgement of Country

The Shire of Broomehill-Tambellup acknowledges the Kaneang and Goreng Noongar People – the Traditional Owners of the Country within the Shire’s boundaries.

Introduction



Community Vision:
region driven by
community spirit

Community Values:
Commitment
Care
Friendship
Inclusion

Kayal

Our community’s health and wellbeing is everyone’s responsibility.

We are pleased to present the first Shire of Broomehill-Tambellup Public Health Plan. This Plan is designed to address the public health needs of the inhabitants of our Shire by integrating with the Shire’s Strategic Community Plan, titled ‘People Power’.

Each local government in Western Australia is required by the Public Health Act 2016 to enhance the health, wellbeing and safety of its citizens and align with the State Public Health Plan for Western Australia 2019 – 2024.

Although the Shire of Broomehill-Tambellup is a small shire, we are located centrally in the Upper Great Southern and can access allied health services locally and in Katanning, Mt Barker, and Albany. We plan to make best use of our limited resources by sharing health services and focussing on our special needs to assist all our citizens in this regard. We will focus on improving community health outcomes through education, minimising environmental health hazards, providing recreational facilities and activities for all demographics, and working with allied health professionals.

We would like you to read this Plan and actively participate in improving the health outcomes of all persons living and working in our community.



Cr Michael White

Shire President
April 2023



Anthony Middleton

Chief Executive Officer
April 2023

Executive Summary

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

While some issues raised in this plan are outside of normal local government functions, and acknowledging that public health is the responsibility of all persons in the community, this plan focuses on the need to address shortcomings to improve the health of our community. Improving the health of individuals through exercise and nutrition were identified as key messages, and attention to mental health, the prevention of transport accidents, and increased screening for cancer-related illnesses will be beneficial in the longer term.

The Shire will provide leadership to improve public health outcomes by:

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

Public Health and Wellbeing initiatives proposed by this plan can be found on page 11.

The Plan was developed by including:

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

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

Executive Summary cont...

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

The Plan requires the Shire to ensure that its citizens are afforded protection from disease, minimise harm, promote active healthy lifestyles sustainably and the provide a safe environment by reducing risks to public health. This Plan which will be reviewed in line with the four year review of the Strategic Community Plan will provide a direct focus on supporting better health outcomes of constituents living in the Shire of Broomehill – Tambellup.

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



Our Current Health Role

The Shire of Broomehill-Tambellup plays an integral role in supporting and enhancing the health of our community



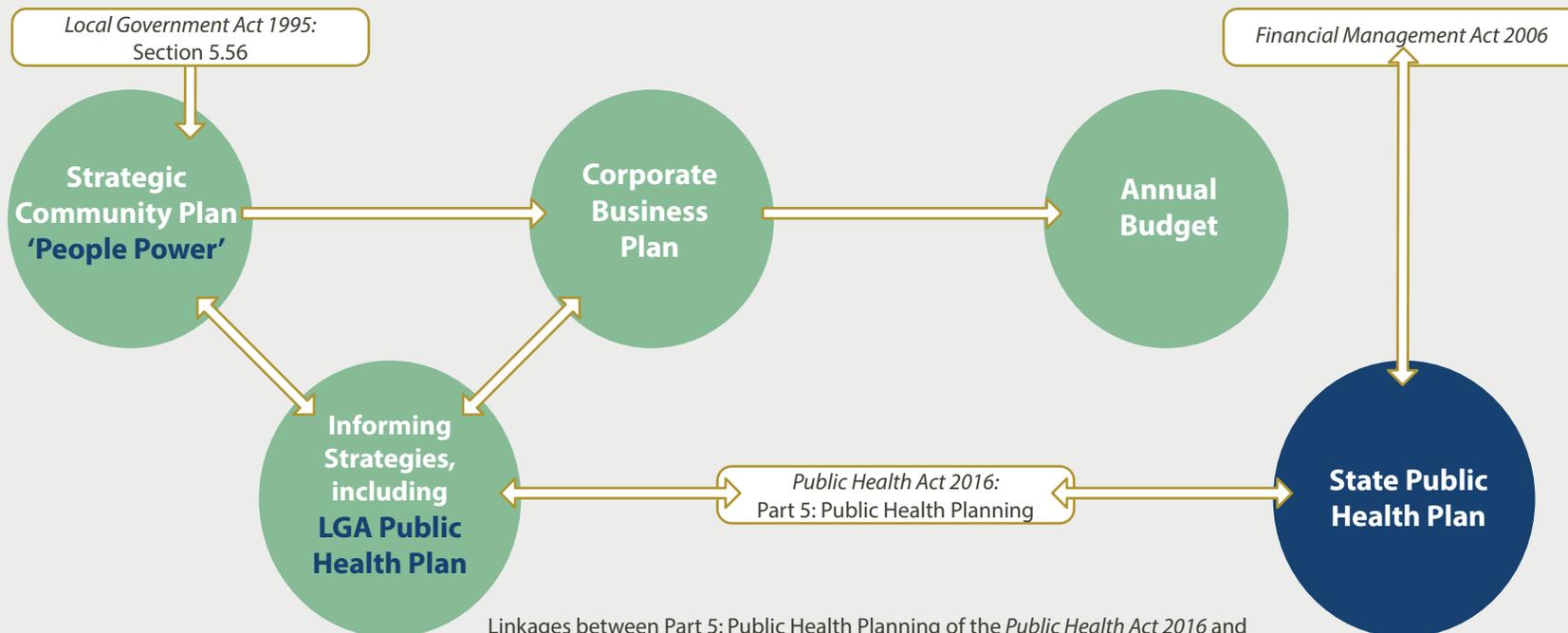
These are explained in more detail in the core business described below:

- Infrastructure and property services, including provision of local roads and footpaths, drainage, street trees, waste collection and disposal and management of local cemeteries.
- Provision of Environmental Health Services to prevent and control environmental health hazards, such as food, water and accommodation inspections, sewage assessments and management, water re-use for irrigation, noise and air pollution control, mosquito and disease control and pandemic planning.
- Community Services such as the community health centre, playgrounds, and provision of independent living seniors accommodation.
- Cultural facilities and services such as museums, libraries and other information services, halls and places of historical importance.
- Provision of community and recreational amenities including parks, playgrounds, recreation complexes including sporting ovals and courts and golf and bowling clubs.
- Planning and Building services including assessments, inspections and certifications.
- Local Government regulatory services including building and environmental health compliance and ranger enforcement including animal control.

Plan Implementation

The State Public Health Plan is a stand-alone plan. Each Local Government Authority is required to create its own Public Health Plan, which in turn is to be incorporated into the community's Strategic Community Plan, 'People Power'. 'People Power' connects with the Shire's Corporate Business Plan which outlines how the ten year vision of 'People Power' will be implemented in the next four years. Feeding into the longer term plans, each local government is required to prepare and adopt a Local Government Public Health Plan.

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



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



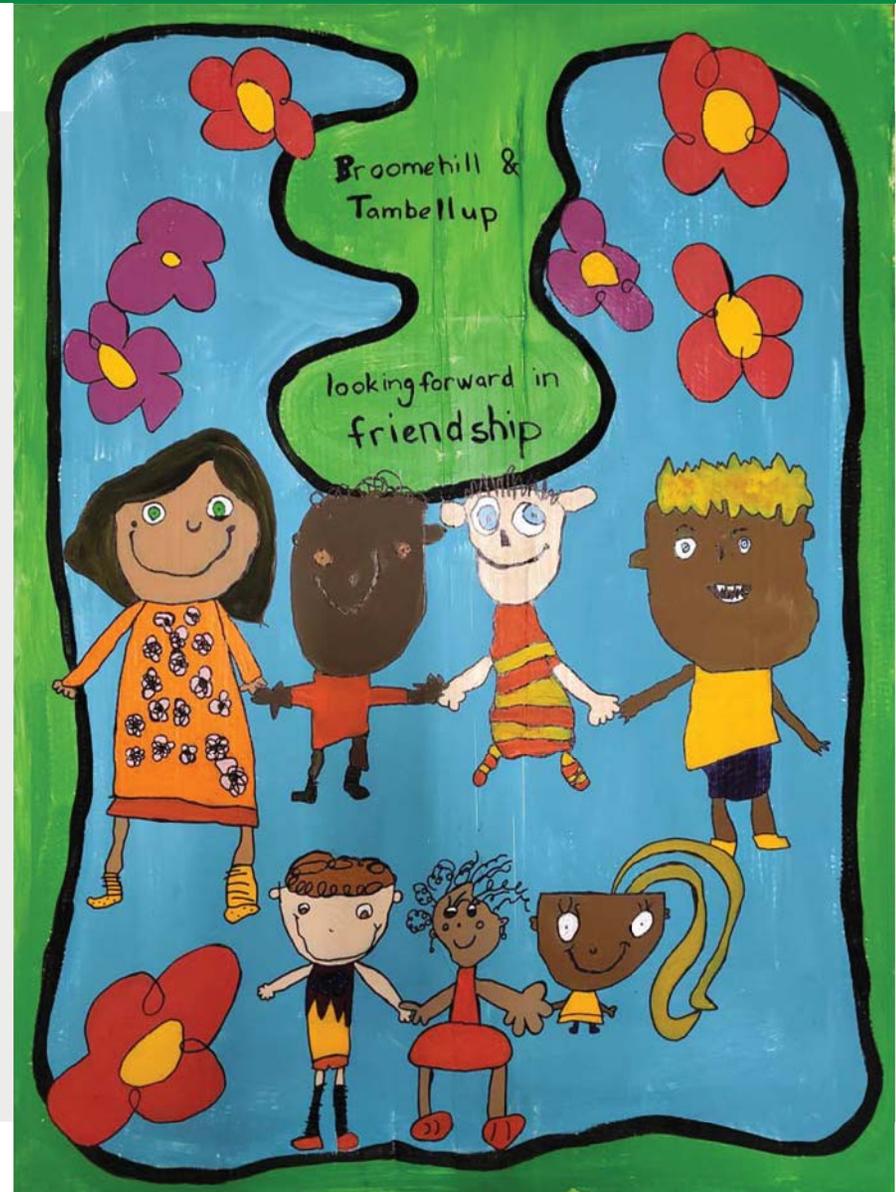
Integrating the Public Health Vision into the Strategic Community Plan

Our themes for our Strategic Community Plan are:

- ◆ Point of Difference
- ◆ Economy
- ◆ Lifestyle
- ◆ Council Support

This Plan sits within the 'Point of Difference' key pillar above, and focuses on:

- ◆ Health & Wellbeing
 - Education and harm minimisation
 - Recreation facilities and activities for all
 - Time to do the extra-ordinary
 - Minimising hazards



'People Power' identifies that by December 2026, we will have:

Broomehill – Tambellup Point of Difference	Broomehill – Tambellup Economy	Broomehill – Tambellup Lifestyle	Broomehill – Tambellup Shire Support	Health & Wellbeing
A Distinct BT Brand	Versatile Accommodation	Celebrated Natural Environments	Grown Shire Leadership	Improving community health outcomes through education & harm minimisation and working with allied health professionals
A United Community	Healthy Existing Businesses	Enjoyed Built Environments	Delivered Shire Trust and Performance	Providing recreation facilities & activities for all demographics
An Appreciated Culture	Attracted New Businesses	Unique BT Attractions	Collected Regionwide Knowledge	Minimise environmental health hazards in the community



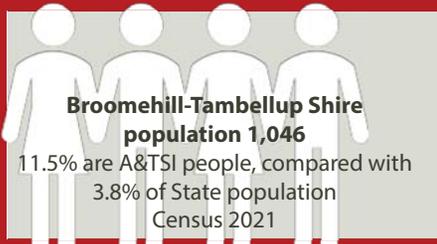
The Shire of Broomehill – Tambellup Public Health & Wellbeing Initiatives

Improving community health outcomes through education & harm minimisation & working with allied health professionals	Providing recreation facilities & activities for all demographics	Minimise environmental health hazards in the community
Promote key health programs, e.g. vaccination programs, screening services for early intervention of key health issues such as cervical, skin & breast cancer, mental health programs	Work with community organisations to encourage active participation in recreational activities for all ages, including children, young adults and seniors	Provide environmental health protection by reducing the incidence and community spread of infectious disease through managing the built environment, potable water sampling and vector control
Participate in the WALGA Roadwise program to provide education and awareness about safe road use and driver behaviour, to reduce the risks and impacts of road trauma	Ensure all Shire premises and facilities are smoke-free places	Work with external agencies & stakeholders for the management of safe public events
Partner with external agencies to provide community education to reduce the consumption of alcohol, tobacco and other drugs in the community	Promote community participation in healthy lifestyle campaigns by raising awareness of the benefits of healthy eating and exercise e.g., LiveLighter	Maintain food standards through surveillance of food outlets and communication of food recalls to the wider community

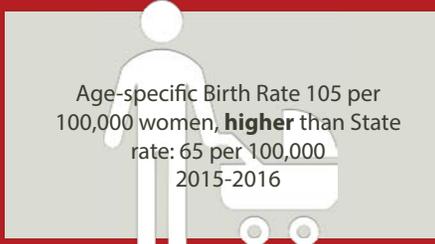


Snapshot of the health of people in the Great Southern & Upper Great Southern Region

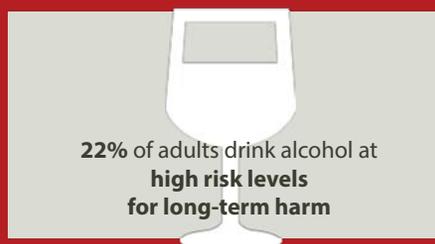
How as a community are we going to address these issues?



Broomehill-Tambellup Shire population 1,046
11.5% are A&TSI people, compared with 3.8% of State population
Census 2021



Age-specific Birth Rate 105 per 100,000 women, **higher** than State rate: 65 per 100,000
2015-2016



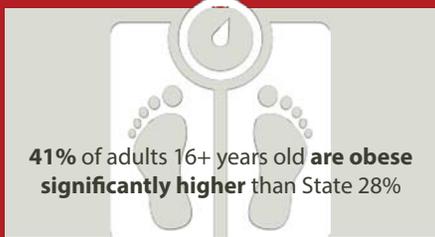
22% of adults drink alcohol at **high risk levels for long-term harm**



1.6 x higher rate of potentially preventable Ear, Nose, & Throat infection hospitalisations than State
2011-2015



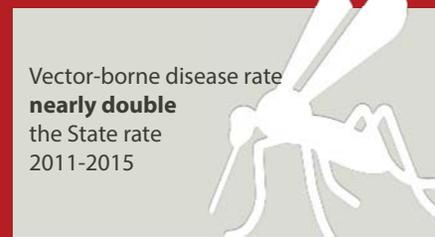
Ischaemic heart disease, COPD, & breast cancer are **leading causes of avoidable death** in the Great Southern Health Region



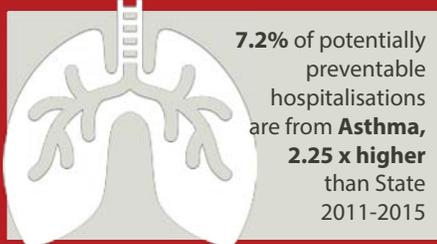
41% of adults 16+ years old are **obese significantly higher** than State 28%



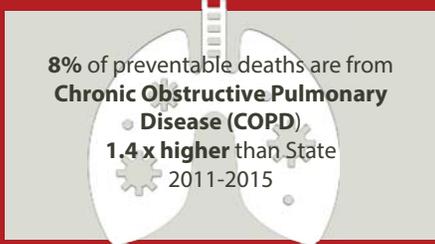
20% of mothers smoked during pregnancy, **nearly double** the State average 11%



Vector-borne disease rate **nearly double** the State rate
2011-2015



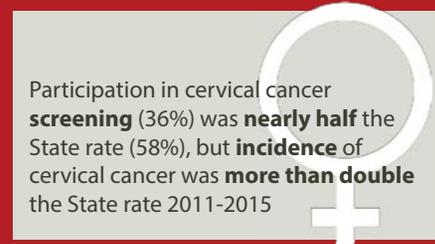
7.2% of potentially preventable hospitalisations are from **Asthma, 2.25 x higher** than State
2011-2015



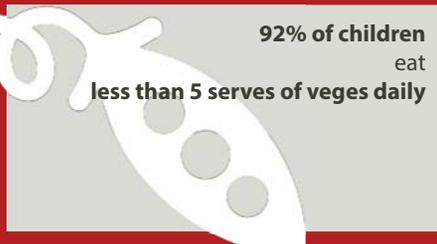
8% of preventable deaths are from **Chronic Obstructive Pulmonary Disease (COPD)**, **1.4 x higher** than State
2011-2015



1.8 x State suicide rate for Males, **1.3 x** State suicide rate for **Females aged 15-24**
2006-2015



Participation in cervical cancer **screening** (36%) was **nearly half** the State rate (58%), but **incidence** of cervical cancer was **more than double** the State rate
2011-2015



92% of children eat **less than 5 serves of veges daily**



2 x hospitalisation rate for Aboriginal people aged 15-64 years vs non-Aboriginal people
2006-2015



1.3 x higher death rate from transport accidents compared with State
2011-2015



Prostate cancer incidence **1.4 x higher** than State
2011-2015



The Residents of Broomehill-Tambellup Speak

33 people participated in the Survey which ran between June and September 2022. There were 39 responses submitted online, and 14 responses submitted on paper. They told us that: 89% were Residents of the Shire of Broomehill - Tambellup; 45% lived in a house in town while 38% lived on a farm; 19% were retired; 36% were aged 65+ years; 66% were female. No respondents identified themselves as being of ATSI heritage

AS THINGS ARE NOW

The two most serious health risks in our community are:

- Using illegal drugs
- Too much alcohol

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

- Drug addiction
- Alcoholism
- Depression

The sport & recreation facilities we use the most are:

- Walking trails
- Sporting ovals

Our top three volunteering activities are:

- 1 Community groups/services
- 2 Public events
- 3 Emergency services

I feel like my life has a sense of purpose (84%)

I am proud of the community where I live (77%)

There is strong community spirit in our Shire (61%)

I know where to get help when I need it (81%)

I feel like I belong in my local community (68%)

I feel the Shire cares about our welfare (52%)

I enjoy interacting with my neighbours (84%)

What we like best about living in the Shire of Broomehill-Tambellup:

peaceful strong love lifestyle town
friendly community spirit peace
quiet living friendly people

CHANGE FOR THE FUTURE

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

- 1 Routine screening for health issues eg cervical & prostate cancer
- 2 Programs for seniors/aged people
- 3 Community events for residents

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

- Recreation Facilities eg Ovals, Rec Centres
- Safe Roads
- Parks & public open spaces

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

- More hikes, walks, cycle paths & maps
- Free fitness equipment

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

- More healthy food options in takeaway/fast food outlets
- Healthy food options at sporting & community & events



