

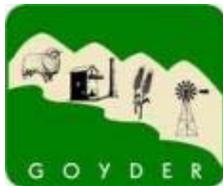
REGIONAL PUBLIC HEALTH PLAN

Northern Group of Councils

Clare and Gilbert Valleys Council

Regional Council of Goyder

Northern Areas Council



2014 - 2018

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INTRODUCTION AND BACKGROUND

The *South Australian Public Health Act 2011* (the Act) is part of a range of public health legislation designed to promote and protect the health of South Australians. The Act's objectives are to "promote and provide for the protection of the health of the public of South Australia and to reduce the incidence of illness, injury and disability".

The Act recognises that Local Councils are the public health authorities for their individual Council areas. Under section 51 (1) of the Act, a Council or if the Minister so determines or approves a group of Councils must prepare and maintain a plan for the purpose of the operations of the Councils under this Act.

The Councils in the Mid North Group comprising of Clare and Gilbert Valleys Council, Regional Council of Goyder and Northern Areas Council have decided to prepare a Regional Public Health Plan for the three combined regions.

METHODOLOGY

As well as reviewing population health data relevant to the three regions Councils have also engaged with health stakeholders within their individual Council areas. Following this process this draft regional public health plan has been prepared and will be submitted to SA Health for comment as required.

The final Regional Public Health Plan will be submitted to the Chief Public Health Officer for consultation as required under section 51 of the Act.

NORTHERN GROUP COUNCIL PROFILES

Clare and Gilbert Valleys Council

The Clare and Gilbert Valleys Council area comprises some of the most productive lands and scenic landscapes in Australia with the capacity to deliver premium products and experiences. Located within an hour of the outer metropolitan area of Adelaide the area enjoys the advantages of close proximity to Adelaide with a rural lifestyle.

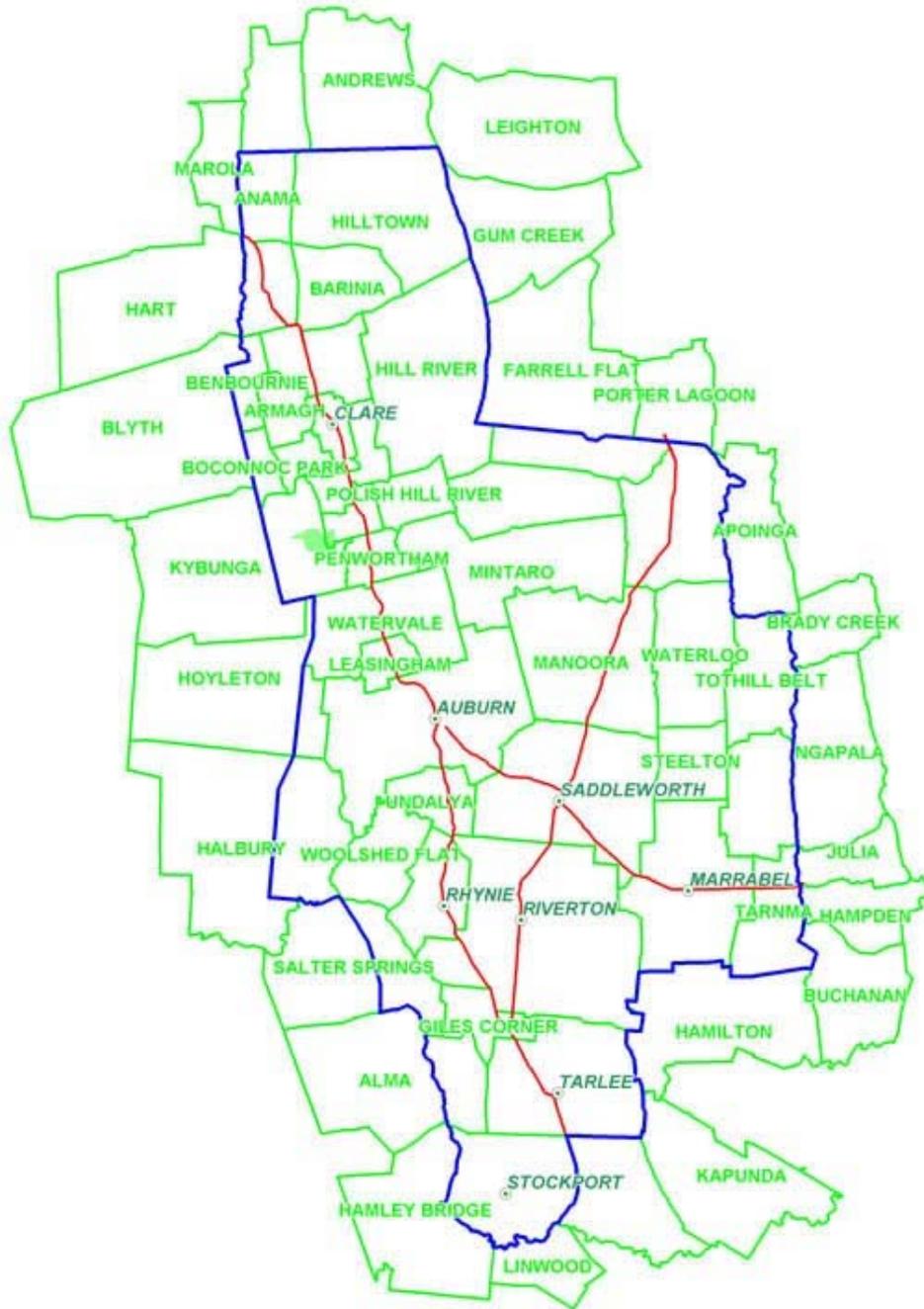
The productive and fertile lands of the Clare and Gilbert Valleys combine with favourable climatic conditions result in excellent broad acre cropping opportunities and livestock production. The Clare Valley wine region is famous for its world class Rieslings and has achieved recognition as the heart of Riesling. Combined with shiraz as another staple, and emerging wine varieties, the Clare valley has a strong future in viticulture and winemaking.

The Clare and Gilbert Valleys district attracts the focus of South Australia's trails network, home to the renowned Riesling Trail which hosts cycling and walking covering more than 35kms along the old railway corridor. A southern extension of the Rattler Trail from Auburn through to Riverton makes a total distance of 60kms with the Heysen, Mawson and Kidman Trails also transverse the district's landscape.

These walking and cycling prospects enhance the other health initiatives available in the district with the Valleys Lifestyle Centre in Clare offering a wide range of physical and recreational pursuits and the plentiful sporting clubs and facilities throughout the region ensure residents and visitors have ample opportunity to undertake active and healthy lifestyles.

The population of the Clare and Gilbert Valleys Council area at the 2011 census was a total of 8,868 residents. The main office of the Clare and Gilbert Valleys Council is in Clare with a branch office and library in Saddleworth and a branch office in Riverton. The total Council area comprises 1840km².

Clare and Gilbert Valleys Council Location Map



Regional Council of Goyder

Situated in the Mid North of South Australia, an area steeped in history, the Regional Council of Goyder (named after George Goyder whose renowned Goyder's Line traverses the Council area) extends from just above Terowie in the north to below Eudunda in the south comprising a total area of 6719km² with a population of 4201 residents.

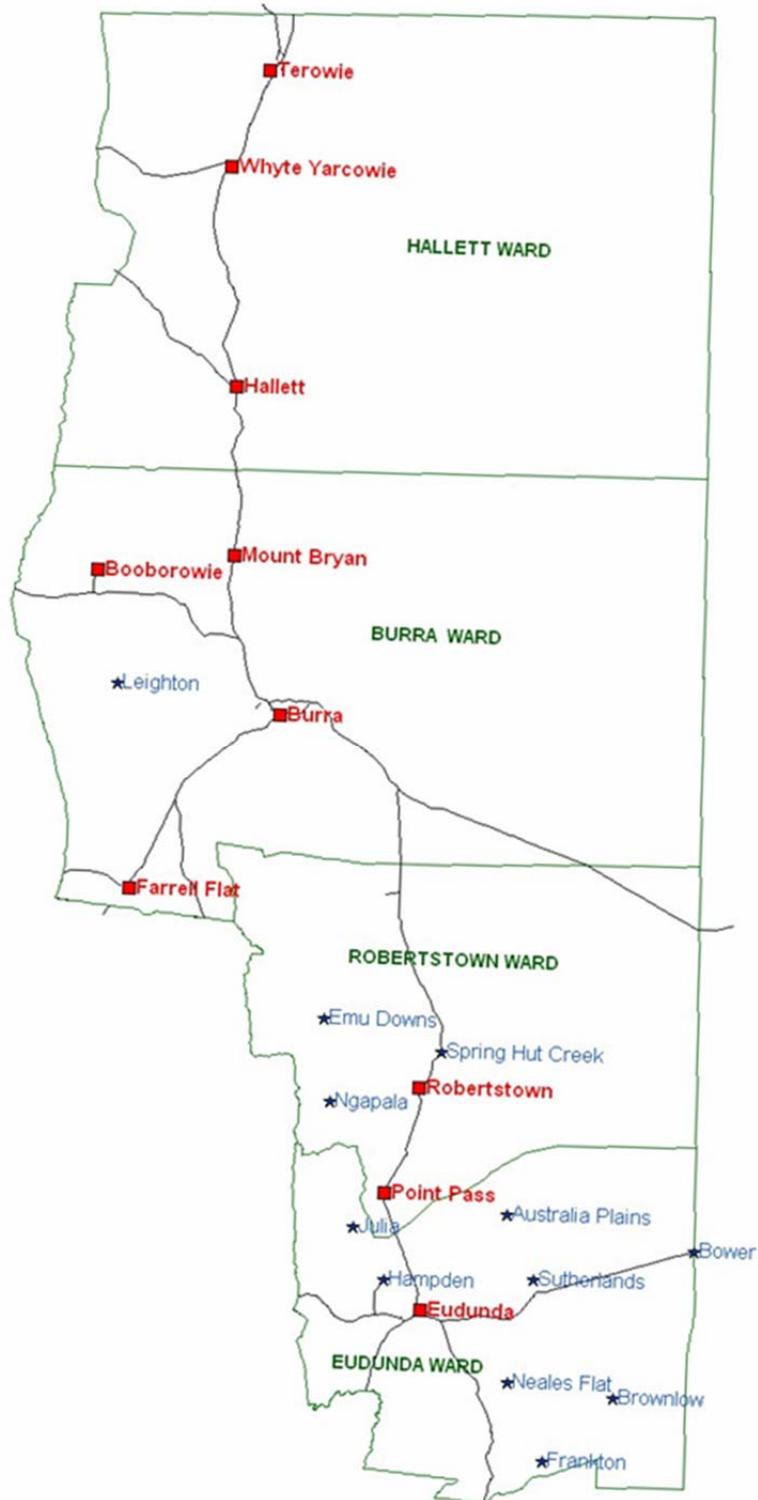
Situated approximately 2 hours from the Adelaide CBD, the Council area provides access to the major centres to the north and west of the State.

The area is an extremely productive agricultural and pastoral region, known for its cereal crops and merino wool, and is also an important area for dairy and beef cattle, piggeries and poultry farms. More recently established industries include viticulture and locally grown packaged food products. Manufacturing interests are increasingly entering the area and one of the mainstays of the Goyder economy is tourism.

There are medical facilities including two hospitals, and various education facilities include preschools, primary and high schools in both the main centres of Burra and Eudunda. The Goyder region provides a wide diversity of attractions and offers an excellent lifestyle.

Council's principal office is in Burra and a branch office is located in Eudunda.

Regional Council of Goyder Location Map



Northern Areas Council

The Northern Areas Council is situated in the Southern Flinders Ranges approximately 200 kilometres north of Adelaide. The Council covers an area of 3,070km² with a population of 4562.

Council's town and communities were developed during the prosperous times of traditional cereal and grazing practices complemented by forestry operations, and in more recent years, tourism, events and wind energy infrastructure. Jamestown is the main service centre for the district with additional services offered at Gladstone, Laura and Spalding providing for the smaller communities of Caltowie, Georgetown, Gulnare, Stone Hut, Tarcowie and Yacka.

Council's close network of towns offers a range of opportunities for shopping, recreation, employment, health and education. Together, Council and the community have built and maintained infrastructure such as recreation facilities and town halls to support the activities of the local communities as well as generating interest and income from visitors and tourists. Cycle infrastructure has increased in recent times with the development of recreational and mountain biking riding trails.

The Council area hosts a number of significant events, including the Bundaleer Festival, Jamestown Fly-In and Air Spectacular, Laura Folk Fair, Jamestown Show and Jamestown Races as well as other local events.

Northern Areas Council Location Map



REGIONAL POPULATION HEALTH PROFILE - NORTHERN GROUP

Key Health Related Indicators for the Region-Immunisation

Immunisation rates for the Region were good with the rates for infants at one year of age being 96% with the Clare and Gilbert Valleys Council being the highest averaging 98.2% and Goyder Council being the lowest with 91.1%.

The rates for full immunisation at five years of age averaged 94.8% for the Regions. For this age group the Clare and Gilbert Valleys Council had the lowest rate at 93.5% and Goyder Council the highest at 97.9%. These figures are based on 2011/12 ACIR data.

The decline in the level of immunisation coverage achieved at one year of age compared to five years of age warrants further investigation as does the variability between the rates achieved by the respective Councils.

Key Health Related Indicators for the Region-Smoking and Pregnancy

Smoking during pregnancy carries a higher risk of adverse outcomes for babies both before and after birth. For the regions less than 15.7% of pregnant women who gave birth over the three years 2008 to 2010 reported smoking during pregnancy. This was 25% lower than the non-metropolitan average rate of 20.8%.

Key Health Related Indicators for the Region-Childhood Obesity

For this data four year old girls and boys were assessed as being obese on the basis of their measured height and weight as a proportion of all 4 year old boys / girls assessed by staff of the State Governments Children, Youth and Women's Health Service for the three years 2010 to 2012.

Rates were very good for the Mid North Group with a low proportion (2.5%) assessed as being obese. This was 59% below the rate in the non-metropolitan areas overall rate of (6%).

Key Health Related Indicators for the Region-Adult Obesity

The estimated adult male obesity in the Mid North group was based on model estimates from the 2007-2008 National Health Survey. The estimated proportion of (18.5%) for males in the north group was 5% below that in the non-metropolitan areas overall. One in five males was estimated to be obese in Goyder and Northern Areas with the Clare and Gilbert Valleys area being lower.

The estimated proportion for female obesity in the Mid North group (17.3%) was 4% below the non-metropolitan rate overall. There was little variation in results across the local government areas for women.

Key Health Related Indicators for the Region-Daily Fruit Consumption in Children

The consumption of adequate amounts of fresh fruit and vegetables is associated with good nutrition and better health. This includes lower rates of many cancers, coronary heart disease, stroke, hypertension, cataracts, macular degeneration of the eye and type 2 diabetes.

The current recommended intake of fruit is between one and two servings each day for children aged 4-7 years, one to two servings each day for children aged 8-11 years and three to four servings each day for adolescents aged 12 -18 years.

Over half (58.1%) of the children aged 5 to 17 years in the Mid North group were estimated to have met the RDI for fruit consumption. This was 1% above the non-metropolitan average.

Key Health Related Indicators for the Region-Daily Fruit Consumption in Adults

These estimates were also based on the 2007-2008 National Health Survey. Adults in the Mid North group were estimated to be 2% above the non-metropolitan average. The extent to which adults in the Mid North group met the daily requirement was (49.4%). There was little variation across the LGAs.

Key Health Related Indicators for the Region-Physical Inactivity in Adults

These figures are also based on the 2007-2008 National Health Survey. The estimated extent of physical inactivity among the adult population in the Mid North group was (37%) which was 2% lower than the average rate for non-metropolitan areas.

Being physically active improves mental and musculoskeletal health and reduces other risk factors such as overweight, high blood pressure and high cholesterol.

Key Health Related Indicators for the Region – Mental Health Problems

An individual's mental health like all aspects of health is subject to change over the lifespan. Mental health issues can range from short-term issues such as anxiety and stress through to more serious clinical problems and psychosis. Most individuals experience some mental health issues at some time in their life.

At the National Health Survey 2007-2008 mental health problems were estimated to have affected 10.7% of males in the Mid North group and 11.8% of females in the Mid North group. Deaths from suicide for the northern areas was 24 deaths / 100,000 population. The non-metropolitan average was 12.2 deaths / 100,000 population. The yearly rate for northern areas was twice the non-metropolitan average. The rate for the Clare and Gilbert Valleys Council area was 12.8 / 100,000 population which was far lower.

Tobacco Smoking

Tobacco smoking is the greatest single cause of premature death and a leading preventable cause of morbidity in Australia. The estimated number of people aged 18 years over who reported being a current smoker expressed as a rate per 100 population from the 2007-2008 National Health Survey was 21.7% for the north group of Councils. This was 5% lower than the non-metropolitan average of 22.9%.

OTHER KEY GENERAL INDICATORS FOR THE REGION

Disability

The likelihood of living with a disability increases with age. In Australia in 2009 the disability rate amongst 15-24 year olds was 6.6% and this progresses with successive older age groups with 18% for the 45-54 year age group and 31% for the 55-64 year old group.

In the 2011 census when compared with the overall non-metropolitan statistics the Mid North Group had 13% more people in the 0-64 years of age group and a similar proportion in the 65 years and over groups living in the Community who reported as having a profound or severe disability.

Employment

The relationship between unemployment and health is complex and varies for different population groups but there is consistent evidence from research that unemployment is associated with adverse health outcomes.

Unemployment rates in South Australia are highest amongst young people aged under 25 years of age and are generally higher in rural and remote areas than in urban areas. In the June 2011 census 17% fewer people in the Mid North Group of Councils aged from 16 to 64 years of age were in receipt of unemployment benefits than the non-metropolitan averages overall. The Clare and Gilbert Valleys Council area had the lowest unemployment rates for the three Council areas.

Children in Low-Income Welfare Dependant Families

Children and young people living in families with inadequate income are at a greater risk of poor health and lower educational outcomes in the short and longer term. Over a fifth (21.7%) of all children under 16 years of age in the Mid North Group were living in low income families receiving welfare payments from Centrelink in June 2011. This was 9% below the non-metropolitan areas average over-all.

Community Connectedness

Nine out of every ten people in the Mid North Group of Councils (92.3%) are estimated to be able to get community support in times of crisis which was consistent with the non-metropolitan average.

Personal and Community Safety

This statistic addresses the number of people aged 18 years and over who feel safe walking alone in a local area after dark and expressed as a rate / 100 population. This figure was obtained from the 2010 ABS General Social Survey. Just over half (51.5%) of the Mid North group of Councils were estimated to feel safe or very safe walking in their local areas after dark. This is above the metropolitan Adelaide figure of 43.5%.

Residential Aged Care

Residential aged care facilities provide accommodation, personal support care and nursing support care services to people who can no longer manage to live in their own homes. Government spending on aged care is projected to rise significantly in the future.

In the Mid North Group of Councils at June 2011 the rate of residential aged care places was 80.9 / 1000 population aged 70 years and over. This was 3% below the rate of the non-metropolitan areas over-all.

The Clare and Gilbert Valleys Council area had a rate of 120.6 / 1000 population which was 45% above the non-metropolitan average. This indicates a high demand for Residential Aged Care places in the Clare and Gilbert Valleys Council area.

For more detailed data on the above determinants refer to University of Adelaide, Population Health Profile of the Clare and Gilbert Valleys, Goyder and Northern Areas Local Government Area to assist in the preparation of the Regional Public Health Plan, 2013 <http://www.lga.sa.gov.au/page.aspx?u=4117>

REGIONAL PUBLIC HEALTH PLAN STRATEGIC PRIORITIES

This Regional Public Health Plan has been devised supporting the four strategic priorities of the vision for *South Australia: A Better Place to Live*:

- Stronger and Healthier Communities and Neighbourhoods for all Generations
- Increasing Opportunities for Healthy Living, Healthy Eating and Being Active
- Preparing for Climate Change
- Sustaining and Improving Public and Environmental Health Protection

Some of the initiatives which the Mid North group of Councils already have in place now and which will continue into the Future under the four strategic priorities are the following:

Stronger and Healthier Communities and Neighbourhoods for all Generations

- Provide information to community members and organisations on the wide range of State & Commonwealth Government and non-government organisations programs and services
- Work with the LGA and relevant Federal and State agencies to ensure funding for consistent HACC service delivery
- Work with relevant Federal and State agencies to promote and facilitate future funding for Aged and Retirement Housing
- Concern with retaining local health services in the local area, not be centralised in Adelaide
- Provide support programs and community participation opportunities which build communities
- Promote the engagement of volunteers from within our communities essential to the provision of a vast range of services and benefits. The scarcity of resources and the increasing community expectations of improved quality of life and amenity mean that more voluntary effort will be required to deliver these expectations. Volunteerism also provides a welcome social outlet for community building and nurturing community pride. The retention, recruitment, support and recognition for volunteers is a high priority for Councils
- Councils have many public assets that were achieved or created through public giving or philanthropy. Over time this generosity has enriched the community and made it a better place. Council encourages this practice to continue and grow
- To recognise, protect and enhance for current and future generations the unique and diverse open space environment within the Council area
- Continue promoting the design and development of open space that reflects local ambience, site characteristics, the need and aspirations of the user groups and creates safe environments
- Continue partnerships with community groups and other levels of government in the development and promotion of particular open space areas including recreational trails, National Parks and other reserves that provide opportunities for multiple recreational experiences and wild life corridors
- Council will with the assistance of such groups as the Tourism Committee and community groups, promote the availability and use of open space throughout the region
- Participate in local emergency management and response, building community resilience and coordinates recovery efforts

- The Safe Environment Policy will be communicated to all relevant audiences to ensure awareness and understanding of Council's commitment to ensuring a safe environment. This will include Council Members, staff, volunteers, contractors, consultants, parents, carers and children where relevant
- Council in accordance with Safe Environment Policy will identify and assess potential sources of harm and take steps to decrease the likelihood that harm will occur to children, young people and other vulnerable people who use Councils services
- Council will take all reasonable steps to ensure that it engages the most suitable and appropriate people to work with, and provide services to children and other vulnerable people. Applicants for prescribed positions will be screened for their suitability to provide services. Screening will involve criminal history screening, interviews, referee reports, checking qualifications and previous employment history in working with children
- Council will promote the involvement of children, young people and other vulnerable people in service development planning where relevant, and inform them of their rights and how to access grievance procedures where relevant
- Council will ensure that staff, volunteers, contractors, and consultants providing services to and/or working with children are aware of and are trained, and appropriately supported to report any suspicion of abuse or neglect on reasonable grounds
- Work with the LGA to ensure the development of a strategic direction in providing services to vulnerable groups during extreme weather events
- Councils will provide a road network that is fit for purpose and sustainable such that it provides for safe and efficient movement of people and goods, enhances economic viability and improves the quality of life for people that travel in the district

Increasing Opportunities for Healthy Living, Healthy Eating and Being Active

- Council recognises the existence and significance of strong environmental values within the district and the importance of conserving our natural resources for the continuing enjoyment of future generations
- Council to continue to represent communities needs and aspirations to relevant State and Federal Government agencies
- Provide community infrastructure and support (e.g. parks and gardens, recreation facilities)
- Councils have dedicated additional resources to the provision and maintenance of parks and gardens
- Promote the establishment of community gardens
- Provide safe and accessible areas for active recreation and bicycle paths for improving opportunities for residents to be less physically inactive
- Establish the districts as bicycle friendly through the development of trails and education of all road users
- Councils will continually upgrade signage and interpretative information about pedestrian/cycling trails, loops and links
- Promote the most important risk factors linked to preventable disease in Australia which are tobacco smoking, physical inactivity, excessive alcohol use, poor nutrition and overweight/obesity

- Incorporate the use of the new tobacco control powers under the *Tobacco Products Regulation Act 1997*) relating to outdoor areas and events by applying for a total ban or making events smoke free
- Promote and educate public on conditions of dry zone areas
- Review local government's participation in State Government initiatives ,e.g. Cancer Council SA's Sunsmart program etc. to explore opportunities for integration into Council operations

Preparing for Climate Change

- Councils are of the opinion that the uncertainty in climate change predictions should not be a reason to delay planning for a warmer and water constrained future with rising sea levels
- Councils understand that responding to climate change is a multi-dimensional challenge that is subject to considerable uncertainty as our knowledge about climate change is refined with the benefit of new observations and insights
- Councils will consider a range of possible adaptation measures that might be undertaken at a local level including structural and technological, planning and legislation related, internal management, research and educational/behavioural/cognitive
- Councils have considered that the likely climate change-related challenges will have a direct impact on socio-economic wellbeing on local communities and can affect road/pavement construction and maintenance, buildings, community/workplace health, emergency/bushfire management, biodiversity, wastewater and water supply
- Work with the LGA and relevant Federal and State government agencies to ensure sector wide understanding of the potential impact of climate change on public health requirements, and to secure ongoing funding to meet community needs
- Partner with relevant stakeholders, including the LGA and State Government, to advocate for appropriate research on the impacts of climate change on the viability of industries that Council may rely for ongoing sustainability
- Councils acknowledge the findings of the Planning Institute of Australia that identifies that local government has a duty of care to manage the impact of climate change on local communities. In the future Local Government may be subject to claims for compensation or common law negligence cases
- Councils will reduce legal risks through proactive approaches bases on consulting communities and coordinating efforts with other organisations
- Councils have considered the potential impacts of climate change for cropping, pasture and grazing, viticulture and horticulture
- Work with SA State Emergency Service/Country Fire Services and other authorities to ensure bushfire management planning policies meet changing bushfire conditions
- Will ensure bushfire risk management is undertaken with a focus on open space areas that prevent present public safety implications
- Work with the appropriate Resource Management Board to obtain information on techniques to support biodiversity during ongoing climate change
- Review and update asset management plans to include the impacts of climate change as a key strategic planning initiative
- Undertake continuous improvement of native plant species selection by monitoring ongoing condition and growth, and investigating further application of arid zone plants
- Review outdoor staff personal protective clothing to ensure safety and comfort during extreme weather conditions

- Work with relevant stakeholders and identify changes to vector-borne diseases due to increase frequency in extreme weather conditions
- Encourage the establishment of sources of alternative energy, especially wind turbines
- Councils will endeavour to obtain funding from government agencies to undertake specific local projects
- Councils will incorporate a program to update the energy and water efficiency of Council owned buildings into the review of the Council asset management plans
- Provide greater shade in communities through green infrastructure projects considering future raised temperatures and extreme heat
- Conduct shade audits to determine the adequacy of existing shade, whether there is a need for more, if appropriately located and of appropriate size
- Will include provision of shade structures in design of new council recreational facilities
- Will ensure sufficient shade, either natural or built, is available or planned for when developing new recreational facilities or centres and in any development plans for picnic areas, playgrounds etc.
- Continue to provide attractive and comfortable outdoor environments that encourage use by providing safe places that are shaded in summer and protected in winter
- Encourage scheduling recreational and sporting events and activities to avoid the hottest part of the day and at shady locations if possible
- Councils provide accessible air-conditioned public facilities e.g. libraries
- Increase community education on awareness of dangers of sun exposure/symptoms of heat stress
- Encourage increase use of insulation in new buildings
- Encourage retrofitting to existing buildings with the addition of insulation materials and effective and efficient cooling systems
- Encourage the use of passive cooling systems, improved use of thermal properties of building materials and reduce solar heating using recessed windows, roof overhangs and shades
- Promote water sensitive urban design at the plan making and development assessment stages of the planning process
- Encourage the use of recycled water where possible
- Implement the reduction of irrigation mains water use by choosing areas to receive less irrigation, efficient irrigation, water efficient landscaping and using alternative supplies of water such as rainwater tanks and reclaimed effluent
- Encourage the use of plants that are indigenous to the local area in parks and open spaces
- Promote awareness to local communities of potential weed risks resulting from climate change in the local area

Sustaining and Improving Public and Environmental Health Protection

- Continue to administer the relevant Public Health Regulations (e.g. food safety inspections and training, cooling tower and warm water system monitoring of specific businesses, waste control approval and inspections, mosquito control).
- Promoting, consulting, communicating and supporting policies, guidelines and Codes of Practices from the Department of Health and Ageing
- Enforcement of the *South Australian Public Health Act*
- Investigate and answer all enquiries and health related complaints
- Approve all wastewater applications and conduct inspections

- Undertake relevant premises inspections for compliance with the relevant acts, regulations and codes of practice where they are applicable
- Monitor auditor reports and compliance requirements for warm water systems and cooling towers
- Enforcement of the *Food Act* and chapter three of the (FSANZ) food safety standards including relevant food business inspections
- Monitor auditor reports for high risk food business under the *SA Food Act 2001*
- Monitoring of any food safety related incidences and initiating the appropriate responses. Conducting any relevant enquiries, inspections of food and water sampling as they relate to the same
- Providing results of each food premise/business inspections to the owner/occupiers
- Supporting, consultation and communication with food businesses on food safety issues
- Monitoring and taking appropriate action to ensure any food recalls for health and safety reasons are removed from sale
- Supporting the provision of immunisation services within the Council areas and making sure that adequate services are provided
- Ensure Councils enforcement on matters relating to WHS Legislation, Regulations, Codes of Practice and Safe Work procedures to facilitate Council compliance with its WHS obligations and responsibilities
- To develop, implement and review Council's Risk Management policies, plans, programs, systems and procedures to facilitate the application of best strategies to minimise/respond to risk in all Council operations
- In accordance with Council's Strategic Management Plan to ensure the provision of quality public facilities and amenities for the ratepayers and the community including the implementation of systems for the cost effective management of Council's infrastructure assets including parks and gardens and reserves, cemeteries, public buildings and community land
- Maintaining a safe working environment for all Council staff, contractors, the public and users of Council's community facilities
- Ensure the delivery of a professional, timely and quality WHS service in responding to the requirements of the Council's external and internal customers
- Reduce reliance on Council's landfill sites
- Increase participation rates for recycling
- Implement waste water management strategy in accordance with Environmental Protection Authority requirements
- To administer, monitor and document Council and community compliance with environment and related legislation
- To plan and contribute to community awareness programs related to responsible animal management

COUNCILS MAJOR INITIATIVES AND PROGRAMS

OPAL

OPAL is a program that's about everyone in the community working together to create all kinds of ways to enjoy eating well and to have fun being active. The Northern Areas Council has an OPAL Council Manager based within the local Council. They work with individuals and with a range of community groups – including schools, health services council and private businesses. Sometimes that might mean making better use of existing programs or it may involve getting everyone's input to develop new programs.

As well as keeping individuals and families well, healthy lifestyle choices can make the whole community a more enjoyable place to live – where people have fewer long-term health problems such as less risk of diabetes, heart disease, high blood cholesterol, high blood pressure and some cancers.

OPAL work with communities to support and introduce a range of programs like:

- Community gardens
- Supermarkets that make individuals and families to make healthier food choices
- Good quality drinking water in public places
- Family day care, schools and work places that promote healthy eating and physical activity programs
- Family fun days to discover safe cycling paths in the local area

Dry Zones

Council has established a Dry Zone Working Party for the purpose of *“Representing the whole community with regard to Dry Zone Areas in the Council Region”*. Council is represented on the Dry Zone Working Party and provides administrative support.

The public spaces within the urban area of Clare Township have been defined as a dry zone between the hours of 8pm and 8am. Special dry zone restrictions have been placed over particular public spaces that attract youth eg. Clare Skate Park is a 24 hour dry zone.

The Valleys Lifestyle Centre

Council has developed an integrated recreational/sport and lifestyle centre at the Valleys Lifestyle Centre located in the Clare Oval precinct.

The Valleys provides an extensive range of facilities aimed at providing sport & recreational opportunities together with fitness, health and lifestyle facilities. The Valleys offering includes outdoor pool (summer only), indoor therapy pool, squash courts, fully equipped gymnasium, indoor stadium (catering to baseball, volleyball, netball, futsal, indoor cricket, kindergym and gymnastics).

Community Passenger Transport Network

Clare & Gilbert Valleys Council is the host for the Mid North Community Passenger Network. The service is provided to transport disadvantaged persons within the Clare & Gilbert Valley, Goyder, Wakefield and Mallala Council areas. The Coordinator for the Network is based within the Clare office.

State Government funding support is provided to the Network together with contributions from constituent Councils.

REFERENCES

Clare & Gilbert Valleys Council, Regional Council of Goyder and Northern Areas Council Policy and Procedures

Clare & Gilbert Valleys Council, Community Plan 2012-2020

Regional Council of Goyder, various staff job specifications

Regional Council of Goyder, Development Plan 2012

Regional Council of Goyder, Strategic Plan 2012

Northern Areas Council Strategic Plan 2011

SA Health Public Health Act 2011, Government of South Australia, Adelaide

SA Health, South Australia: A better place to live (Consultation draft). Government of South Australia, Adelaide, 2013

University of Adelaide. Population Health Profile of the Clare and Gilbert Valleys, Regional Council of Goyder and Northern Areas Local Government Area to assist in the preparation of the Regional Public Health Plan. Adelaide, 2013

University of Adelaide – The Environment Institute, Strengthening Basin Communities Program Milestone 1 Report, Climate Change Impact Assessment, University of Adelaide, 2010.

Milestone 2 Report Part 1: Milestone 2 Report Part 2: Milestone 2 Report Part 3

APPENDIX A: PROFILES OF PARTICIPATING STAKEHOLDERS

Auburn Primary School (a case study)

Auburn Primary School has a strong school wide focus on students being active and encouraging healthy eating to build positive habits in students that influence their health throughout their lives.

Fitness and physical activity is incorporated in all daily activities. The whole school begins the day with a 20 minute fitness activity which includes skipping, relays, game skills, coordination activities and running. Auburn Primary School also has weekly PE lessons an Active After School program making links with local community clubs and coaches and introducing a wide variety of sports to students, and a hosts a variety of sports coaching clinics where ever possible.



Healthy eating is a major focus with the school participating in the Crunch and Sip program with all students having water bottles on the desks and encouraged to drink water throughout the day and all classes have a designated fruit break during the day. Auburn is a Stephanie Alexander Kitchen Garden School with all students participating in weekly 45 minute gardening lessons and 90 minute cooking lessons, using primarily fresh and seasonal produce grown in the school gardens.

Community and school volunteers support the gardening and cooking lessons working with students and passing on their skills and knowledge. The program has produced positive results with many vegetables gardens being established at homes and the children more willingly to try different foods. The kitchen garden program has also created student enterprise opportunities allowing students to develop business skills and apply real life literacy and numeracy skills.



Burra Hospital and Health Services

Burra Hospital and Health Services is part of the Yorke and Northern Rural Region. The hospital is a 23 bed complex, with 7 beds for people receiving active medical treatment and 16 aged care beds. Inpatient care in general medicine is provided for adults and children, as well as palliative care.

A 24-hour accident and emergency service is provided. When patients arrive at accident and emergency, they will be seen by the duty nurse and triaged to collect information and assess their illness or injury with GPs on call.

Other services provided by the hospital include optometry, Meals on Wheels, child and adolescent mental health services, child and youth health services, drug and alcohol services and various community health services such as women's and men's health, health promotion, domiciliary care, home nursing and various allied health services.

The community health programs and activities include day care for the frail, aged younger people with disabilities, and people with dementia and related disorders.

Country Home Services

Country Home Services goal is to impact positively on the lives of older people and their carers through our range of community care services. We are an accredited provider who aims to maintain its focus on assessed client need and locally based service delivery serving those who need varying levels of support to achieve their goal of independence.

We make available Home Care Packages as well as low levels in home support through Home and Community Care. We are also an approved provider of Veteran's Home Care.

Country Home Services acknowledges that our clients have the individual needs which may change over time. We offer a wide range of programs to ensure we are able to provide options, choices and therefore an informed pathway of care. We work with our clients to tailor packages that meet their individual assessed needs, and as part of our service, we hold regular client reviews.

Drug and Alcohol Services of South Australia (DASSA)

Drug and Alcohol Services SA provides statewide alcohol and other drug treatment services. There is a range of services available in South Australia for people who experience problems with alcohol and drugs, which means there are many options for people with differing needs and treatment preferences.

DASSA Community Services provide free confidential services including:

- counselling, assessment and referral for people with alcohol and other drug related problems
- counselling and support for family members and friends
- information sessions for community groups
- consultation, education and training for other professionals on alcohol and other drug issues

Eudunda / Kapunda Health Advisory Council Inc

The Health Care Act 2008 provides for the establishment of local Health Advisory Councils (HACs). The (HAC) was established by the Minister of Health & Ageing to undertake an advocacy role on behalf of the community and to provide advice in relation to health matters, amongst other functions.

The services at Eudunda and Kapunda boast a combination of aged and acute care, and cover a wide geographical area including the towns of Eudunda, Kapunda, Point Pass and Robertstown as well as many isolated communities.

The Eudunda Kapunda HAC is an incorporated advisory body, advising the Minister on health issues related to specific groups in our region, including the holding of assets, manage bequests and provide advice on local health services needs and priorities.

Major functions of the HAC is to provide advice to the Minister and Chief Executive on health issues, goals, priorities, plans and other strategic initiatives and the development or implementation of systems or mechanisms designed to support the delivery of health or services at local health service sites.

Eudunda Medical Practice

Kapunda & Eudunda Medical Practice is a teaching practice affiliated with Flinders University & Sturt Fleurieu. Eudunda Medical Practice (EMP) services Eudunda, Robertstown and other surrounding districts. EMP is serviced by GP's 5 full days per week that have speciality areas of obstetrics, anaesthetics, trauma as well as mentoring the students. There are 2 students, 1 Inter, 1 RMO who visit Eudunda & 2 Registrars located primarily in Kapunda. A teaching practice exposes these professionals to the variety, excitement, challenges to rural life and hopefully enthuse these professionals to return to the country areas and continue with rural GP work.

There has been an increase in nursing hours provided at EMP with nurses being present 4 full days per week on site which has meant increased access to Allied Health Professionals. This is complimented with a Community Health Mental Nurse who visits weekly and does home and surgery visits. Proactive management of Chronic Disease by Practice Nurses ensures clients are regularly reviewed with the objective to reduce the impact of their chronic disease and keep them in their own home.

Various Education awareness programs are conducted in conjunction with national awareness programs eg. Prostrate, Kidney, Are You Ok. All health professionals are encouraged to have continuing education to keep up with evidence base best practice and to use to enhance clients health outcomes.

Lower North Health Advisory Council Inc.

To be read in conjunction with the Eudunda Kapunda Health Advisory Council.

40 Health Advisory Councils across South Australia have been formed as a result of the Health Care Act 2008.

A main function of the Lower North Health Advisory Council is to relay ideas and views from the community to the local health service. These ideas are used in planning for new and improved services. Initiatives include:

- Clare Men's Shed by providing funds for the program expansion of facilities with the main aim being to create a link with men in the community and raise awareness of health services available
- To get all interested parties to discuss the Patient Assistance Transport Scheme (PATS) so that an efficient and well-coordinated service may evolve
- The establishment of Goyder House for weekly school boarders from distant homes is part of the Burra Hospital land and is owned by Lower North HAC

SA Ambulance Service

SA Ambulance Service provides emergency medical assistance, treatment and transport, non-urgent patient transport and high quality patient care to the people of South Australia.

No matter where people live in South Australia they will provide accessible medical assistance and transport when needed.

As an integral part of South Australia's health system, we pride ourselves on our ability to save lives, reduce suffering and enhance quality of life.

SA Country Carers

SA Country Carers is a not-for-profit organisation assisting Carers in the Mid-North of South Australia. We offer counselling, information and support to carers. We have an active program of support groups for Carers, which meet regularly in various towns of the Lower North. These groups are designed to provide mutual support among carers, and often also feature guest speakers and activities of interest to group members, as well as workshops and information about caring.

Several groups are for those caring for people with particular disabilities, eg Parkinson's disease, and information and assistance is provided on the development of caring skills in these areas.

We have an active program of activities, excursions and overnight retreats so Carers can unwind and relax in pleasant surroundings and with people of like mind.

Short term respite care is available by looking after the care recipient, either in their own home, overnight in our residential respite house, or providing group activities during the day.

St John's Lutheran School

St John's Lutheran School which is owned and operated by St John's Lutheran Congregation, offers its program in Christian Education to all applicants regardless of ethnic origin, religion or disability, provided that:

- through enrolment procedures, parents seeking enrolment for their child /children undertake to support willingly and freely the stated purpose of St John's Lutheran School
- adequate space and resources are available

Yorke and Mid North Collaborative Project

The Yorke Mid North Collaborative Project is a Commonwealth HACC funded project, and is one of twelve regional projects across South Australia. The project has a Steering Committee made up of HACC stakeholders across the region.

The project facilitates and support service system reform and stakeholder engagement to improve the quality and effectiveness of services within the scope of the Commonwealth HACC program Guidelines.

The project not only works with regional stakeholders, but also state bodies such as ARAS (Aged Rights Advocacy), Alzheimer's Australia, ACS (Aged & Community Services), RDA (Regional Development Australia), DFEST (Department Further Education, Science & Technology) and DEEWR (Department Education, Employment & Workplace Relations).

The project aims to:

- Build the capacity of the sector to meet the needs of the clients, and develop best practice
- Facilitate improvement in flexibility, quality and the effective provision of services to meet the needs of the target population of the region
- Facilitate and support aged care reform
- Support regional and sub-regional planning forums that encourage service provider and consumer participation to examine and develop strategies to address key issues that impact on the community

APPENDIX B: COUNCIL ASSETS PROMOTING ENVIRONMENTAL HEALTH AND HEALTHY LIFESTYLES

	Clare & Gilbert Valleys Council	Goyder	Northern Areas
Community Wastewater Management Schemes	3	2	3
Swimming Pools	4 1 Hydrotherapy	3	3 1 Hydrotherapy
Playgrounds	18	14	9
Halls	8	8	14
Recreation Grounds	10	10	9
Public Toilets	21	14	14
Waste Transfer	2	3	3
Information Centre	1	1	2
Visitor Facilities	2	3	7
Caravan Park	2	1	2
Tourist Accommodation	0	1 33 Cottages	0
Valleys Lifestyle Centre	1	0	0
Gymnasium	0	0	1