



Strategic Directions for Public Health Report

District Council of Peterborough





Healthy Environs Pty Ltd has prepared this
report for the District Council of
Peterborough.

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1. Introduction

The *SA Public Health Act 2011*¹, defines public health as ‘the health of individuals in the context of the wider community’. The health and well-being of communities is influenced by a range of social, economic and environmental conditions. Through their various functions, Councils play an important role in shaping these local conditions to support public health.

The *SA Public Health Act 2011* recognises Councils as the public health authority for their area, and requires Councils to lead and coordinate public health planning for their communities. The South Australian Public Health Plan, established under the Act, titled ‘South Australia: A Better Place to Live’, sets out a broad framework of priority actions for promoting public health in collaboration with public health partners. This Plan, which is underpinned by several fundamental principles such as the principle of prevention, sustainability, partnership and equity, determines four Strategic Priorities (SP 1-4)²:

- Stronger and Healthier Communities and Neighbourhoods for All Generations (SP1).
- Increasing Opportunities for Healthy Living, Healthy Eating and Being Active (SP2).
- Preparing for Climate Change (SP3).
- Sustaining and Improving Public and Environmental Health Protection (SP4).

The District Council of Peterborough is committed to integrating public health planning requirements with Council’s strategic planning under the *Local Government Act 1993*. For this purpose, the Council commissioned the development of this ‘Strategic Directions for Public Health Report’, which involved:

- Developing a snapshot of the ‘state of health’ of the Council area.
- Reviewing existing Council commitments and initiatives for public health, with reference to the four Strategic Priorities of the State Public health Plan.
- Consulting with key staff, Elected Members and stakeholders on public health issues and opportunities for the Council area.
- Documenting recommendations for integrating public health strategies into the 2015 review of Council’s Strategic Plan.

Public health issues and challenges identified at a National and State level², include increasing chronic diseases (diseases that are related to preventable risk factors, such as diabetes and heart diseases), new or re-emerging infectious diseases, public health risk factors such as obesity or excessive use of tobacco and alcohol, and the global challenge of climate change and its implications for public health. Strategic directions for public health in Peterborough, consider these National and State priorities as well as local issues identified through a review local data review and stakeholder consultation.

The District Council of Peterborough Strategic Plan 2011-2015 'A Thriving Community Again' is due for review in 2015. This review will involve further consultation with the community and the integration of recommended strategic directions for public health, as outlined in this report.

2. Reviewing Directions for Public Health – The Process

As required by *SA Public Health Act 2011*, public health planning involves assessing the state of public health, identifying public health risks and developing opportunities for promoting public health in the region. This process necessitates taking into account not only the existing State and Local plans and policies, but also the existing and potential partnerships useful for promoting public health in the Council². Therefore, developing the District Council of Peterborough 'Strategic Directions for Public Health Report' has involved the following stages:

- A review of relevant documentation and data to develop a summary profile of the region (refer to the references in Section 7).
- A Public Health Workshop held on Wednesday 13rd August 2014 where Council Elected Members, staff representatives and stakeholder organisations (refer to Appendix A Public Health Workshop participants) discussed the following themes:
 - Current Council state of public health
 - Current initiatives and challenges faced
 - Vision and priorities for promoting public health in the area.
- Development of the 'Strategic Directions for Public Health Report'.

3. The Peterborough Region

The District Council of Peterborough is located in the Southern Flinders Ranges of South Australia, and comprises an area of approximately 2995 sq kms. Most of its population of 1,765 is located in the principal towns: Peterborough, Yongala and Oodla Wirra. The area suffers considerable decline in population, predominantly in rural parts of the Council³. The rural Council area is wheat and sheep country. Peterborough provides major roads and railway accesses between the Eastern States, the Flinders Ranges and the Southern and Western areas of Australia. The region is well positioned for tourist activities.

The Council office is located in the township of Peterborough, where most of the facilities and services can be found (hospital, library, swimming-pool, primary schools and high school). The town has a rich history, particularly of its great steam rail era. Peterborough has developed its heritage promotion through different programs such as the Historical Pavers, and the Steamtown Heritage Rail Centre.

The Community

The Population

While the overall population of South Australia has increased by about 6% between 1996 and 2006, the number of inhabitants of the District Council of Peterborough has decreased by around 30%³. The 2011 Census data⁴ confirmed this trend with an ageing population of 1,765. The age structure in Peterborough varies from the non-metropolitan area overall, with, relatively fewer young children and young adults, more people from 50 to 85, and a higher proportion in the 85 years and above⁵. Aboriginal people comprise 4.8% of the Lower Flinders Rangers Group's population, which is 5% higher than the non-metropolitan area. In 2011, the proportion of people born overseas, who come from Italy and China, was lower than in the non-metropolitan area⁵.

The proportion of the 16 year old group in Peterborough who were not participating in full-time secondary education reached 20.8%, which was 14% above the non-metropolitan average. The proportion of the 15 to 19 year old population in the Council engaged in work or full-time study (75.9%) was below the non-metropolitan area average (76.7%). In June 2011, one in every two children under 16 years (50.7%) was living in low income families receiving welfare payments from Centrelink⁵. Finally, the District Council of Peterborough is characterised by a population with low socio-economic status. That is, its Index of Relative Social Disadvantage (IRSD¹: 798), is markedly low compared with non-metropolitan South Australia area (962, a difference of 17%)⁵.

Community Health Profile

As with most developed countries during the last century, Australia's disease patterns have shifted from the dominant burden of communicable diseases to chronic illnesses such as cardiovascular diseases, diabetes, cancers, and mental disorders. The main risk factors linked to these kinds of preventable diseases are overweight, physical inactivity, unhealthy food, tobacco and alcohol consumption². In addition to these public health issues, the District Council of Peterborough has to address the difficulties inherent to remoteness. That is, Peterborough has to face challenges associated with access to services, low density of population and long transport distances to service centres (such as Port Pirie and Port Augusta).

¹ The Index of Relative Social Disadvantage (IRSD) measures the relative level of socio-economic disadvantage based on a range of Census characteristics. The index is derived from attributes that reflect disadvantage such as low income, low education attainment, high unemployment and jobs in relatively unskilled occupation.

The District Council of Peterborough has the lowest median age at death of the Yorke and Mid North Region of South Australia (76 years: 4 years less than the SA median age at death)⁶. Population health data for the Council is summarised below:

- In 2007–08, around one fifth (21.6%) of the population of Peterborough assessed their health as 'fair', or 'poor', rather than as 'good', 'very good', or 'excellent'. This was 34% above the non-metropolitan average (16.2%).
- Based on 2007-08 data, the estimated obesity rate for males was around 19% which was close to the rate for non-metropolitan areas. Nevertheless, the female results (20.4%) were slightly above the non-metropolitan areas overall (18.0%).
- The estimated extent of physical inactivity for the Council in 2007-08 (42.6%) was 12% higher than the average rate in the non-metropolitan areas (37.9%).
- The proportion of the population with type 2 diabetes in 2007-08, was 18% higher than the non-metropolitan average (3.5%).
- Mental health problems were estimated to have affected 15.2% of males and 15.4% of females, which was significantly higher than the non-metropolitan average (respectively, 11.1% and 12.2%).
- The smoking rate (28.3%) was 23% higher than for non-metropolitan average (22.9%). 37.5% of pregnant women who gave birth over the three years 2008 to 2010 reported smoking during their pregnancy, which was 80% higher the non-metropolitan average rate (20.8%).
- The rate of immunisation of infants (92.8%) was consistent with the non-metropolitan average (92.6%). The proportion of children who were fully immunised at five (89.0%) was close to the non-metropolitan average (89.4%).

Regional Health Services

Peterborough Hospital is part of the Mid North Health Services Cluster, which incorporates several hospitals and health services. The Cluster provides a range of accident and emergency, acute inpatient, elective surgery, maternal and birthing, community health, aged care, outpatient and various associated clinical support services. The Mid North Aboriginal Health Service comes under the umbrella of the Mid North Cluster Community and Allied Health Service at Port Pirie⁷.

Difficulty in accessing services by people in District Council of Peterborough (around 37 %) is estimated to be 4% above the non-metropolitan average, with over one third of the population estimated to face such difficulties⁵. Transport services across the Mid North Cluster are minimal with a bus service once a week for services in Port Pirie⁷.

The highest percentage of hospital inpatient activity is for people aged 65 years and over. General medicine and cardiology are prevalent in the top 5 conditions for all health units in the Mid North Cluster⁷. The rate of admission to a South Australian hospital for the residents of the District Council of Peterborough was 12% higher than the rate for the non-metropolitan areas⁵.

Relatively fewer Home and Community Care Program (HACC) clients in Council were living alone (22.5%) compared with the non-metropolitan areas overall (27.9%). Markedly more people of the Council were clients of community health services, with a rate of around 39% above non-metropolitan areas overall. The rate of clients of community mental health services from Peterborough was two and a half times the non-metropolitan average. The rate of residential aged care places in Peterborough was 40.0 places per 1,000 populations, which was less than half the non-metropolitan average⁵.

Health Promotion and Partnerships

Most local facilities are located in the town of Peterborough. Residents can enjoy two playgrounds and three parks with facilities and one off-leash dog park. When the temperature is above 26 degrees, the swimming pool is open every afternoon, and in the evening when temperatures are high⁸.

A successful partnership between members of the Obesity Prevention and Lifestyle Program (OPAL), the Rural Health Team (RTH), the Southern Flinders Life, the local community and the Council has enabled various community health initiatives. Programs and events, such as the 'National Youth Week', 'Mumma Moves', Captain Carrot' and the 'Magical Children Garden' in Peterborough Community Garden, aim to increase awareness of healthy eating and physical activity. Health promotion messages through OPAL are focused on children (i.e. 'Think Feet First' children, 'Give the Screen a Rest Active Play is Best' or 'Peel Pour Pop'). Southern Flinders Life targets adults to improve levels of physical activity and healthy eating through local programs such as Heartmoves, HEAL and walking groups. Most of these programs are regional and involve communities from different Councils of the area (Northern Areas Council, The District Council of Mount Remarkable and Peterborough)⁸. A key issue for the Council is the uncertainty of funding and resourcing for these community health initiatives, in particular Southern Flinders Life and OPAL, beyond 2015.

The Mid North STARCLUB, which is a joint initiative between the SA Office for Recreation and Sport and five Councils in the region, assists and supports the different clubs and associations. Through this development program clubs can invest in sport and active recreation.

Partnerships are also developed through other shared services which aim to improve efficiency, coherence and sustainability⁹:

- The Flinders Range Development Assessment Panel
- Shared employment of the Environmental Health Officer
- The Northern Passenger Transport Network
- The mid north Be Active Field Officer
- Council's Waste and Recycling service
- Appointment of a shared auditor

Community Strengths, Social and Cultural Events

Just over half the population of the District Council of Peterborough estimated to feel very safe or safe walking in their local area after dark. This proportion was 1% below the nonmetropolitan average of 51.0%. It is worth highlighting that it is above the Metropolitan Adelaide percentage, of 43.5%. Nine out of every ten people in the Council are estimated to be able to get support in times of crisis, a level consistent with the non-metropolitan average. However, the estimated proportion of the Council population who disagree/ strongly disagree with the acceptance of other cultures was 68% higher than the non-metropolitan average (4.1%)⁵. There is support for families in Peterborough who experience intergenerational joblessness. Uniting Care Wesley Country SA provides support for families to gain education, training and employment⁸. Young people from the district have often mentioned the lack of recreational opportunities and facilities. However, recently, a position of Community Services Co-ordinator has resulted in positive outcomes for the community, particularly in the aged and youth services area. The establishment of the Youth Advisory Committee is also an opportunity for youth involvement in the development of the Council¹⁰.

Social activities and on-going education is developed through the Peterborough school and community library. The library provides free internet access. Nevertheless, the proportion of the population of Peterborough who were estimated to have accessed the Internet at home, was 10% below the average of the non-metropolitan areas overall (72.1%)⁵. Improved telecommunication services are considered crucial for the economic and social development of the area¹⁰. Steamtown Heritage Rail Centre and various programs such as Historical Pavers, which display three sites of pavers, and the Interpretative Walk, promote the cultural heritage of the town⁸. The Council also supports social events such as Art Prize Exhibition & Festival where local talents are acknowledged and where participation of the community in new activities is enhanced⁸.

The Environment

Built and Natural Environment

The large majority of the population from the Council lives in the town of Peterborough. The town, which had a greater population before the 70's, now has oversized infrastructure. The Council has to resource the maintenance, and upgrade of its built environment (drainage, roads, kerbing and footpaths)¹⁰.

In order to enhance tourism activities in the area, The Council has identified key measures such as promoting heritage aspects of the town, improving business frontages, incentives for property owners to maintain premises of heritage significance and improved local streetscapes^{11,10}.

The District Council of Peterborough is served by transport services of Northern Passenger Transport Network (NPTN) such as Mid North Passenger¹² bus and YP Coaches¹³. However, the transport facilities remain insufficient to service the district.

This impacts particularly vulnerable groups, such as elderly and disabled people in remote areas, potentially impacting on their access to health services, fresh food and other facilities.

The district has natural environment features such as Black Rock lookout and Greg Duggan Nature Reserve and Lookout. The development of these areas as a flora and fauna attraction is being pursued, especially for tourism development¹⁰.

Current water resources of the regional area have already reached or are reaching their sustainable limits. Major water users (as identified in the Tonkin report) include agriculture, general industry, municipal watering, tourist facilities and domestic users. Overuse of water resources is resulting in falling groundwater levels and rising salinity¹⁰.

Climate change mitigation and adaptation is a priority for the region. The District Council of Peterborough is part of a regional Integrated Climate Change Vulnerability Assessment, undertaken through the Central Local Government Association. Declining rainfall, increase of bushfire threat and higher evaporation rates poses risk to urban water security in the region. Adverse impacts to agricultural land may also occur due to decrease in fertile areas caused by declining rainfall. Potential impacts of climate change on the region also include costs to agriculture from increased pest plants, animals and diseases and costs to tourism in the form of lost eco-tourism amenity value. The Vulnerability Assessment report highlights the potential health and well-being impacts of climate change, resulting from direct changes in the climate (increased temperatures) as well as indirect impacts such as mental health issues caused by drought¹⁴.



Environmental Health Protection

The District Council of Peterborough plays an important role in the surveillance of environmental factors which can have an impact on public health. Food safety and security is one of the crucial programs that the Council undertakes. The last Food Act 2001 annual report indicates that 32 food businesses are operating within the Council area. Premises classified as medium and high risk are inspected at least once a year.

In 2012-13, the main food safety issues identified were storage, food packaging and food handler skills and knowledge¹⁵.

An important role of the Council is to manage health risks inherent to recreational water use and wastewater management. In 2011, one public swimming pool of the Council was inspected at least once a year. The Council has planned to develop a Community Wastewater Management Systems (CWMS) in order to replace the current ageing individual septic systems which become non-compliant¹⁶. This project, which includes a reuse management system, has been identified as high priority, and options for the capture and reuse of storm water has been implemented¹⁰. The Council is involved in waste collection and a kerbside recycling programme has been recently introduced. The town's landfill site has been converted into a transfer station¹⁰.

High Risk Manufactured Water Systems such as Cooling Towers and Warm Water Systems, are controlled in order to minimise the risk of legionellae. The Cooling Water system registered in 2011 in Peterborough was inspected at least once during this period¹⁶. Sharps containers are accessible for the public at the Council, the medical centre and in all public toilets. Monitoring of hairdressing business and control of vectors and pests is also undertaken by the Council to improve public health¹⁶.

The Economy

The District Council of Peterborough is widely marked by its history. Originally, the town of Peterborough was settled to service the agricultural and pastoral activity. Since the end of the nineteenth century the rail way lines have significantly impacted the development of the town. The town once had the largest railway workshop outside Adelaide. Nevertheless, in the late 70's, the modernisation of the rail way technology led to the demise of the town¹⁰. During the same period, the closure of the Area Headquarters of Australia National in Peterborough had an adverse effect on the employment prospects and economic viability of Peterborough and the area in general³. Since this time, the town has suffered considerable decline in population and economic activity.



Local industries are now centred on primary production, abattoirs, engineering and tourism¹⁰. The main employment sector in the Council is agriculture where the percentage of workforce employed reaches nearly 15%. This sector is followed by retail trade and health care and social assistance^{10,4}. Around 25 % of the population were classified as unskilled and semi-skilled workers in 2006, which was the highest percentage of the Yorke and Mid North Region.

The proportion of the population of Peterborough providing unpaid assistance to persons with a disability, a long-term illness or problems related to old age, was 14.4% above the non-metropolitan average (11.8%)⁵. Moreover, the council had also the higher percentage (21%) of the Region for income support recipients of welfare dependent (and other low income families with children)⁶. In June 2011, Peterborough had a high proportion of residents receiving unemployment benefits (a New start Allowance or Youth Allowance) from Centrelink (10.6%), which was 89% higher than the non-metropolitan average. The proportion of these unemployment beneficiaries who had been unemployed for six months or longer (9.8%) was over twice the non-metropolitan areas overall (4.5%). It is estimated that one in every two children under 16 years of age were living in low income families receiving welfare payments from Centrelink⁵.

The Council faces difficulties especially due to its economic situation, its low socio-economic status, its declining and ageing population and the maintenance and improvement of its infrastructure. Nevertheless, as the District Council of Peterborough area provides major road access from the Eastern States to the Flinders Ranges, the Spencer Gulf Cities and to the southern areas of the Clare Valley, Barossa Valley and the historic town of Burra, the town is strategically located to key tourism areas of regional SA. Based on the town's location and history, the Council has focused its economic development on the tourism industry. The recent Tourism Strategy Plan of Peterborough identifies different opportunities for the Council¹¹. Some programs and events, such as the Light and Sound organised by the Steam town Heritage Rail Centre, are already in place to attract tourists.

4. Health and Wellbeing in Peterborough – Assessment of Initiatives and Opportunities

The workshop held with Council staff, Elected Member and stakeholder representatives held on Wednesday 13rd August 2014 (workshop attendees are listed in Appendix A) aimed to discuss the current situation in Peterborough region. In light of this analysis, the attendees reviewed the existing public health initiatives in the area and expressed their vision and priorities for promoting public health and well-being in the region. Gaps, challenges and opportunities were discussed and partnerships considered.

The outcomes of these discussions are presented according to the four Strategic Priorities (SP 1-4) mentioned in State Public Health Plan²:

- Stronger and Healthier Communities and Neighbourhoods for All Generations (SP1).
- Increasing Opportunities for Healthy Living, Healthy Eating and Being Active (SP2).
- Preparing for Climate Change (SP3).
- Sustaining and Improving Public and Environmental Health Protection (SP4).

Tables 1 to 4 detail the workshop assessment findings for current public health initiatives and opportunities in Peterborough.

Table 1 – Building Stronger and Healthier Communities

Workshop Summary - Building Stronger and Healthier Communities <i>CHESS principles and planning: Connected Environments, Healthy Eating Environments, Safe Environments, Sustainable Environments</i>	
Relevant State Plans and Policies	<ul style="list-style-type: none"> • SA: A Better Place to Live - SP 1² • South Australia's Strategic Plan¹⁷ • South Australia Government's Seven Strategic Priorities and associated Action Plans¹⁸ • The People and Parks Strategy¹⁹ • The Planning Strategy for South Australia: 30 Years Plan for Greater Adelaide and related Regional Plans and policy library²⁰ • Building the State of Wellbeing – A Strategy for SA²¹ • Mid North Cluster. Youth Needs Analysis 2013-2014²²
District Council of Peterborough's current Policy Directions and Plans	<ul style="list-style-type: none"> • District Council of Peterborough Strategic Plan 2011-2015³, ref. Appendix B <ul style="list-style-type: none"> ○ Key Result Area 1 Economic sustainability ○ Key Result Area 2 Infrastructure ○ Key Result Area 3 Community Well being ○ Key Result Area 5 Representative and accountable Local Government • Annual Report 2012/2013. District Council of Peterborough⁹ • Annual Business Plan 2013-2014. District Council of Peterborough²³. • Tourism Strategy 2013-2017. District Council of Peterborough¹¹
Council and Community Strengths and Achievements	<ul style="list-style-type: none"> • Economy and infrastructure <ul style="list-style-type: none"> ○ Economy <ul style="list-style-type: none"> ▪ Farming (sheep and wheat) ▪ Strategic location ▪ Tourism Strategy and potential (Steamtown, Stone buildings) ○ Infrastructure <ul style="list-style-type: none"> ▪ Local infrastructure improvement ▪ 1100 kms of district roads ▪ Passenger Transport Network • Education and Recreational facilities <ul style="list-style-type: none"> ○ Education <ul style="list-style-type: none"> ▪ Public and private schools access ▪ Training programs (RDA, BFO, Youth connection, drivers education, rural operations) ▪ Strong vocational training opportunities ▪ Trades training school ○ Recreational facilities <ul style="list-style-type: none"> ▪ Good sporting facilities ▪ Community halls ▪ Clubs (Probus, Senior Citizens, Pensioners Ass, Rotary club, Lions Club, RSL) ▪ Library ▪ Youth Centre ▪ Skate Park

Workshop Summary - Building Stronger and Healthier Communities

CHES principles and planning: Connected Environments, Healthy Eating Environments, Safe Environments, Sustainable Environments

- Walking Trail
- **Social and health prevention programs and services**
 - Health services
 - Dental access
 - Day Care Service for Elderly
 - Aged Care Center (Nayla Lodge)
 - PHaMS program (visiting only)
 - Youth program
 - Youth connect
 - Drug and alcohol
 - Sexual health and relationship
 - Family program and early intervention
 - Building family opportunities for long term unemployment families/Brightstar Parenting Group
 - Local parenting programs/family support program
 - Early child intervention
 - Early intervention team-social determinants and mental health
 - Community support for vulnerable groups
 - Meals on Wheels
 - Cancer social support group
 - Autism support group
 - Senior Citizen Hall
 - Mens shed
 - Healthy and social programs
 - Healthy eating program
 - Community Garden
 - Community Market
 - Community choir
- **Community**
 - Perception
 - Feel safe within the community (feel safe enough to sleep outside)
 - Improving confidence and moral community
 - Self-resilient population
 - Organisation
 - Community Coordinator position
 - Peterborough Integrated Services Committee
 - Peterborough Health and Wellbeing Committee/Health Promotion Committee
 - Peterborough Action Group

Workshop Summary - Building Stronger and Healthier Communities <i>CHESS principles and planning: Connected Environments, Healthy Eating Environments, Safe Environments, Sustainable Environments</i>	
	<ul style="list-style-type: none"> • Social Events <ul style="list-style-type: none"> ▪ Annual Art and Cultural Festival ▪ Christmas Pageant
Current Partnerships	<ul style="list-style-type: none"> • Country Health SA • Country North SA Medicare Local/Mid North Local Health Cluster • OPAL • Housing SA-Department for Community and Social Inclusion • Regional Development Australia • BFO (Building Family Opportunities) • School of Nursing • Community groups • Salvation Army • Uniting Care Wesley • LGA • SA Health
Key Gaps and Challenges	<ul style="list-style-type: none"> • Economy and transport <ul style="list-style-type: none"> ○ Decrease in employment/Lack of employment for youth ○ Empty shops and retail businesses in main street ○ Lack of transport: i.e. lacking timetabling for education (access to TAFE; teaching hours), no community bus • Education - Lack of further education/training options in Peterborough • Services <ul style="list-style-type: none"> ○ Decrease of services for Health Promotion programs (5 Medicare Locals reduced to 2 Country Health SA) ○ Lack of services and support for youth/Youth Centre under utilised ○ Lack of coordination between agencies (not necessarily what is needed and not always used as they could be) ○ Not always access to supportive services ○ Volunteering threatened (currently good but ageing volunteers and lack of youth involvement are an issue) ○ Sustainability issues <ul style="list-style-type: none"> ▪ Need for sustainable community services/long term commitment services ▪ Struggling to maintain successful health promotion programs (funding cuts from Federal Government) • Community <ul style="list-style-type: none"> ○ Health and ageing <ul style="list-style-type: none"> ▪ Serious health issues ▪ Mental health issues ▪ Ageing population ○ Poverty <ul style="list-style-type: none"> ▪ Low-socio economic status ▪ Needy, poor community ▪ Poor skills through generational unemployment

Workshop Summary - Building Stronger and Healthier Communities <i>CHES principles and planning: Connected Environments, Healthy Eating Environments, Safe Environments, Sustainable Environments</i>	
	<ul style="list-style-type: none"> ○ State of mind <ul style="list-style-type: none"> ▪ Community connected but could be improved ▪ Isolated and self sufficient ▪ Some disengaged families and community members
Vision and opportunities	<ul style="list-style-type: none"> • Economic development and opportunity of employment <ul style="list-style-type: none"> ○ Promote vibrant industry and business community ○ Strategic crossroad on transport routes ○ Tourism <ul style="list-style-type: none"> ▪ Strategic location near Flinders Rangers ▪ Possibility to re-open 'Gold Battery' ▪ Effective social media marketing ○ Mining potential in district ○ Local market growth • Youth and education <ul style="list-style-type: none"> ○ Promote educated and aspirational youth ○ Need for flexible education with opportunity for everyone ○ Effective and consistent use of the Youth Centre ○ 'Future Leaders' program ○ Attract youth and increase their willingness to come back in the Council • Health and social support <ul style="list-style-type: none"> ○ Maintenance of effective programs – Ensure continued and guaranteed program funding support ○ Enable growth in community and health support ○ Improvement of aged care facilities ○ Improve safety of environment for mentally ill • Community state of mind <ul style="list-style-type: none"> ○ As it was in the past, the Council can become a host refuge community (open community and multiculturalism) ○ Necessity to look forward not look back ○ Some people very active and positive ○ Opportunities to gather together children, families, communities ○ Strong leadership shared in the community ○ Increase sense of community and belonging/connection

Table 2 - Increasing Opportunities for Healthy Living

Workshop Summary - Increasing Opportunities for Healthy Living	
Relevant State Plans and Policies	<ul style="list-style-type: none"> • SA: A Better Place to Live - SP 2² • Eat Well be Active Strategy for SA³³ • Chronic Disease Action Plan for SA²⁴ • Aboriginal Health Care Plan 2011-2016²⁵ • South Australian Alcohol; and Drug Strategy²⁶ • South Australian Tobacco Control Strategy²⁷
District Council of Peterborough's current Policy Directions and Plans	<ul style="list-style-type: none"> • District Council of Peterborough Strategic Plan 2011-2015³, ref. Appendix B <ul style="list-style-type: none"> ◦ Key Result Area 3 Community Well being • Annual Report 2012/2013. District Council of Peterborough⁹
Council and Community Strengths and Achievements	<ul style="list-style-type: none"> • Sport opportunities <ul style="list-style-type: none"> ◦ Good sporting and recreational facilities: youth skate park, swimming pool, walking train, main street, playground shade ◦ Sport clubs and programs: Football, Cricket, tennis, Netball, Golf, Basketball junior and senior, outdoor gym, community gym (cert3 fitness qualified), Tai-chi ◦ Council pay for sporting transport ◦ Local exercise programs (council/program supported) ◦ Improved open spaces and infrastructure (i.e Gophers friendly paths) ◦ Walking trails (i.e. Greg Duggan's Reserve) • Healthy food <ul style="list-style-type: none"> ◦ Programs: Brunch program, school ◦ Healthy Eating program (Country Health SA)
Current Partnerships	<p>DECD Office for Recreation and Sport DPTI Community groups Local schools Country Health SA OPAL LGA SA Health</p>
Key Gaps and Challenges	<ul style="list-style-type: none"> • Sport facilities <ul style="list-style-type: none"> ◦ Good sport infrastructure and facilities but under utilised ◦ Issues with support for youth to play sport ◦ School does not have rigorous physical education (no school netball)

Workshop Summary - Increasing Opportunities for Healthy Living

Opportunities

- **Physical activities**
 - Free outdoor physical activity options
 - Promote walking option to and from shops, schools, homes
 - Promote positive sporting culture and connection
- **Healthy food**
 - Increase local food production
 - Local market growth
 - Increase access to good quality, affordable fresh food
 - Guerilla gardening (possibility)

Table 3 – Preparing for Climate Change

Workshop Summary - Preparing for Climate Change	
Relevant State and Plans and Policies	<ul style="list-style-type: none"> • SA: A Better Place to Live - SP 3² • Climate Change Adaptation Framework for SA²⁸ • Central Local Government Region of SA. Central Local Government Region Integrated Climate Change Vulnerability Assessment 2030. 2011¹⁴ • Green Infrastructure Strategy²⁹
District Council of Peterborough's current Policy Directions and Plans	<ul style="list-style-type: none"> • District Council of Peterborough Strategic Plan 2011-2015³, ref. Appendix B <ul style="list-style-type: none"> ◦ Key Result Area 4 The Environment • Annual Report 2012/2013. District Council of Peterborough⁹ • Tourism Strategy 2013-2017. District Council of Peterborough¹¹
Achievements	<ul style="list-style-type: none"> • Heat waves <ul style="list-style-type: none"> ◦ Safe refuges for heat stress ◦ Swimming pool open in summer, and open in the evening during heat waves
Current Partnerships	<ul style="list-style-type: none"> • DPTI • EPA • Northern and Yorke NRM Board • SA Health (Country Health SA) • LGA (Central Region)
Key Gaps and Challenges	<ul style="list-style-type: none"> • Heat waves: <ul style="list-style-type: none"> ◦ Temperature extremes in the region (-6°C to 45°C) • Water <ul style="list-style-type: none"> ◦ Dry side of Goyder's line- low rain fall
Opportunities	<ul style="list-style-type: none"> • Central Local Government Region Integrated Climate Change Vulnerability Assessment – implement recommendations

Table 4 – Improving and Sustaining Environmental Health Protection

Workshop Summary - Improving and Sustaining Environmental Health Protection	
Relevant State and Plans and Policies	<ul style="list-style-type: none"> • SA: A Better Place to Live - SP 4² • South Australia's Waste Strategy³⁰ • Water for Good³¹
District Council of Peterborough's current Policy Directions and Plans	<ul style="list-style-type: none"> • District Council of Peterborough Strategic Plan 2011-2015³, ref. Appendix B <ul style="list-style-type: none"> ◦ Key Result Area 2 Infrastructure • Annual Report 2011/2012. District Council of Peterborough⁹ • Food Annual Report. District Council of Peterborough¹⁵ • Public and Environmental Health Act Annual Report 2010/2011¹⁶ • Dog and Cat Animal Management Plan³²
Achievements	<ul style="list-style-type: none"> • Water management <ul style="list-style-type: none"> ◦ Water catchment ◦ Waste water management ◦ Waste management-recycling • Sharps management • Immunisation programs • Food safety: Food safety workshop
Current Partnerships	<ul style="list-style-type: none"> • Community groups • Local schools • DPTI • EPA • SA Health • LGA
Key Gaps and Challenges	<ul style="list-style-type: none"> • Health challenge (i.e. raising temperature and its impact on food security) • Funding cuts
Opportunities	<ul style="list-style-type: none"> • Continue inter-agency approach to addressing housing squalor conditions • Continue shared service arrangement with Mount Remarkable

5. Strategic Directions for Public Health – Review of the Strategic Plan 2011-2015

A review of current Council initiatives, challenges as well as opportunities for public health and wellbeing, was undertaken through:

- The review of Council's strategic plan and relevant policy and planning documents (refer to Section 3).
- The workshop with the Elected Members, Council staff and stakeholder organisations (refer to Appendix A and Section 4)

This assessment has highlighted that the Council faces some economic and social issues such as a declining population, and low socio-economic status with intergenerational unemployment. Nevertheless, Peterborough relies on its rich heritage of its Steam era, and the Council has developed programs to enhance tourism activities and social events to celebrate its heritage. Social connectedness and healthy lifestyle initiatives have been promoted in the region through successful partnership programs across Country Health SA, the local community and the Council. However achievements are threatened by uncertainty of funding and resources. Education and youth support have been identified as a crucial areas to address. Although some specific activities and programs have already been developed, the Council aims to promote youth wellbeing and sense of belonging to the community in order to gain social cohesion and sustainability.

Despite its social and health challenges, the Council is committed to working with other organisations to promote a healthy, resilient community in Peterborough. Embedding a public health and wellbeing focus within current Council functions and projects will be the main focus for the first public health planning cycle.

An assessment of the current District Council of Peterborough Strategic Plan 2011-2015 policy areas of relevance to the State Public Health Plan Strategic Priorities² (refer to Appendix B) was completed as part of this review. This assessment indicates that the Strategic Plan incorporates strategic policy directions which support and promote the health and wellbeing of Peterborough community. There are a number of policy commitments which align with the four Strategic Priorities of the State Public Health Plan.

Policy considerations for integrating public health policy into the review of Council's Strategic Plan 2011-2015 are summarised in Table 5. It is recommended that these policy considerations be explored through further consultation with Council and the community.

Table 5 – Public Health Considerations for Peterborough Strategic Plan 2011-2015

Current Key Result Areas for Promoting Community Health and Wellbeing	Public Health Strategy Considerations for the 2015 Review (in addition to current strategy areas)
1. Economic sustainability	
<ul style="list-style-type: none"> 1.1 Advance the Peterborough Urban Design Framework 1.2 Enhance the development of the Peterborough business sector 1.3 Develop and implement a strategic tourism plan 1.3 Continue to develop Steamtown Peterborough 1.5 Facilitate new business development and employment opportunities 	<p>Maintain the population growth and tourism development focus based on the heritage and strategic location of Peterborough.</p> <p>Promote vibrant industry, business community, adequate education and training in order to retain young groups in the Region</p> <p>Consider a host refuge position for the Council in order to attract new immigrant from overseas.</p> <p>Develop transport support services with a consideration of scheduling to enable access to education, healthy food (i.e. local fresh markets, community gardens), sport and recreational activities. Consider the service needs of remote and vulnerable people.</p> <p>Encourage access to healthy food through Council's economic development strategies (work with local food businesses to encourage access to healthy food options and support local farmers markets).</p>
2. Infrastructure	
<ul style="list-style-type: none"> 2.1 Prepare & implement Infrastructure and Asset Management Plans (IAMP) 2.2 Introduce a Community Wastewater Management System (CWMS) 2.3 Further investigate the supply of natural gas to all properties 2.4 Facilitate improved telecommunications 	<p>Promote Peterborough for its historical value</p> <p>Integrate Age-Friendly design principles into planning and asset upgrades in main towns.</p> <p>Undertake planning to promote convenient and safe access to recreational and sport facilities for pedestrians, bikes and cars.</p> <p>Promote walking or cycling options to and from shops, schools, homes and other facilities, by increasing the safety and environment of the town's footpaths and bike lines.</p> <p>Maintain safety and adequate maintenance of public buildings, such as aged care facilities, safe refuges for heat stress, recreational and sport facilities.</p>

Current Key Result Areas for Promoting Community Health and Wellbeing	Public Health Strategy Considerations for the 2015 Review (in addition to current strategy areas)
	<p>Keep the Community Wastewater Management System development as a high priority and focus on wastewater recycling options. Promote the capture and reuse of storm water project.</p> <p>Continue to improve the waste management system facilities to ensure appropriate functionality.</p>
3. Community well-being	
<p>3.1 Community leadership (establish a Peterborough Community Leadership Alliance, partnership with Peterborough High School, develop leadership skills of young people)</p> <p>3.2 Recreational facilities (maximise the use of the Recreational Centre, Upgrade the swimming pool, Skateboard facilities, relocation of the community gym)</p> <p>3.3 Community support (community transport, aged accommodation, involvement of community volunteers)</p>	<p>Encourage youth through recognising education and aspirational achievements, increasing their sense of belonging to the community by exploring the possibilities of flexible and accurate training, promoting volunteering among youth groups and promoting the use existing sport and social facilities (i.e. Youth Centre, sport centres).</p> <p>Use existing organisations, programs and events to increase healthy lifestyles, social connectedness and inclusion. Focus especially on vulnerable populations such as Aboriginal groups, intergenerational jobless families, aged and mentally ill groups.</p> <p>Evaluate the components of the HCI and OPAL programs which may be maintained by Council or external community groups (with consideration of reduced resources). Find new opportunities of collaboration and partnerships with the social and health agency partners.</p> <p>Continue to strengthen programs and actions in order to improve and sustain environmental health protection (i.e food safety, immunisation program, recreational and wastewater management. Promote community health and safety during heatwave conditions through community education and planning community services (places of refuge).</p> <p>Support and interagency group, such as the Peterborough Health and Wellbeing Committee/Health Promotion Committee, to oversee the implementation of the public health and wellbeing aspects of Council's Strategic Plan.</p> <p>Promote available health, family and social support programs within Peterborough.</p> <p>Promote the Good Sports program to local sports clubs to discourage Alcohol consumption and smoking at local sports clubs.</p>

Current Key Result Areas for Promoting Community Health and Wellbeing	Public Health Strategy Considerations for the 2015 Review (in addition to current strategy areas)
4. The Environment	
4.1 Improve Councils greenhouse gas emissions profile	<p>Develop and protect the region's natural environment such as the Black Rock lookout and Greg Natural Reserve and Lookout, and support revegetation and town beautification initiatives.</p> <p>Ensure that for each industrial and mining development initiative, environmental and public health impacts have been assessed and managed.</p> <p>Continue to work collaboratively with the Central Local Government Region to address the recommendations of the Integrated Climate Change Vulnerability Assessment.</p> <p>Focus on water management to reduce adverse effect of drought conditions on the region (reuse of wastewater and storm water, cf. Key Result Area n^o2).</p> <p>Investigate opportunities for sustainable capture and use of bore water for drinking and irrigation purposes. Promote the safe use of rainwater for human consumption.</p>
5. Representative and accountable Local Government	
<p>5.1 Further improve Council's good governance practices</p> <p>5.3 Community engagement</p> <p>5.4 Ensure Council is adequately resourced</p>	<p>Strengthen strong shared leadership, and promote community engagement in Council (i.e. enable opportunities for communication and engagement of community through website or Newsletter).</p> <p>Maintain regional alliances with mid-North Councils for public health, and continue to strengthen partnerships and shared service between Councils of the region in order to improve efficiency, coherence and sustainability.</p> <p>Support a healthy work environment to encourage physical activity, healthy eating, staff immunisations and to discourage smoking and hazardous alcohol consumption.</p> <p>Assess public health impacts and management controls as part of the review of Council's Emergency Response Plan.</p>

6. Recommended Next Steps

The analysis provided by this report emphasizes the achievements, current initiatives and strategies which support community health and well-being in the Council. It also provides guidance on policies to consider in the review of Council's Strategic Plan 2011-2015.

The recommended next steps are described below:

1. Provide this 'Strategic Directions for Public Health' report to the office of the Chief Public Health Officer for comment.
2. Schedule the review of Council's Strategic Plan 2011- 2015 in early 2015
3. Undertake further Council and community consultation on the community wellbeing priorities and proposed public health strategies.
4. Undertake consultation with the relevant regional, State and local organisations as part of Council's Strategic Plan review process:
 - Regional offices – Central Local Government Association, Northern and Yorke Natural Resources Management Board, Regional Development Australia (Yorke and Mid North).
 - Local Community Groups and Businesses in education, environment, social, public health, mining and other business sectors - Progress Associations, local churches, primary and secondary schools, Salvation Army.
 - Relevant State Government agencies in the region – SA Health, Country Health SA (Peterborough Soldiers Memorial Hospital and Health Service), SA Police, National Parks SA, Department for Education and Child Development, Northern and Yorke NRM Board, LGA (Central Region).
5. Complete the integration of public health strategy (with consideration of the environmental, social, and economic determinants of health) with Council's Strategic Plan, policies and by-laws.

7. References

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29. Ely, M and Pitman, S. Green Infrastructure: Life support for human habitats. The compelling evidence for incorporating nature into urban environments.
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32. Dog and Cat Animal Management Plan
33. Eat Well Be Active Strategy 2011-2016. Government of South Australia

8. Glossary

Mid North Cluster - Mid North cluster comprises health services Mid North Health – Jamestown, Booleroo Centre, Peterborough and Orroroo Hospitals; Southern Flinders Health – Crystal Brook and Laura Hospital and Gladstone Health Centre; Port Pirie Health Service; and Port Broughton Health Service.

Lower Flinders Ranges - Comprises Mount Remarkable and Peterborough

Non-metropolitan area of the State - Area of the State outside of Metropolitan Adelaide

Health: Health is ‘an everyday resource – the capacity to adapt to, respond to, or control life’s challenges and changes’.

Public Health: F ‘Public health means the health of individuals in the context of the wider health of the Community’.

Chronic Disease : The term “chronic disease” describes health problems that persist across time and require some degree of health care management.

Community Wellbeing: Wellbeing refers to the condition or state of being well, contented and satisfied with life. Wellbeing has several components, including physical, mental, social and spiritual. Wellbeing can be used in a collective sense, to describe how well a society satisfies people's wants and needs.

Communicable Disease: An infectious disease that can be transmitted from one infected individual to another.

Infectious Disease: A disease that is caused by the entrance of micro-organisms (bacteria, viruses, protozoa, fungi) to the body that grows and multiply there.

9. Acronyms

BFO – Building Family Opportunities

DECD - Department for Education and Child Development

CWMS - Community Wastewater Management System

CHESS - Four Principles for Healthy Environments: Connected; Healthy Eating; Safe; Sustainable

KRA - Key Result Area

LGA - Local Government Association (SA)

EPA - Environmental Protection Authority

HACC - Home And Community Care

IRSD - Index of Relative Social Disadvantage

DPTI - Department of Planning, Transport and Infrastructure

OPAL - Obesity Prevention and Lifestyle Program

NPTN - Northern Passenger Transport Network

RHT - (Mid North) Rural Health Team

SP 1-4 - Strategic Priorities 1-4 (State Public Health Plan

NRM – Natural Resource Management

Appendix A – Public Health Workshop Participants

Ruth Whittle	Mayor DC Peterborough
John Sandland	Elected Member DC Peterborough
Frank Hardbottle	Elected Member DC Peterborough
Shane Mills	Elected Member DC Peterborough
Peter McGuinness	CEO DC Peterborough
Suzanne Mann	Country Health SA Medicare Local
Jenny Perrott	CHSA – RHT Health Promotion- UCWCSA Parenting Program coordinator
Pam Charmock	CHSA Peterborough Hospital
Emma Young	OPAL program
Mark Smith	Environmental Health DC Peterborough
Rebecca Freeman	Department Primary Industries – Region SA
Jane Mc Callum	Rural Health Team
Kelly-Anne Saffin	Regional Development Australia Yorke and Mid North
Kirsty Hammett	SA Health
Courtney Bartosak	LGA
Sally Modystach	Healthy Environs
Caroline Fuentes	Healthy Environs

Appendix B – Linking Council’s Strategic Plan 2011-2015 with the State Public Health Plan

District Council of Peterborough Strategic Plan 2011-2015 Our Vision: A thriving community again	State Public Health Plan				
	SP1-Building Stronger and Healthier Communities ¹	SP2-Increasing Opportunities For Healthy Living ²	SP3-Preparing for Climate Change ³	SP4-Improving Environmental Health ⁴	System Building Actions
1.Economic sustainability	✓				✓
1.1 Advance the Peterborough Urban Design Framework	✓				
1.2 Enhance the development of the Peterborough business sector	✓				
1.3 Develop and implement a strategic tourism plan	✓				
1.4 Continue to develop Steamtown Peterborough	✓				
1.5 Facilitate new business development and employment opportunities	✓				
2. Infrastructure	✓			✓	
2.1 Prepare & implement Infrastructure and Asset Management Plans (IAMP)	✓				
2.2 Introduce a Community Wastewater Management System (CWMS)				✓	
2.3 Further investigate the supply of natural gas to all properties					
2.4 Facilitate improved telecommunications	✓				
3. Community well-being	✓	✓			✓
3.1 Community leadership (establish a Peterborough Community Leadership Alliance, partnership with Peterborough High School, develop leadership skills of young people)	✓				
3.2 Recreational facilities (maximise the use of the Recreational Centre, Upgrade the swimming pool, Skateboard facilities, relocation of the community gym)	✓	✓			
3.3 Community support (community transport, aged accommodation, involvement of community volunteers)	✓				
4. The Environment			✓		✓
4.1 Improve Councils greenhouse gas emissions profile			✓		
5. Representative and accountable Local Government	✓				✓
5.1 Further improve Council’s good governance practices					✓
5.2 Monitor and report Council’s performance					
5.3 Community engagement	✓				
5.4 Ensure Council is adequately resourced					

