BETTER LIVING BETTER HEALTH

THE REGIONAL PUBLIC HEALTH AND WELLBEING PLAN FOR THE EASTERN HEALTH AUTHORITY CONSTITUENT COUNCILS 2014-2018

EASTERN HEALTH AUTHORITY

City of Burnside
CAMPBELLTOWN CITY COUNCIL
City of Norwood Payneham & St Peters
CITY OF PROSPECT
TOWN OF WALKERVILLE

local councils working together to protect the health of the community

Healthy Environs Pty Ltd has prepared this report for the Eastern Regional Public Health Plan Advisory Committee.

Date of Issue: 9th June 2015
Status: Final

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Message from the Chairperson

As chair of the Eastern Health Authority I am pleased to present the inaugural Public Health and Wellbeing Plan for the Eastern Health Authority (EHA) Constituent Councils – the Cities of Burnside, Campbelltown, Norwood Payneham & St Peters, Prospect and the Town of Walkerville. As the regional body responsible for protecting and promoting public and environmental health in the region, EHA provided the ideal platform to commence planning for improved community health and wellbeing and to meet the associated legislative requirements of the new South Australian Public Health Act 2011.

Better Living Better Health is about addressing the many social, economic and environmental factors which influence how happy and healthy we are as individuals and as a community. It is fitting that Local Government leads this process as so many of its functions affect liveability and state of health.

Although the community of the EHA Region enjoys a relatively high standard of living there are a number of health, lifestyle and environmental issues which need to be addressed. More support for our most vulnerable residents also needs to be provided. The strategies identified in the Plan build on the extensive work already being done by the Constituent Councils which help to improve health and wellbeing. The strategies also build on the strong working relationships which already exist between stakeholders across different sectors. Local Government alone cannot address all the issues facing our community.

Thank you to many different stakeholders who participated in developing this Plan and contributed their ideas and commitment to helping to achieve the outcomes. Many opportunities are identified where we can improve the way we work together for the benefit of our communities.

While the focus of Better Living Better Health is on the region as a whole, it presents a framework for each Council and the potential Partner Authorities to integrate the strategies into their own strategic plans, to help ensure complementary approaches, as we work together towards achieving common goals.

I commend the Plan to you and welcome your on-going feedback to improve the health and wellbeing of the community.

Sue Whitington
Chairperson

1. Introduction

The Eastern Health Authority (EHA) Constituent Councils of Burnside, Campbelltown, Prospect, Norwood Payneham & St Peters and Walkerville are working together to plan for community health and wellbeing. Public health planning, as required under the *South Australian (SA) Public Health Act 2011* [1], provides an opportunity for the EHA Councils to adopt a coordinated approach to promote public health in the region.

This Plan addresses the requirement of the *SA Public Health Act 2011*[1] for Councils to prepare Regional Public Health Plans having regard to local priorities and the economic, social and environmental conditions (the 'social determinants of health') in the region.

As the first Public Health and Wellbeing Plan for the EHA Constituent Councils, Better Living Better Health provides a starting point for documenting the regional state of health and strategic directions for improving community wellbeing. The Plan does not address all public health issues, rather it is a 'place to start' having regard to local priorities and the State Public Health Plan.[2] The Constituent Councils are committed to continually reviewing the strategic directions of this Plan within each five year planning cycle.

> *SA Public Health Act 2011*
>
> *Public Health is the health of individuals in the context of the wider community.*[1]
>
> *The Office of the Chief Public Health Officer (Department for Health and Ageing) has commended the Plan as meeting the requirements of Section 51 of the SA Public Health Act 2011.*

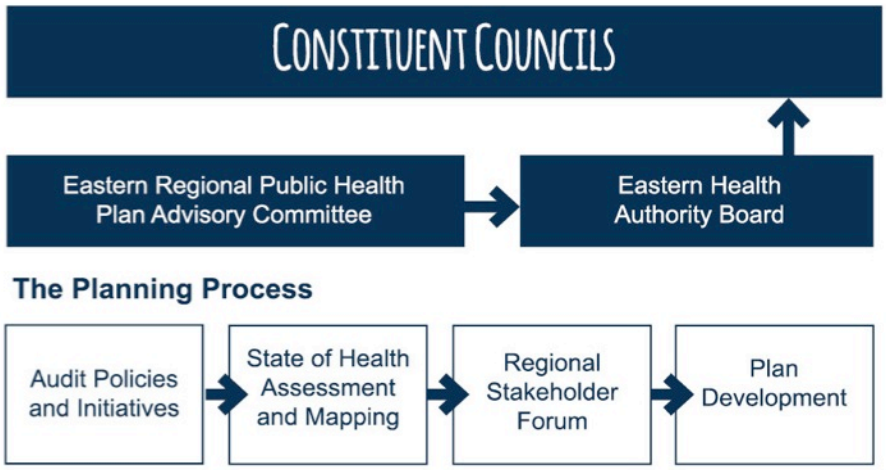
2. A Regional Planning Framework

A regional approach for public health planning by the EHA Constituent Councils builds on the existing, successful collaboration for shared environmental health services through EHA as well as the initiatives of the Eastern Region Alliance (ERA). A regional approach was adopted by the Councils to improve Council capacity to engage with potential partner organisations and to recognise opportunities for joint advocacy.

The Eastern Regional Public Health Plan Advisory Committee, comprising Elected Member and staff representatives of the five Constituent Councils, provided overall guidance on the Plan development.

The regional model for the development of the Plan is shown in Figure 1.

Figure 1 – Regional Plan Development Framework



3. Planning for Public Health - The Key National and State Issues

The Regional Public Health and Wellbeing Plan is guided by National and State priorities for public health. At both the National and State level, it is recognised that rising rates of overweight and obesity and chronic disease, need to be tackled through providing supportive environments for better health. The report of the National Preventative Health Taskforce targets obesity, tobacco and the excessive consumption of alcohol as the key modifiable risk factors driving around 30 per cent of the burden of disease in Australia.[3]

The South Australian Public Health Plan ('South Australia: A Better Place to Live') seeks to strengthen and improve coordination of public health management in the State.[2] The public health planning system under the *SA Public Health Act 2011* provides a flexible system for promoting better health for South Australians.[1]

'South Australia: A Better Place to Live' commits to maintaining effective public health protection, whist preparing for new and emerging public health challenges such as: [2]

- Increasing chronic disease (those diseases that are related to preventable risk factors, such as diabetes and heart disease).
- New or re-emerging infectious diseases.
- Public health risk factors such as excessive use of tobacco and alcohol.
- The global challenge of climate change and the potential implications for public health.

'South Australia: A Better Place to Live' identifies four priority areas for promoting public health, including: [2]

- 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.

4. A Snapshot of the EHA Region

The EHA region comprises well-established inner urban suburbs adjacent to the Adelaide CBD, extending to newer development in the outer and peri-urban areas at the foothills of the Adelaide Hills. Key natural assets are a feature of the region and include the River Torrens and the five watercourses which traverse the region and flow into the river, as well as a number of significant conservation areas and parks.

The EHA region has a rich and diverse history, which contributes to the high quality urban environment. The region contains excellent intact examples of South Australia's residential and commercial built heritage from the Victorian era and beyond. The built environment is largely residential in character with light industrial areas in Magill, Newton, Stepney and Glynde and along sections of the arterial roads in Prospect and bordering the Town of Walkerville.

As an established part of the Adelaide metropolitan area, parts of the region are in the process of, or have undergone, suburban regeneration. There is proposed residential growth in key areas of the region as outlined in the 30 Year Plan for Greater Adelaide.[4] The strategy calls for residential growth, providing housing diversity and catering for mixed-use development along key transit corridors and in targeted regeneration areas.[4] There is increasing recognition by the Constituent Councils of the importance of integrated planning and development for ensuring liveability and vitality.

The EHA Constituent Council region is shown in Figure 2 and the boundaries of each Council area are highlighted. Figure 3 shows the boundaries of the local statistical areas from the geography of the Australian Bureau of Statistics (ABS), which has generally been adopted for the presentation of data in the report.[5]

Figure 2 – EHA Region with Council Boundaries

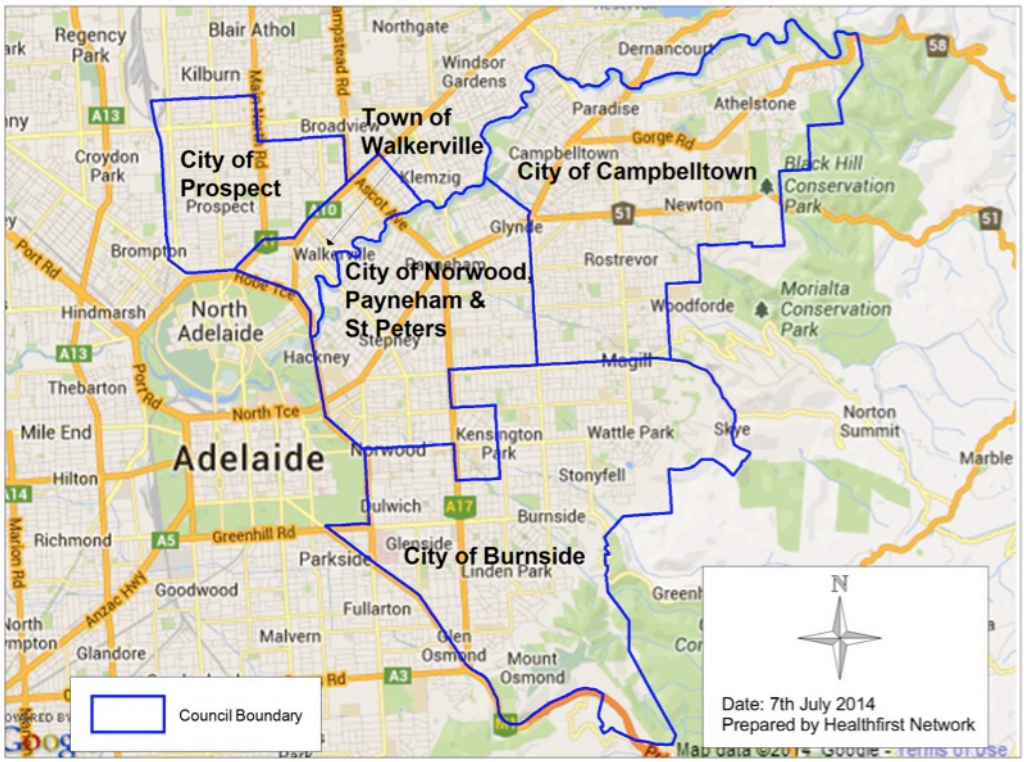
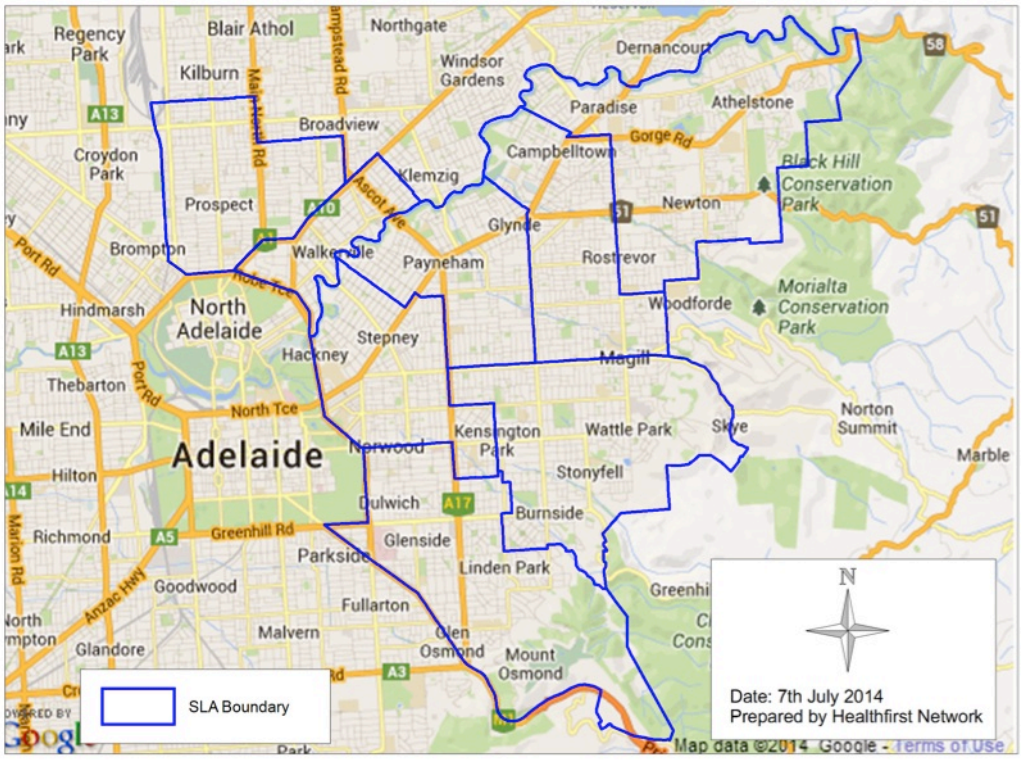


Figure 3 highlights the outer boundary of each Council area as well as the boundaries of the ABS local statistical areas within the region. [5]

Figure 3 – Eastern Health Authority Region with Statistical Area Level 2 (SA2) Boundaries



In 2011, the population of the region was approximately 158,000 and this is forecast to increase to around 168,000 by 2026. Population figures for each of the Constituent Councils are provided in Table 3. [8]

Table 1 – Population Levels for the EHA Constituent Councils

Council	Population 2011	Population Projection 2026
Prospect	20,756	23,318
Walkerville	7,262	8,199
Campbelltown	49,649	53,977
Norwood Payneham & St Peters	36,404	37,539
Burnside	44,040	44,849
Total	158,111	167,882

Source: ABS Estimated Resident Population, 2011 and Population Projections by Local Government Area, 2006-2026. Government of South Australia

The region has a diverse mix of population, household family types, ages and incomes. Table 2 illustrates the region's cultural diversity at the time of the ABS Census 2011.

Aboriginal peoples comprised 0.5% of the population, which was 63% lower than the proportion in the metropolitan area overall. The region had a higher proportion of residents from Culturally and Linguistically Diverse (CALD) backgrounds, compared to the metropolitan area, particularly in the Cities of Campbelltown, Prospect and Norwood Payneham & St Peters (NPSP). [6]

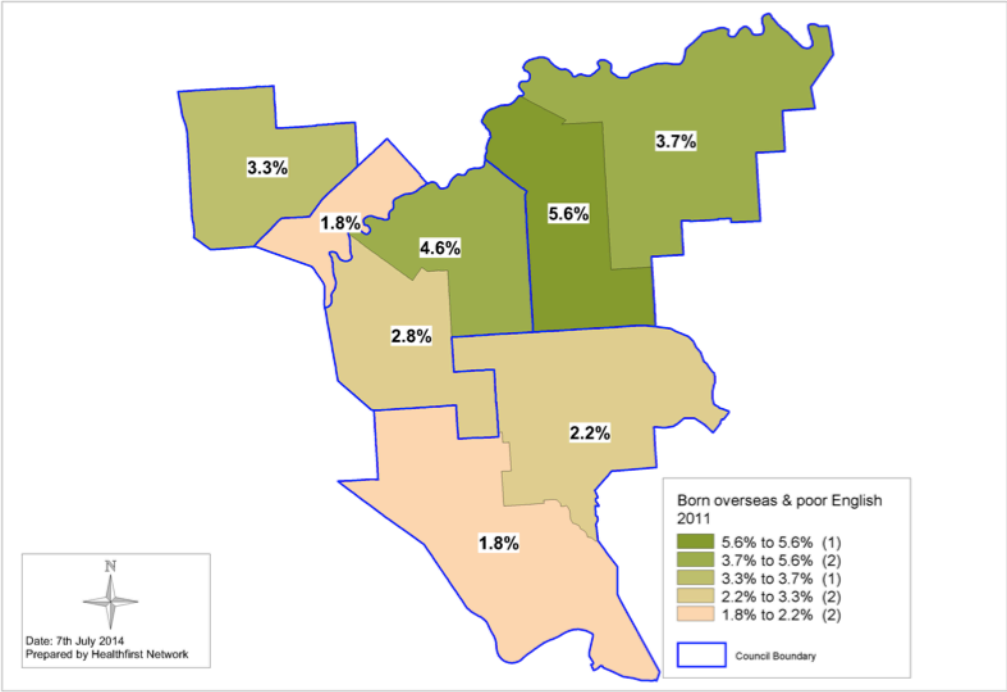
Table 2 – Culture and Ethnicity in the EHA Constituent Councils [6]

Council	Aboriginal and Torres Strait Islander population (%)	Australian born (%)	Speaks a language other than English at home (%)
Burnside	136 (0.3%)	28,886 (68.5%)	8,041 (19.1)
Norwood Payneham & St Peters	177 (0.5%)	23,062 (66.1%)	8,683 (24.9%)
Prospect	159 (0.79%)	13,830 (63.3%)	5,042 (25.3%)
Walkerville	25 (0.35%)	4849 (69.3%)	1262 (18.0%)
Campbelltown	235 (0.5%)	30,583 (63.5%)	15,899 (33.0%)
Greater Adelaide (% only)	1.3%	70.2%	17.3%

*Source: ABS Census 2011*n English in the ABS Census 2011. [5,6]

Figure 4 shows the percentage of the population born overseas and who reported to have poor proficiency in English in the ABS Census 2011. [5,6]

Figure 4 – Percentage of Population Born Overseas and Reported Poor Proficiency in English by Statistical Area Level 2 (SA2).



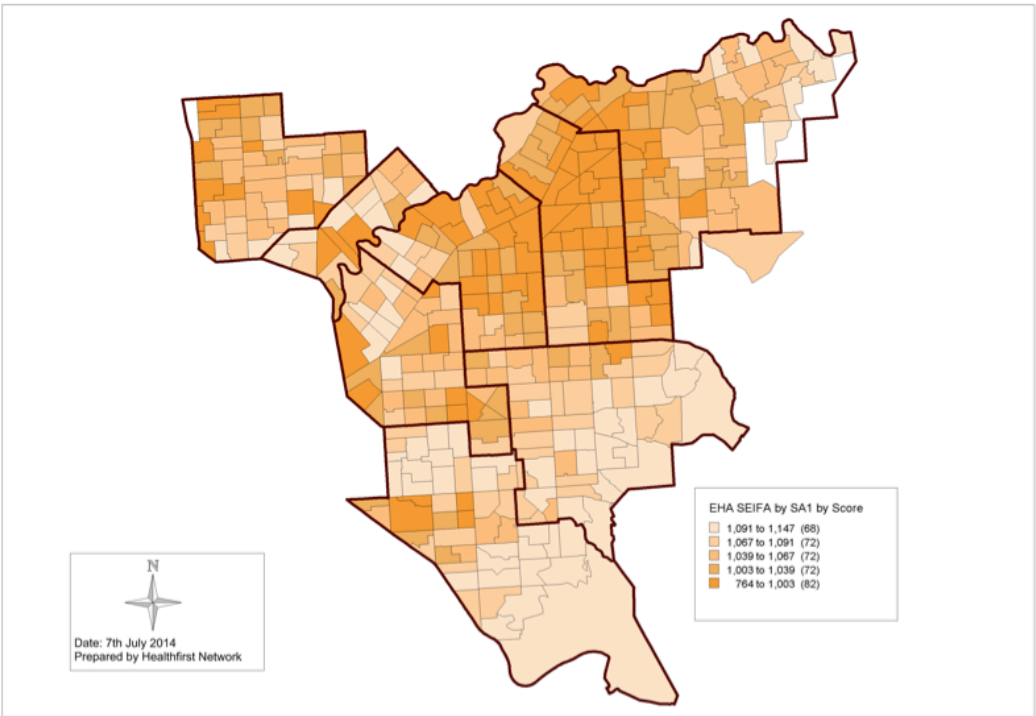
Each of the Constituent Councils has a similar age structure to metropolitan Adelaide, with the following variations: [6]

- Most of the region has a higher aged population particularly in Walkerville and Burnside - only Prospect has relatively fewer people at older ages.
- Burnside and Walkerville also have fewer children and fewer in the 25 to 44 year age groups.
- Campbelltown has higher proportions of its population at older ages and fewer young adults.
- Norwood Payneham & St Peters has fewer children and young people and more at older ages.
- Prospect has the largest population aged 20-29 years in the region and above average proportions in the all age groups from 20 to 49 years. [6]

The region also has a significant number of older residents from CALD backgrounds. [6]

The Index of Relative Social Disadvantage (IRSD) measures the relative level of socio-economic disadvantage based on a range of Census characteristics. The IRSD for the five Councils (IRSD: 1040) shows relative advantage compared with the metropolitan area overall (IRSD: 991). Campbelltown – West SA2 is an exception with an IRSD score of 980. The IRSD ratings across the region are shown in Figure 5. [5,6]

Figure 5 - Index of Relative Social Disadvantage by Statistical Area Level 1 (SA1)



There is migration out of the region of young adults to other parts of Adelaide and interstate, generally those who are leaving the family home after completing tertiary study. The area's environment, services and facilities, encourage older people to stay in their local area and there are a large number aged accommodation facilities to cater for this demand.

Further demographic data for each of the Constituent Councils is provided in the Population Profile in Appendix A. [7,8]

Snapshot of the EHA Region:

- Green, leafy and shady environment.
- Highly desired living areas.
- Urban amenity and heritage.
- Quality open spaces and parks.
- Large number of primary and secondary schools (State and independent), as well as the Magill campus of the University of South Australia.
- Highly regarded upmarket Main Street shopping and quality retail precincts.
- Host of many popular events including Australia Day celebrations, markets, fairs, Christmas parades, sporting and musical events.
- Heavy through traffic along major arterial roads and road freight routes.
- A well educated community involved in Council activities.
- Activity centres that present growth opportunities.
- Relatively less affordable housing choices than in many other parts of metropolitan Adelaide.

- A diverse and culturally rich population.
- Accessibility to the CBD and the rest of the metropolitan area with generally good connections to the CBD via bus and the OBahn.
- Easy walking and cycling access for inner metropolitan suburbs within the EHA region.
- Good access to a wide range of local services, facilities, retailing and amenities.

5. The Role of the EHA Councils in Promoting Wellbeing

The EHA Constituent Councils contribute to the health of the community through their various functions including: planning; infrastructure and service provision; regulatory services; environmental management; and community development. This Plan takes a broader look at the role of the Councils in promoting community health through their current functions and services. This role is not always understood in the community and the preparation of the Regional Public Health and Wellbeing Plan will help to increase community awareness and understanding.

The Councils undertake a range of initiatives which foster improved social, environmental, economic and cultural environments for health and wellbeing. Example initiatives, which have been implemented recently by the Constituent Councils, are listed in Table 3 and highlight linkages with each of the four themes of the State Public Health Plan. Current initiatives for each of the Constituent Councils are also summarised in Appendix B according to their alignment with the State Public Health Plan themes.

Table 3 – Examples of Council Initiatives for Better Living & Better Health (2012-2014)

State Health Plan Theme	Social/Community	Culture/Character	Environment	Economic
Stronger and Healthier Communities for all neighbourhoods and generations: **(Physical and social infrastructure for liveability, walking, access for all age groups and a more connected and interactive community)**	Library & Community Centre programs & events - literacy; children's activities; infants reading challenge; school holiday programs. Community Events eg Fairs, markets, pageants, music Community leadership programs Volunteer programs and training Youth Development Programs & Youth Advisory Committees HACC services & social programs, community transport Age-friendly and child–friendly pilot communities Community engagement/consultation including children and young people; on-line community panels; forums. Community grants programs Men's Shed Community Gardens Friendly neighbourhoods – street parties; BBQs in parks Voice through the arts Family Connections program Youth Homelessness Pilot Disability Discrimination Act – Access & Inclusion Planning Community Visitors Scheme Home Visiting Program (St John's) Friendship Clubs Dog parks Recharge facilities for mobility aides Service club partnerships	Cultural Heritage Services Support for initiatives for CALD communities Heritage Advisory Services Development Plan Policy Growth management - DPAs Intergenerational arts projects Community events Hire and use of Council facilities by residents and groups Community arts programs History Week celebrations Community hub developments Local Area Traffic Management NAIDOC Week events Mixed use precinct planning Street activation Master planning for Mainstreets Open spaces - upgrades Support for Fringe and Festivals e.g. SA Living Arts Youth Festivals Every Generation Festival/Events Religious Festivals Support for Community Bands and Orchestras.	Development Plan policy. Cycling and pedestrian planning and infrastructure. St Peters Billabong Other proposed wetland developments. Enhancement of open spaces. Access to community grown food –Community Gardens, SWAP meets etc Volunteer/community environment and biodiversity groups. Backyard biodiversity initiatives. Reduced waste through recycling at 'Green' events. Graffiti Removal. Use of recycled products in asset development. Environment Management System (EMS) policy for sustainable initiatives in all new asset developments	Business development and support eg website and newsletter promotion. Development Plan policy. Precinct planning and development. Community events Advocacy for Broadband rollout Hire and use of Council facilities by business community. Eastern Business Enterprise Centre. Adelaide Fashion Festival Exhibition spaces African Twilight Market

State Health Plan Theme	Social/Community	Culture/Character	Environment	Economic
Increasing Opportunities for Healthy Living, Healthy Eating and Being Active **(eating well, increasing physical activity & reducing alcohol and smoking related risks)**	OPAL Program Healthy Communities Program Foodwise program Library and community centre programs – eg lunch programs; exercise; skill development; yoga, tai chi Non–smoking policies Providing sporting ovals and recreational facilities, Fitness facilities in parks Skate parks Heart Foundation Walking Groups Young Achievers Grants Programs Community grants programs Public toilets - maps Cycling events eg Tour Down Under, National Road Cycling Series. Fresh and fast food packs Ride to School Program Walk with Care Program Supermarket tours Community Gardens Preparation of Open Space, Sport, Recreation and Playground Strategies	New arrivals pack Multilingual library collections Multilingual Brochures Public art initiatives Support for local CALD community groups Workshops for youth: alcohol/drug use. History Week walking tours Heritage walking trails Interpretative signage 'Scramble' community art program Plaques and memorials	School use of sport and recreation facilities. Playground development Cycling and pedestrian planning Provision of cycling and walkway infrastructure Edible gardening project Walkways along watercourses Use of irrigated water for parks, reserves and ovals Measuring Carbon Dioxide (CO2) – Reduction in Greenhouse Gas Emissions (GGE). Shaded facilities Street tree shading in summer Environmental volunteer programs	Business support of community programs and events Council promotions in shopping centres. Food producers/trails tours and promotions eg Campbelltown Food Trail: Glynde Food Bowl Markets – Moonlight Markets, Adelaide Farmers Market (Prospect) Liquor Licensing Outdoor Dining Policies Smoke–Free Policies

State Health Plan Theme	Social/Community	Culture/Character	Environment	Economic
Preparing for Climate Change **(resilience to direct and indirect impacts on health and wellbeing)**	Adaptation Planning Shade sails in playgrounds and open spaces Community engagement and awareness Newsletter promotions and features Risk management Education regarding heat stress for most vulnerable including older isolated residents	Protection of heritage sites - heritage advisory services and funding programs Protection of remnant native vegetation Protection of street trees and streetscapes Climate Change and Assets Pilot Project	Vulnerability Assessment (ERA) Strengthening resilience/adaptability of ecosystems/biodiversity eg new plantings GGE reduction initiatives in Council buildings and facilities eg solar panels, pool covers, public lighting Cycling and walkway infrastructure. Zero Carbon House Lochiel Park Recycling e-waste Waterproofing The East (NPSP, Burnside and Walkerville) Waiving Development Fee for Solar panels Flood mitigation Bushfire protection Preparation of Environmental Management Strategies and Plans	Business incentive programs Sustainable shopping bags Support for home based business Digital Hub Prospect Digital Enterprise Program Risk management
Sustaining and Improving Public and Environmental Health Protection **(food safety, immunisation, communicable disease and emergency planning)**	Monitoring of communicable diseases in the region Emergency Management Planning Eastern Adelaide Zone Emergency Management Committee Multi-stakeholder forum for people with complex needs. Immunisation clinics in schools, workplace and community facilities Provision of targeted programs for seasonal influenza, pertussis program etc Community education Drinking water fountains and facilities. Monitoring Supported Residential Facilities. Hoarding		Regulation of cooling towers and warm water systems, public swimming pools and spas, skin penetration systems, waste control systems Hard rubbish collections Removal of illegal dumping Sharps containers Waterproofing the East Brown Hill Keswick Creek Detention Basin Free rat poison Pest control (animal and plant) Stormwater pollution response	Business monitoring Awareness raising Education for food businesses and market stall holders

Notes

1. Special programs listed above may not apply to all Council areas. Refer to Appendix B for a list of current initiatives for each Council area.
2. Initiatives may be relevant to more than one category and theme. For the purpose of the Table however, they have generally been aligned with the area which is most relevant.

6. The Role of Our Community Stakeholders in Promoting Wellbeing

The spectrum of stakeholders that impact on health and wellbeing in the region is very broad. Various government organisations, non-government agencies, private organisations and local groups have a role to play. The EHA Constituent Councils recognise the contribution of various stakeholders in promoting community health.

As part of the planning process, a regional stakeholder consultation forum was held to discuss key issues, current initiatives and opportunities for promoting health and wellbeing in the region. The key aim was to start a dialogue between stakeholders to help map out how groups can work together to improve the wellbeing of the community, especially those who are most vulnerable. Around seventy representatives from a range of state government agencies, non-government organisations, local residents groups, health service agencies, primary care organisations and local hospitals contributed to the discussion. Appendix C provides a list of the organisations represented at the Forum as well as other organisations contributing to the planning process.

Figure 6 – Regional Stakeholders Contributing to Better Living Better Health

The challenge for the EHA Constituent Councils is how to improve partnerships across groups and organisations working in the region, to facilitate better health outcomes. This initial Regional Public Health and Wellbeing Plan will seek to clarify the partnership directions and relevant stakeholders for regional public health and wellbeing initiatives. The Councils will seek to engage relevant stakeholders to progress strategies as well as seek support from SA Health and the Local Government Association (LGA) of South Australia for public health partnerships.

What our stakeholders said on health and wellbeing for the region…

Current regional assets for health and wellbeing…

- Access to many community services and transport infrastructure
- A range of health services, support groups and programs
- Environmental amenity and access to open spaces, parks and sporting facilities

Barriers to achieving better health and wellbeing…

- Lifestyle, attitude, time, awareness, isolation
- Service delivery, referrals and procedures
- Equity of access to services and facilities
- Environmental factors and climate
- Funding, resources and governance

Opportunities for better health and wellbeing…

- Facilities and programs which encourage active living and healthy eating
- Better information and promotion – improving education and health messages
- Service delivery and staff training – better access for vulnerable groups
- Community engagement, empowerment, volunteering
- Collaborative and proactive approaches
- Planning environments for better health

A Forum Discussion Summary is provided in Appendix D.

7. Our Strategic Directions for Better Living and Better Health

The strategic directions for better health in the region have been developed based on the outcomes of the regional consultation forum, consultation with Council staff, as well as consideration of the four priority areas of the State Public Health Plan ('South Australia: A Better Place to Live'), including: [2]

- Priority Area 1: Stronger and Healthier Communities and Neighbourhoods for All Generations.
- Priority Area 2: Increasing Opportunities for Healthy Living, Healthy Eating and Being Active.
- Priority Area 3: Preparing for Climate Change.
- Priority Area 4: Sustaining and Improving Public and Environmental Health Protection.

The strategic directions for public health and wellbeing in the EHA region have been classified into three different themes:

- Environments for Health.
- Capacity for Health.
- Protection for Health.

Setting the Context - The State of Play

For each strategic theme the current state of play is summarised to provide the context for key public health issues and Council activity in the region. It should be noted that community health, environmental and Council activity data changes over time. The data provided in the state of play sections is based on a snapshot of the most recent information available. With each five year review of the Regional Public Health and Wellbeing Plan, the data and 'state of play' for each theme will be reviewed and considered in updating the strategic directions for the region.

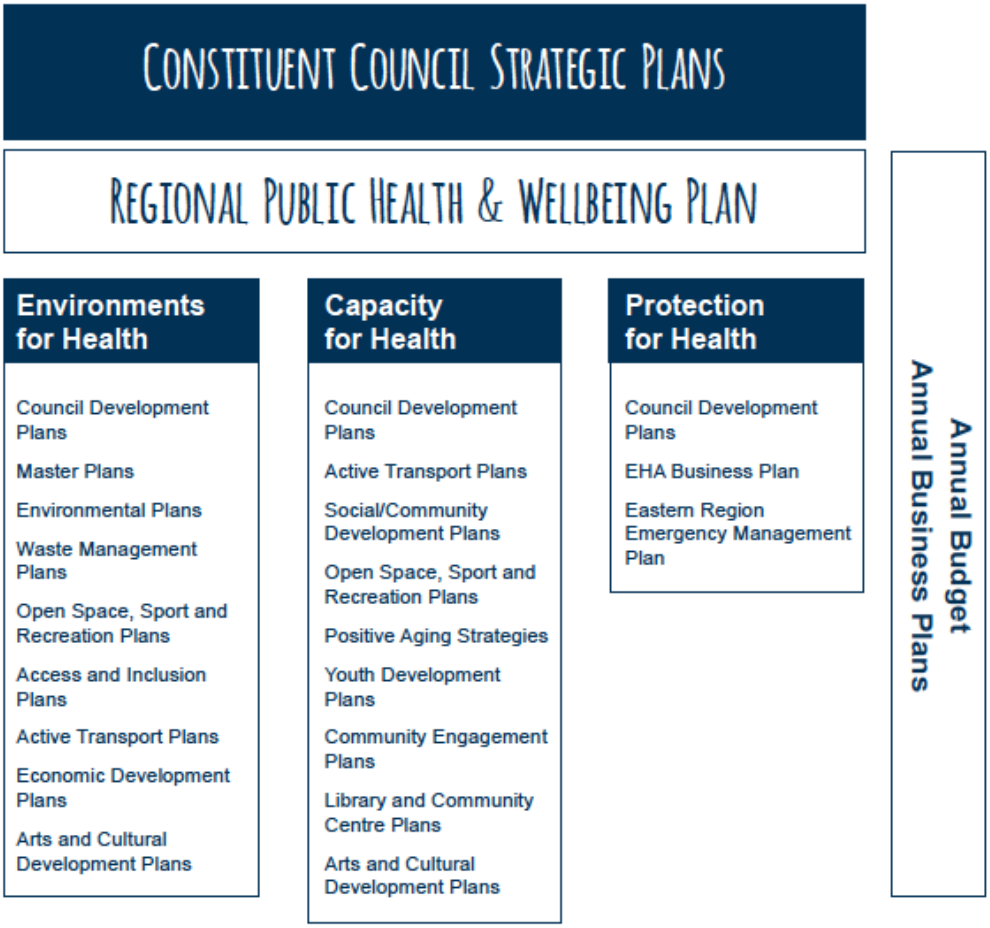
Planning Principles

Strategies for the region have been developed with consideration of the following principles:

Principle 1 - An Integrated Approach

The EHA Councils have shown commitment to integrating public health and wellbeing considerations into existing policies and programs. The Plan can lead to a more efficient way to deal with public health issues through integrating health considerations into current Council planning processes. A planning framework for this approach is shown in Figure 7.

Figure 7 – An Integrated Approach to Public Health and Wellbeing



A Strategic Framework has also been developed for integrating the strategies included in each of the three theme areas and is presented in Sections 7.1 to 7.3. Performance measures are also identified for the strategies in Table 6, as well as linkages to relevant State Government and Council plans and policies. Some strategies and performance measures may not be relevant to all Constituent Councils.

For complete references to relevant State Plans and Policies refer to Section 10.

Principle 2 - An Equitable Approach for a Healthy Community

Equity is one of the main principles emphasised by the *SA Public Health Act 2011*.[1,9] The consultation forum analysed the issues and opportunities inherent to this principle. Regional strategies for public health will consider the health disparities between groups within the region, addressing spatial, gender and age group inequities as well as the issues faced by people with disabilities.

Principle 3 - Partnerships for Better Health

Partnership and participation are embedded in the collaboration approach described in the *SA Public Health Act 2011*.[1,9] To achieve the strategic directions for public health, the EHA Constituent Councils aim to work collaboratively with a range of organisations and community groups. Partnership opportunities are highlighted within each strategic framework.

Principle 4 - A Risk-Based Approach

The region will adopt a risk-based approach for determining the appropriate response to public health referrals and complaints. The allocation of resources to address public health issues, as well as the nature of the response undertaken, will consider the degree of public health risk to the community. Enforcement response will be undertaken in accordance with EHA's Enforcement Policy.[10]

7.1 Environments for Health

The natural, built and cultural environment influences how people live, their interaction with their communities and their ability to adopt active and healthy lifestyles. The State Public Health Plan recognises the important role that Councils play in promoting physical environments for health. Councils are encouraged to consider the CHESS principles for healthy environments: [2]

- **C**onnected Environments.
- **H**ealthy **E**ating Environments.
- **S**afe Environments.
- **S**ustainable Environments.

This priority area recognises the role of the EHA Councils in promoting wellbeing through supportive environments and communities. Promoting environmental sustainability in the region is fundamental to the future health of the community and resilience to environmental impacts such as climate change and water security.

This strategy area has regard to the State Public Health Plan priority themes of:[2]

- **Stronger and healthier communities and neighbourhoods for all generations**
- **Preparing for Climate Change**

Current State of Play

Built Environment

The EHA region has a quality built environment with a high level of amenity, attractive streetscapes and strong heritage character. The 30 Year Plan for Greater Adelaide provides an overarching planning strategy that requires Councils to plan for future urban growth and infrastructure that builds on the region's strengths in each area whilst balancing the need to protect existing character and amenity.[4]

Council Development Plan Amendments have needed to consider pro-active policies to address the targets in the 30 Year Plan for population growth, additional dwellings and additional jobs for the Greater Adelaide area. Parts of the region which are located within 2.5kms from the outer edge of the Adelaide Parklands, were studied in closer detail through the development of the Inner Metro Rim Structure Plan in 2012.[11] This Plan identified opportunities for increasing density and mixed-use development along transit corridors and activity centres and regeneration areas such as Kent Town.

The proposed Development Plan Amendments were approved in 2013 allowing for changes in building heights, a greater mix of uses (such as housing, shops, restaurants and offices) and more vibrant main roads. It is intended to provide opportunities for the development of a diverse mix of uses that allow people to work and shop and access a range of services, close to home.

The Minister for Planning has approved changes to the Development Plans of Burnside, Norwood Payneham & St Peters and Prospect which allow for medium to high density housing and mixed commercial activity in strategic locations along strategic road corridors including parts of Kent Town, a number of nominated sites on The Parade, Norwood between Osmond Terrace and Portrush Road, as well as Prospect Road, Churchill Road, Main North Road, Greenhill Road and Fullarton Road.

Council however, will no longer be the relevant planning authority to determine applications for buildings which exceed four storeys in height in the affected areas. The loss of planning assessment powers at the local level is of concern to Councils and the Local Government Association. There is also concern that other medium density zoning proposals for other parts of the region, including areas close to the River Torrens Linear Park would have unacceptable impacts on local amenity and increased traffic congestion.

During 2013-2014, a total of 4,444 Development Applications for the region were received by the Councils, (City of Burnside: 1,480; City of Campbelltown: 1143; City of NPSP: 1015; City of Prospect: 536; and 270 for the Town of Walkerville). The number of Development Applications in the region has increased in comparison to 2012-2013 in which 3,915 appreciations were received. In the period just prior to 2012-13, some Councils were experiencing a decrease in Development Applications received, most likely attributable to generally flat economic conditions in Australia, particularly in the building construction sector. [12-17]

The region includes some of the earliest settlements in South Australia. Kensington and Norwood was the first South Australian Local Government municipality. There are many fine residential, public and commercial buildings, which contribute to the significant heritage character of the region. Heritage advisory services and grants schemes are provided through the EHA Constituent Councils to protect and enhance the built heritage of the region.

Major development projects, master planning projects and the location of key services and facilities offer the opportunity to achieve better health and liveability outcomes in the region, through improved accessibility, land use mix and vibrancy of communal spaces.

Examples of current and proposed projects are highlighted in the box below.

Major development projects and master planning for the region…

Major projects…

- Redevelopment of the Glenside Hospital campus
- Scotty's Corner, 250 Churchill Road and the site adjacent the ABC building on North East Road
- The Watson
- Redevelopment of Campbelltown Leisure Centre
- Redevelopment of old Magill Training Centre (in adjacent Council area)

Master planning…

- Magill Village Partnership
- The Parade Master Plan
- Campbelltown Shopping Centre Master Plan
- Master Plans for Churchill Road and Prospect Road
- Revitalising St Peters
- Various residential growth Development Plan Amendments
- Walkerville Urban Master Plan

Natural Environment

The region has developed an excellent reputation for embracing environmentally sustainable practices and environmental issues are high on the agenda for each of the Councils. The Environment Strategy for ERA 2013-2018, provides the overall framework for local environmental planning. [18] The Strategy identifies the following environmental issues of regional importance: [18]

- Biodiversity preservation and open space connections in increasingly high density areas.
- Securing efficient and permanent solutions to difficult waste streams such as e-waste and hard waste.
- Consistent information and education provision to communities-particularly on waste and other common areas.
- Progressing a regional approach to resilience regarding climate change.

Biodiversity

Within the region, remaining native vegetation can be found along the River Torrens, in a number of Council reserves including Thorndon Park, Wadmore Park /Pulyonna Wirra, Hazelwood Park Reserve, Kensington Gardens Reserve, Waterfall Gully and in reserves and other sections along the creeks. Rich and diverse remnant flora however, can still be found along the foothills and hills face and in conservation parks including Black Hill Conservation Park and Morialta Conservation Park. Significant tree species also remain along the creeks. [18]

The natural environment is a highly valued resource in the region. Key protection and enhancement focus areas include: revegetation, sustainable landscapes, improving biodiversity, enhancement within Hills Face Reserves and strengthening habitat corridors and connections through watercourses and creek line habitats, street trees and secondary habitat corridors (private land and streets).

Waste Management

Waste collection systems used in the region include the following:

- Kerbside recycling and green organics (three bin system).
- Kerbside co-collection of food waste with green organics (Campbelltown, NPSP and Burnside).
- Annual household hazardous waste disposal services.
- Hard waste collection services.

The amount of waste currently diverted from landfill through the various systems used by the Councils is included in Table 4. Improvements are required for the region to meet the State-based waste diversion target.

Table 4 – Waste Diversion from Landfill 2012-13 and 2013-14[20]

Council Area	Waste Diverted from Landfill 2012-13(%)	Waste Diverted from Landfill 2013-14(%)
Burnside*	55.3	58.9
Campbelltown	52.7	54.6
NPSP	53.8	53.1
Prospect	57.4	55.1**
Walkerville	49.8	52.5

* Subsequent increase in 2013/14 due to introduction of the three bin system and food waste basket. ** Kerbside food waste audit in 2013/14 indicated a diversion of 62%.

Other initiatives include promotional and educational events for recycling electronic waste (e-waste), composting incentive schemes, food waste reduction campaigns such as Foodwise and promotion of recycling at community events ('Green Events').

Sustainable Water Use

Addressing water conservation continues to be important as the Eastern Region has one of the highest rates of water use per household in South Australia.[19] The use of alternative water sources such as stormwater is vital to the long term sustainable use of water sources across the Region. ERA is working toward reducing reliance on mains supplied water and providing best practice stormwater management solutions for the community. All Councils have implemented water efficiency initiatives within their properties.

The NPSP, Burnside and Walkerville Councils are part of the 'Waterproofing Eastern Adelaide' stormwater harvesting project, which secured $9.5 million in Federal funding to implement an integrated stormwater capture, treatment and distribution system. The project will improve water security in the region through meeting specific Council water demands and the irrigation of sporting ovals, parks, gardens and reserves with recycled water.

Partnerships for sustainability in the region…

- Water resource initiatives: Aquifer storage and recovery schemes; establishment of wetlands; development of a regional Urban Stormwater Management Plan.
- Active transport and Smarter Travel Community Programs, for example, Travel Smart, Way2Go etc.
- Solar hot water interest free loans for residents.
- Regional Sustainable Public Lighting project.
- Household hazardous waste disposal services.
- Biodiversity conservation, restoration and rehabilitation projects, community groups and organisations.
- Regional waste management services and education; East Waste and Waste Care.
- Adelaide and Mount Lofty Ranges Natural Resources Management Board (AMLR NRM Board)
- Volunteer and community based environmental and sustainability groups

Climate Change Adaptation

Climate change, drought and water restrictions are a major issue for local government. Climate change will challenge the region through increasing pressure on open space, biodiversity and health risks associated with extreme temperatures, reduced average rainfall, extreme rainfall and extreme bushfire weather. Properties in the Hills Face Zone are particularly vulnerable to the threats associated with an increase in the occurrence and severity of bushfires. Increasing adaptive capacity to climate change is critical if the region is to remain vibrant, healthy and economically sustainable.

Most of the Councils were members of the International Council for Local Environmental Initiatives' Cities for Climate Protection (CCP®) Program while in operation for many years. They have been very active in implementing greenhouse gas reduction programs to reduce Council and community emissions, including the following initiatives:

- the use and installation of energy efficient assets and infrastructure and use of renewable energy;
- modifications of council vehicle fleet;
- community awareness programs, including Energy Friends kits at libraries; and the
- business energy assistance program. [18]

The EHA Region Councils are also implementing carbon reporting to record, better understand and improve the carbon emissions profile resulting from Council operations.

The Councils have endorsed the preparation of a Regional Integrated Vulnerability Assessment, as the first stage in preparing a Regional Climate Change Adaptation Plan, in conjunction with other ERA Councils and the Adelaide City Council. Measures and strategies will be developed for the risks, which have been identified as extreme or high level in the initial planning undertaken in conjunction with the LGA. The Regional Climate Change Adaptation Plan will then be prepared to coordinate measures to treat the risks, build resilience and reduce the severity of climate change impacts on the community. The assessment and planning process will include consultation with the community and key stakeholders.

Open Space, Recreation and Sporting Facilities

The region incorporates a diverse range of open space, recreation and sporting facilities, which are generally well maintained and appealing. Open space assets in the region offer environmental assets, sport and recreation facilities, playgrounds, biodiversity linkages, walking trails and dog parks.

The total area of public open space available within the region is 857.09 hectares. The amount of public open space within each Council area varies considerably, as demonstrated in Table 5 below.

Table 5 - Public Open Space in the EHA Region

Council Area	Total Ha	Ha per 1000 people
Burnside	199	4.84
Campbelltown	446	8.76
NP&SP	180	5.3
Prospect	23	1.2
Walkerville	9.09	1.3

The region overall has a good provision of open space in view of the River Torrens Linear Park and the Hills Face Zones. However, there is an under provision of local open space in some suburbs including: Beaumont, Prospect, Payneham South, Kent Town and parts of Norwood. Although the inner suburbs are adjacent to the Adelaide Park Lands, the major arterial roads on the boundaries restrict access. In addition, sporting open space is considered to be low in some areas. Urban regeneration also provides people with smaller areas of private open space and increased reliance on public spaces to fulfil outdoor recreation needs.

Priority is therefore being given by the Constituent Councils to enhancing the quality and the facilities available within open spaces as well as addressing areas of under provision. This will continue to be an important consideration in developing policies to accommodate the proposed population growth in the region. New ideas and best practice models for providing 'green infrastructure' will also be considered.

Within the region, there are many private and public schools as well as the University of South Australia Magill campus, which incorporate significant areas of open space and recreational facilities. Public access to these areas however, is generally limited. Negotiating access to these facilities in priority areas is a key opportunity for the constituent Councils.

The River Torrens Linear Park (RTLP) is a highly valued key natural feature in the region and provides a boundary as well for the Cities of Campbelltown and Norwood Payneham & St Peters and the Town of Walkerville. The Linear Park has significant environmental values and also serves as an asset for recreation as well as a pedestrian and cycling corridor. It also provides connections to significant nature based areas.

Current partners for more active lifestyles and greater social interaction in open spaces:

- Local community organisations – band and orchestra outdoor performances, Memorial Services, community events.
- Peak bodies – running, walking and cycling events.
- Service Clubs – assistance with events, funding of facilities in reserves.
- Business operators – support for and participation in fairs, markets and events.
- Live music sessions, festivals and Fringe Festival events in outdoor amphitheatres.
- Schools and Youth Advisory Committees – Youth Week events and festivals.
- Community Gardens located within parks and reserves.
- Sporting and recreational clubs and associations – management and use of sport facilities including courts, pitches, ovals and diamonds and swimming centres for a range of activities, programs and events.
- Artists, galleries, schools and community groups - public art facilities and community arts and cultural programs.
- Access by schools, business operators and community for sporting, community and private events.
- Volunteer groups and Residents Associations – participation in a range of programs including revegetation, cultural and community programs and events.

Transport, Pedestrian and Cycle Connections

The region is in close proximity to the Adelaide CBD with relatively easy access to and from the City via car and public transport. However there are service pressures during peak hour and limitations in the North –South public transport connections. The EHA Constituent Councils are committed to reducing traffic congestion and promoting safe pedestrian and cycling routes in the region.

Planning for active transport and traffic management needs to consider future growth strategies for the region. The 30 Year Plan calls for increased housing density and diversity adjacent to transit corridors to promote sustainable modes of transport. The draft Integrated Transport Strategy for South Australia flags the potential for a tramline along The Parade, Norwood.[21]

The implementation of bike strategies by Councils, along with the State Government's *Bike*Direct network, has resulted in a reasonably extensive network of bicycle routes in the region. The emphasis of the current approach is to design high-quality commuter cycling facilities that also provide access to schools, with the remaining network forming ribs to this spine, for added connectivity and continuity.

The River Torrens Linear Park and the open sections of the five creek lines - First, Second, Third, Fourth and Fifth Creeks - create linear open space corridors through the urban area, as well as further opportunities for linking walking and cycling corridors. Linear connections along the creek lines are disconnected due to housing or other properties backing onto the creek lines and the quality of pathways in some areas is poor.

The City of Burnside and the City of Campbelltown have adopted minimum width standards for footpaths to encourage accessibility.

Active transport planning in the region…

- NPSP City-Wide Cycling Plan – Plan to Cycle 2013
- Burnside Bicycle Strategy 2012
- Campbelltown Transport Action Plan 2006 – 2016, Pedestrian Access & Mobility Plan, Local Area Traffic Management Plans for the suburbs of Paradise and Campbelltown
- Walkerville Movement Action Plan
- Prospect Annual LATM studies (integrated transport for local areas)

Partners: Department of Planning, Transport & Infrastructure; local cycling organisations, schools, University of SA, business operators.

Economic Environment

The region has a highly diversified economic structure. In 2011 the ERA region represented a sizeable part of the State's economy - 11.1% of South Australia's Gross State Product (GSP) and can be compared to the City of Adelaide (17%). The economic contribution of the residents of ERA is even larger: 19% of the State's GSP. However, the region has grown more slowly than the State's economy in the past five years.[22]

There are a growing number of home-based businesses in the region. The health and community services sector is one of the largest employment sectors (13%) and is growing rapidly. Other growth sectors include property and business services (17%) finance and insurance (14 %) education (8%) and construction (7%) and retail trade (9%) is growing slowly. [22]

The region offers a diverse mix of shopping and retail outlets. Major retail precincts include The Parade, Magill Road, Payneham Road, Prospect Road, the Glynde Corner, Newton Centro and Burnside Village. The City of Burnside is home to some of Australia's finest wine production - Penfolds Magill Estate and Stonyfell Estate Wines.

The Eastern Region Alliance (ERA) has the highest concentration in South Australia of creative industries including film and television, multimedia, publishing and print media, marketing, advertising and public relations, industrial, fashion and furniture design, architecture and software developers. The offices of the Adelaide Fringe Festival are now also located within the region, at Kent Town.

Opportunities exist to pilot Federal and State Government programs aimed at supporting the development of industries such as those already identified by the ERA Federal Initiatives Group, including:

- Active Ageing and opportunities for skilled retirees.
- Smart Region (creative industries and preventative health activities and sustainable industries: water, biodiversity, energy).

Partnerships for economic development in the region…

- Eastside Business Enterprise Centre (EBEC).
- Precinct and Business and Economic Development Committees.
- Main street programs and precinct events and developments: Magill Road Alive, the Kent Town project, Prospect Road Village Heart, Tourrific Prospect, preventative health precincts (Campbelltown and Walkerville).
- Digital economy strategies and digital hubs - education and training programs.
- Sustainability and Wellbeing Hub – local business operators along Magill Road.
- National Broadband Network (NBN) rollout.
- Educational bodies – Youth events, TAFE involvement in Adelaide Fashion Festival.
- Community groups – participation in fairs, events and markets.
- Outdoor dining policies – precinct committees and hospitality industry.
- Support for creative industries - Art Galleries and Studios; Creative Industries Domain concept; SALA Festival exhibits in retail outlets; local artists displaying work in Council exhibition areas; promotion of local music talent at fairs and festivals; Fringe performances in Council facilities etc.
- Engaging and supporting workplaces to encourage active and healthy lifestyles.
- ERA Economic Development Group and ERA Open Space and Recreation Facilities Group.

7.1 Environments for Health – Strategic Framework

Challenges for the Region	Relevant Council Planning Processes	Directions for Integrating Health and Wellbeing	Our Partners	Relevant State Government Plans & Policies	Performance Measures
1. Built Environment					
Addressing population and housing growth (30 Year Plan) Maintaining character, amenity and streetscape Improving liveability and sense of place Protecting cultural and heritage values of the region Environmental nuisance complaints in higher density pockets Traffic and active transport planning for growth in the region Promoting safe cycling and walking routes Promoting accessibility for all ages and abilities Addressing infrastructure backlog	Development Plans Strategic Directions Reports Development Plan Amendment Reports Master Planning Studies Arts and Cultural Development Plans Assets and Infrastructure Plans Maintenance Plans and Policies Active Transport Plans Access and Inclusion Plans	Promote and advocate for community health, safety and liveability through incorporating principles such as: CHESS and 'Crime Prevention through Urban Design' into Council Development Plan policy, key master planning projects and precinct planning, where practical. Provide a framework for diverse and affordable housing choices. Promote opportunities for population and housing growth adjacent to transit corridors and activity centres and targeted regeneration areas to promote walkable and accessible communities, whilst balancing this with the protection of character and amenity values. Protect and maintain the cultural and built heritage of the region. Maintain a development policy review process which incorporates multi-disciplinary input: planning, engineering, arts and culture, sport and recreation, public health and environment. Investigate opportunities to include public health matters in the development assessment process. Continue to promote improved liveability, vibrancy and sense of place through public art and other cultural planning initiatives. Incorporate requirements for access and inclusion for all ages and abilities into asset planning and policies. Advocate for health impact assessments for relevant developments as part of the 'Think Design Deliver' planning reform process. Promote the provision of open space and a quality public realm that reflects growing population needs, particularly in regard to new development.	DPTI DEWNR SA Health EPA Heart Foundation ERA	30 Year Plan For Greater Adelaide SA: A Better Place to Live - SP 1. Inner Metro Rim Structure Plan. Integrated Transport and Land Use Plan Green Infrastructure Strategy Heart Foundation – Healthy by Design	Public health, wellbeing and cultural objectives incorporated into all DPAs, Master Plans and major projects. Internal process established for facilitating health and wellbeing advice for development policy amendments. Improvements to public spaces implemented.
2. Natural Environment					
Promoting and maintaining biodiversity Promoting sustainable resource use	ERA Environment Plan Council Environment Plans	Promote the importance of biodiversity assets and 'green infrastructure' in the region to health and wellbeing. Consider regional 'healthy parks: healthy people' promotion and projects such as Parks Alive.	DEWNR AMLR NRM Board Zero Waste SA	Green Infrastructure Strategy The People and Parks Strategy	Regional 'healthy parks: healthy people' promotion and other project initiatives such as Parks Alive, implemented.

Challenges for the Region	Relevant Council Planning Processes	Directions for Integrating Health and Wellbeing	Our Partners	Relevant State Government Plans & Policies	Performance Measures
Tree management and protection	'Water-proofing Eastern Adelaide' project reports East Waste Plans Council Waste Management Plans Biodiversity Plans Development Plans Asset Management Plans and Policies	Continue Council sustainability commitments and associated community engagement programs across: water, energy, biodiversity and waste management. Consider latest developments and best practice technologies in all works and maintenance areas, to minimise adverse environmental and health impacts. Promote regional water security through the 'Water-proofing Eastern Adelaide' project and local water security initiatives. Continue waste diversion and recycling initiatives across the region to promote a safe and sanitary environment. Sustain the amenity of the natural environment by managing and protecting street trees and trees in parks and reserves.	Local Environmental Groups Service Clubs SA Power Networks ERA	Water for Good State Waste Management Strategy Parks Alive	Regional sustainability program performance as measured through ERA and Council Environment Plans. Waste diversion and litter control performance as measured through Council Waste Management Plans.
3. Climate Change Adaptation					
Adapting to climate change impacts in the Eastern Region Protecting vulnerable groups from climate change impacts	Council Climate Change Adaptation Plans Eastern Regional Climate Change Vulnerability Study and Adaptation Plan Emergency Response and Bushfire Management Plans Eastern Regional Zone Emergency Management Plan Community Service Plans and Policies Library and Community Facility Plans Open Space, Sport and Recreation Plans	Undertake the vulnerability study to assess and plan for climate change impacts on vulnerable sectors within the community. Develop Council policies/procedures or response plans for extreme weather or emergency events (consider service requirements for community venues, libraries, HACC services and community transport). Raise community awareness regarding heatwave safety and community services available for extreme heat days. Assist priority HACC clients with emergency preparedness and safety during extreme weather events. Incorporate climate change considerations into Council development policy and open space management planning with regard to energy and water efficiency. Undertake community education on emergency and bushfire preparedness and management.	DEWNR DPTI SA Health DCSI FESC CFS MFS ERA C/W Climate Change Partners C/W Department for Social Services (HACC). EAZEMC	SA: A Better Place to Live - SP 3 Climate Change Adaptation Framework for SA SA Health – Public Health and Emergency Management Plan NCARF and University of Adelaide – Impact of Climate Change on Disadvantaged Groups	Progress on Eastern Regional Climate Change Vulnerability assessment. Council community service policies/procedures or response plans for extreme weather or emergency events developed. Progress on emergency and bushfire management as measured through Emergency Management Plans.

Challenges for the Region	Relevant Council Planning Processes	Directions for Integrating Health and Wellbeing	Our Partners	Relevant State Government Plans & Policies	Performance Measures
4. Open Space, Recreation and Sporting Facilities					
Addressing open space under provision in some areas. Promoting open space for physical activity, recreation and environmental values Promote accessible open space infrastructure for all ages and abilities.	River Torrens Linear Park Eastern Region Management Strategy Open Space, Sport and Recreation Plans Access and Inclusion Plans Development Plans Assets and Infrastructure Plans Maintenance Plans and Policies	Continue to plan for local, neighbourhood and regional open space and recreational infrastructure through Council open space planning. Consider: • Gaps in open space provision addressed through some land acquisition and/ or improvements to existing parks and reserves where the provision is limited. • Gaps in recreation and sport facilities. • Availability of infrastructure with regard to population density. • Shared use opportunities for open space (such as schools and the University of South Australia) to facilitate access to open space and facilities. • Priority locations and infrastructure for disability access. • Quality and diversity of facilities and activity opportunities for all age groups (children through to older people) to contribute to a highly active community. Strengthen the connections to open space and facilities in adjoining Council areas including watercourses, conservation land and the Hills Face Zone. Partner with the State Government and Adelaide City Council to activate the Park Lands, promote accessibility and maintain regional network of linkages. Engage with relevant industry associations.	DECD DPTI (including ORS) DEWNR Uni of SA Private schools AMLR NRM Board RTLP Coordinating Committee ERA (Open Space Portfolio Group). Adelaide City Council Adelaide Park Lands Management Authority. PIA Parks & Leisure Australia IPWEA	LGA Standard Agreement for Shared Use Eat Well Be Active Strategy Green Infrastructure Strategy The People and Parks Strategy Active for Life – Office for Recreation and Sport Strategic Plan Parks Alive	Utilisation and value of open space and recreation infrastructure as measured through Council Community Surveys, Open Space and Sport and Recreation Plans. Levels of physical activity in the region as measured through state of health assessment. Disability and age-friendly infrastructure provisions assessed and implemented in priority areas.
5. Transport, Pedestrian and Cycle Connections					
Promoting accessible environments for all. Safety for cyclists and pedestrians.	Active Transport, Bicycle/Pedestrian Plans. Local Traffic Management Plans Access and Inclusion Plans Master Plans Development Plans	Promote active and vibrant communities through active transport initiatives in the region. Continue community initiatives to promote safe cycling and walking. Implement infrastructure standards to promote accessibility and safety e.g. footpath availability and width standards. Continue to improve the connections between open spaces, attractive and accessible destinations and walking and cycling pathways, within and between local Council areas and with Council areas adjacent to the region (particularly Adelaide City Council). Continue to improve cycling infrastructure.	DPTI Schools Uni SA Adelaide City Council ERA Open Space and Recreation Facilities Group Bicycle SA Disability SA Walking SA Heart Foundation	Eat Well Be Active Strategy. Green Infrastructure Strategy. The People and Parks Strategy. Active for Life – Office for Recreation and Sport Strategic Plan. SA Strategic Plan. SA Integrated Transport and Land Use Plan.	Active Transport Strategies established by each Council. Access and inclusion standards integrated into asset management plans.

Challenges for the Region	Relevant Council Planning Processes	Directions for Integrating Health and Wellbeing	Our Partners	Relevant State Government Plans & Policies	Performance Measures
		Advocate for improved safety at pedestrian crossings on arterial roads.			
6. Economic Environment					
Promoting economic diversity during economic downturn Promoting vibrant economic centres	Development Plans Strategic Directions Reports Development Plan Amendment Reports Economic Development Strategies Master Plans	Promote community interaction and vibrant community centres through Council economic development policy. Support main street programs and precinct events to promote social connectedness and vibrant spaces at different times of the day including after hours where appropriate. Promote the NBN rollout and digital economy strategies to facilitate access to educational and economic opportunities. Engage the business sector (Economic Development Committees) in community health programs such as healthy food initiatives, smoke-free environments and healthy workplaces. Continue to seek support for the projects of the ERA Federal Initiatives Group relating to the development of local economic opportunities. Consider further opportunities for co-locating health, wellbeing, fitness and other services such as child care centres within community facilities such as community and sporting hubs, recreation centres and public spaces etc.	EBEC DPTI DSD Economic Development Committees Precinct and Traders' Associations ERA	30 Year Plan For Greater Adelaide SA Strategic Plan SA: A Better Place to Live - SP 1	Implementation of Council Economic Development Strategies. Progress with main street programs and precinct events. Progress of ERA Projects (FIG)

7.2 Capacity for Health

Non-communicable diseases including heart disease, cancer and diabetes are major contributors to death and ill health around the globe, across the nation and in the local community. These preventable, lifestyle related diseases can be greatly reduced by avoiding being overweight or obese; poor diet and excessive energy intake; insufficient physical activity; tobacco use, and harmful levels of alcohol use. There are no quick solutions to these complex public health problems, but local Councils are in a unique position to partner with a range of stakeholders to address these issues, working towards the vision of healthy and active communities.

This strategy area has regard to the State Public Health Plan priority themes of: [2]

- **Stronger and healthier communities and neighbourhoods for all generations**
- **Increasing opportunities for healthy living, healthy eating and being active**

Current State of Play

Personal Health and Access to Health Services

South Australians enjoy a relatively high standard of health compared with most other similar countries. We are living longer and healthier lives than at most times in the past. But this overall picture is not the complete story. There are concerning trends with the prevalence of non-communicable conditions such as cardiovascular illness, certain forms of cancer and arthritis. Many of these are associated with modern life, particularly the challenges of overweight, obesity, lack of physical activity and an overabundance of energy-dense nutrition-poor foods'. [2]

This section provides a snapshot of the health status of the EHA regional population as well as health risk factors linked to preventable disease.

The population's health – a snapshot: [6]

- Self-assessed health: In 2007-08, 13.3% of the regional population aged 15 years old and over reported their health as 'fair or poor' rather than as 'good', 'very good', or excellent'; this was 13% below the metropolitan average of 15.3%.
- Type 2 Diabetes: The proportion of the regional population estimated to have Type 2 diabetes (3.3%) was slightly lower than the metropolitan average.
- Mental health problems: The rates of mental health problems for both males and females in the region were lower than the metropolitan average. However, the rate among females in the region was higher than for males, as is the case for the metropolitan population.
- Smoking: The estimated rate for adults smoking daily in the region (15.2%) was lower than the metropolitan average (18.9%), with some variation in Prospect (16.7%) and a much lower rate in Burnside (11.2%).
- Obesity: the estimated obesity rate for males (14.8%) in the region was 14% below that in the metropolitan area overall (17.3%). There was considerable variation across the region (as shown in Figure 8 and Figure 9).
- Physical inactivity: The extent of physical inactivity among the regional adult population (31.6%) was lower than the metropolitan area (35.1%). Campbelltown - West had the highest estimated rate of 34.9%.
- Death from suicide (rate per 100,000 - 2006-2010): The rate of death from suicide before 75 years of age could not be calculated for all the Council areas. However, there was a 32% higher rate for Norwood Payneham & St Peters (17.0 deaths) when compared with the metropolitan average (12.9 deaths).

The variation in levels of obesity for adult males and females across the region is shown in Figure 8 and Figure 9. Levels of obesity are higher in the City of Campbelltown. The City of Campbelltown and the City of Norwood Payneham & St Peters have been working to address obesity and improve levels of physical activity through the Eastern HOPE Project 'Healthy Options for Physical Activity and Eating'.

Figure 8 – Rate of Obesity Males

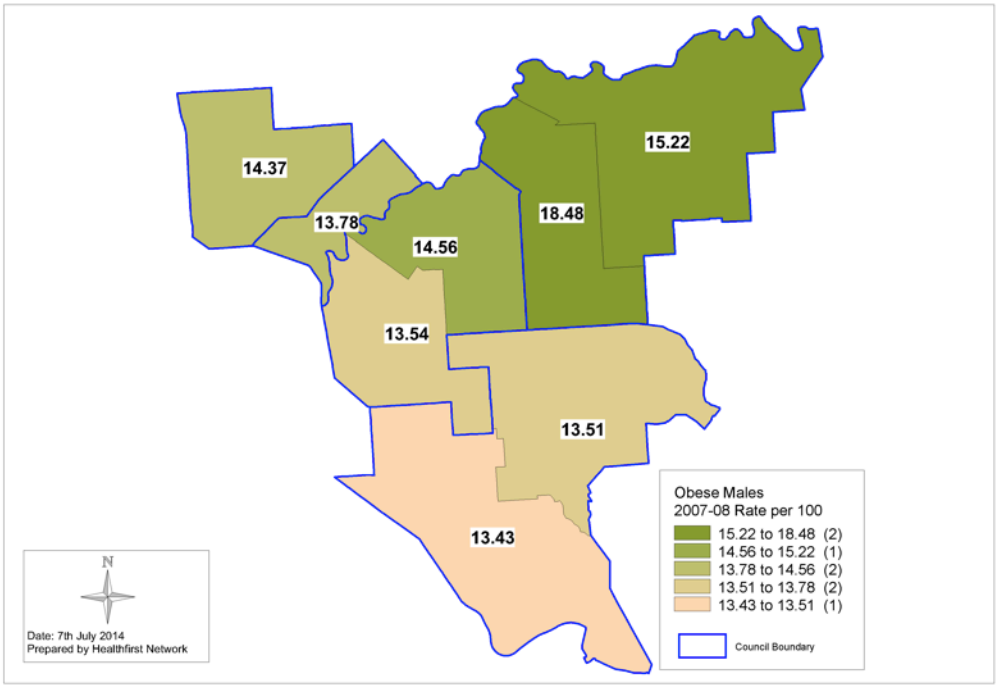
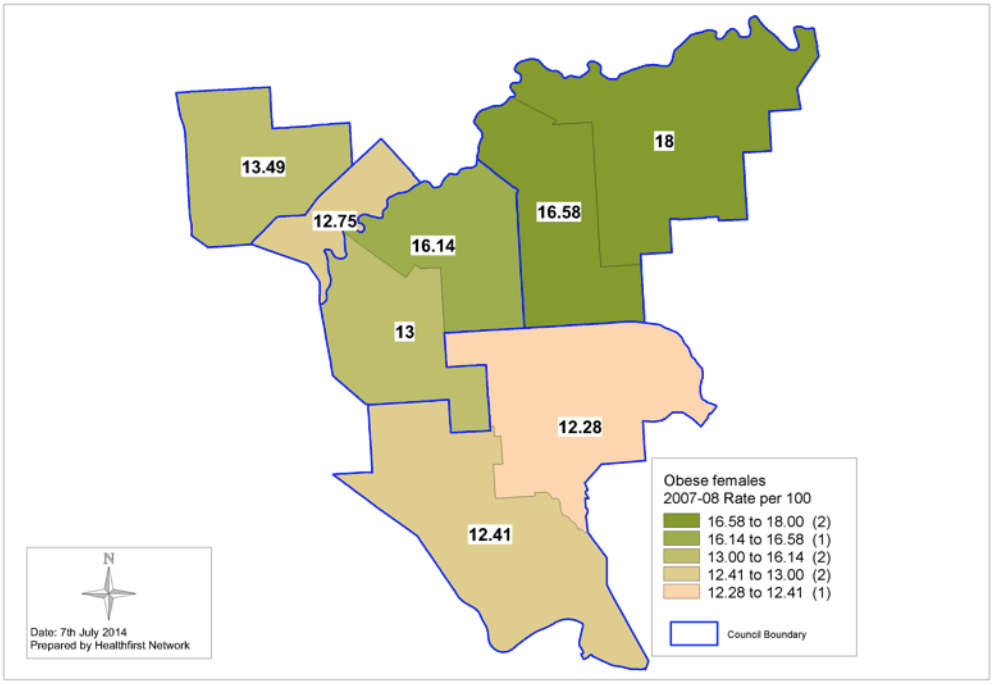


Figure 9 – Rates of Obesity Females



The needs of people with complex needs often including mental health problems and other disabilities, was raised during the consultations with staff and at the Stakeholder Forum. In these cases it is likely that a range of agencies are involved in providing support or the client is required to liaise with a number of service providers often with different assessment and administrative procedures. The need for more collaboration between agencies to ensure a coordinated and integrated assistance package appears to be needed to reduce stress for clients and ensure easier access to support services.

Key data relating to the level of use and access to health services is summarised below: [6]

Health service and carer data for the region: [6]

- Hospital admission: The rate of admission to a South Australian hospital for the region was 7% lower than the metropolitan average.
- Difficulty in accessing services for people over 18 years was estimated to be consistent with the rate for Metropolitan Adelaide - around one quarter (26.1%) of the population face such difficulties.
- Within the region, markedly fewer residents are clients of community mental health services, with a rate 23% below that across the metropolitan area overall. These results not only reflect demand for these services, but also their availability locally.
- The regional rate of children and young people aged 0 to 19 years who are clients of the Child and Adolescent Mental Health Service (CAMHS), was 53% less than the metropolitan area overall. Campbelltown-West SLA was 9% less than the metropolitan rate.
- The proportion (12.3%) of the population providing unpaid assistance to persons with a disability, a long-term illness or problems related to old age was 4% higher than the metropolitan average (11.8%). In the SLA of Burnside-East, it was 8% above the metropolitan average.

A note on positive and active ageing

Local Government can support older people to continue to be active and participating members of the community through the provision of a range of services, social and volunteer programs and other opportunities. The Eastern Region has been working collaboratively at both the regional and local level to address the future ageing needs of the community through the ERA Regional Ageing Strategy as well as through local Council Ageing Strategies.[23]

In June 2011, more than three fifths (65.0%) of the regional population aged 65 years and over were receiving an Age Pension. Overall this was 15% lower than the metropolitan average of 76.5%. However the proportions were higher in the Campbelltown - East SLA (78.0%) and Norwood Payneham & St Peters - East SLA (76.6%). [6]

Local Councils in conjunction with local community agencies, provide a range of Home and Community Care (HACC) and Home Assist support services and programs to help older people maintain their independence and remain living safely in their own home. Council services can include housework, gardening, personal care, maintenance, social support and transport. It is estimated that 43% of HACC clients in the region live alone (15% higher than the Metropolitan Region of 37.2%), particularly in Burnside and Walkerville (46.5%) and in Norwood Payneham & St Peters (45.1%). [6]

Considerably more HACC clients in the region were non-English speaking (22.5%) compared to Metropolitan Adelaide (14.2%) particularly in Campbelltown where the proportion of 32.5% was 2.29 times the average for Metropolitan Adelaide. [6] As noted earlier, post war migrants from Culturally and Linguistically Diverse (CALD) communities have had a significant cultural impact on the eastern region – particularly those from Italian backgrounds. This is also significant for service provision because of the particular needs of older CALD migrants for culturally appropriate services met and the additional challenges posed by the potential loss of English language skills as CALD migrants age. [23]

Through its Transformative Projects Program for 2013 – 2016, ERA is also progressing the Active Ageing Initiative which involves three proposed projects – Volunteering, Reshaping Care and Learners Market. This initiative recognises the importance of facilitating more opportunities for older people in education and engagement as well as the provision of more traditional home support services. Opportunities exist in the areas of lifelong learning, physical activity programs and the sharing of skills. Appropriate community centres and facilities will be important in the future to provide a hub around which programs and services can grow and volunteer roles can develop. [23]

Social Capacity for Health – Socio-economic Status and Education

There is substantial evidence of the impact of socio-economic status on the health of South Australians. Social inequality is a key determinant of health status.

As highlighted in the Social Health Atlas of SA, there is an association between socioeconomic status and risk factors for chronic diseases such as self reported smoking, alcohol misuse, physical inactivity and excess weight. [24] It is therefore important to consider the social capacity of communities when assessing health status. Education is also a crucial social determinant of health and wellbeing. Education increases opportunities for choice of occupation and for income and job security, and also equips people with the skills and ability to control many aspects of

their lives – key factors that influence wellbeing throughout the life course. The acquisition of a university qualification increases work and employment opportunities and increases the likelihood of financial security.[24]

The EHA region overall, is renowned for its diverse choice of public and private schools, although there is limited choice for residents of the City of Prospect. The University of SA Magill campus is also within the region. In addition to educational institutions, local community groups and Councils play an important role in providing informal training and education opportunities for a range of age groups. Accessibility to the internet also influences education and information provision opportunities for the community.

Council libraries and community centres throughout the region provide many skills development programs and classes for all ages including: literacy, English language, reading programs, book clubs, school holiday activities and computer literacy.

Key social indicator and education data for the region: [6]

- The Index of Relative Social Disadvantage for the EHA region (IRSD: 1040) shows a relative advantage compared with the metropolitan area overall (IRSD: 991). Campbelltown – West SLA is an exception with an IRSD score of 980.
- 44% fewer people aged from 16 to 64 years were receiving unemployment benefits (Newstart Allowance or Youth Allowance) compared with the metropolitan area overall (2.6% compared with 4.7%). Prospect (3.3%) had the highest proportion of people in this category (June 2011).
- 46% fewer people in the region had been unemployed for six months or longer than across the metropolitan area overall (2.0% compared with 3.6%).
- Young people receiving the Newstart Allowance or Youth Allowance from Centrelink comprised 2.7% of the population aged 15 to 24 years, which was lower than the metropolitan average of 6.4%.
- In 2010, 24.2% of the regional population was estimated to have had government support as their main source of income in the previous two years. This is 18% less than the metropolitan average. However Campbelltown-West SLA (31.5%) was 7% above the proportion for Metropolitan Adelaide (29.5%).
- Over three quarters of the regional population (77.0%) were estimated to have accessed the Internet at home in the 12 months prior to the survey in 2010.
- Within the region, the proportion of children who were assessed as being developmentally vulnerable on one or more domains (14.6%) was lower than the metropolitan average (23%). The proportion for Campbelltown-West SLA (22%), was 4% lower than the metropolitan average.
- Within the region, 10.9% of 16 year olds were not in full time secondary education, which was 33% lower than the metropolitan average (16.2%). Campbelltown-West SLA had the highest proportion with 14.1%.
- Across the region the proportion of school leavers who enrolled in a South Australian University in 2013 was 47.8%. This was 34% higher than the metropolitan area overall (35.7%).

Social Housing and Aged Care

The level of rental stress in the region is below the metropolitan average, with 24.9% of low income families in this category in the EHA region, compared with 26.9% for Metropolitan Adelaide. The SLA with the highest proportion was Campbelltown – East. The proportion of the housing stock in the EHA region rented from Housing SA at the 2011 Census was 44% below the metropolitan average (3.6% compared to 6.4%). However, a higher than average proportion was evident in the SLA of Campbelltown – West (6.7%). [6]

Following on from the earlier indicator, the proportion of households receiving rental assistance from the Australian Government in the EHA Region (11.8%) was lower than the metropolitan area overall (14.6%). Prospect was the only LGA (with 14.7% of households receiving this assistance) which was above the proportion for Metropolitan Adelaide. [6]

In the region, the rate of residential aged care places (places providing high and low level residential care) was 1% lower than the rate across the metropolitan area overall. However, rates above the metropolitan average were recorded for the Town of Walkerville, Norwood Payneham & St Peters - East SLA, and Burnside – South-west SLA. [6]

EHA licensed nine Supported Residential Facilities (SRFs) in the period 2012 to 2013. SRFs provide residency to clients who are particularly vulnerable, often due to disability or impairment.[25]

Community Strengths

Social participation, perception of the local community, and the way people relate to each other in their local community, are key features of community strengths. Community strengths are key measures of the health and wellbeing of regional areas. Promoting connected communities is important for fostering community vibrancy, positivity, sense of happiness and support. Community strength indicators measure how people feel about aspects of the community in which they live, and their participation in opportunities to shape their community. Healthy communities need a balance of social connection: close personal networks, broader community networks (made through work, school, interest groups, volunteering activities etc), and governance networks.

Key community strength data for the region: [6]

- More than 99% of Burnside, Campbelltown and NPSP residents liked living in their local community in 2013 (96.9% for Walkerville and Prospect).
- Overall, residents felt safe in their neighbourhood in 2013. The City of Burnside had the highest proportion (91.6%) and the City of NPSP had the lowest (82.6%).
- Less than half the regional population (44.7%) felt very safe or safe walking in their local area after dark in 2010, although this proportion was 3% higher than the metropolitan area (43.5%).
- Nine out of every ten people in the region in 2010 (93.1%) were estimated to be able to get support in times of crisis, a level consistent with the metropolitan average. There was little variation at the LGA level.

Community and Culture

The region is culturally diverse with higher proportions of the population born in Italy (4.6%), China (2.5%) and India (2.3%) compared to the metropolitan average.[6]

The EHA Constituent Councils promote a range of community events and programs, which facilitate social interaction, vibrant community centres and community wellbeing.

Community and public art programs are recognised as helping to strengthen local identity, sense of place, liveability and wellbeing, particularly if they are developed in conjunction with the community. The EHA Constituent Councils are committed to fostering creativity and artistic expression within the community. Both temporary and permanent artworks have been installed in public places and a range of initiatives are undertaken to encourage cultural activity and the celebration of culture through visual arts, music, theatre, dance, digital arts and history projects.

The City of Norwood Payneham & St Peters is participating in a cultural indicators project to measure the cultural values, involvement and the perceived importance of cultural activity in the region. A survey undertaken of NPSP residents in 2014, highlighted that 44.7 percent of participants valued cultural activity for their wellbeing and 48.9% valued cultural activities for engagement with others.[25]

Community Capacity and Engagement

Providing opportunities for involvement in community and civic life is important for strengthening community capacity and resilience. Opportunities include consultation and engagement, funding and in-kind support for community groups and volunteer programs.

The proportion of people who regularly volunteer their time through an organisation or group varies throughout the region between 32% for the City of Norwood Payneham & St Peters and 26% for the Town of Walkerville and City of Prospect.[26]

A key component of many of the community programs offered at Council facilities is the opportunity to also learn new skills, exchange skills and increase awareness of other services and facilities available to them. These include regional initiatives such as the Three R's Program, the Men's Shed, Community Gardens etc.

A range of methods have been adopted by the Constituent Councils to engage the community in Council's planning and decision-making processes, including on-line community panels, public meetings and displays, community surveys etc. The Councils acknowledge that involving young people in particular is critical to facilitating programs which are effective, meaningful and relevant to them. The ERA Youth Portfolio Group arranged an interactive consultation in June 2013 'Speaking of Which' involving 600 students aged 12-18 years to gain meaningful insight into their aspirations, lifestyles and opinions.[27]

Support is provided for Youth Advisory Committees within the Constituent Councils to facilitate a voice for young people in decision-making. Members are also closely involved in organising and running the various youth development, cultural and recreation programs which are offered throughout the region.

Partnership programs for community capacity building in the region:

- Aboriginal Reconciliation Advisory Committee (Campbelltown)
- Youth Advisory Committees
- NAIDOC Events and Awards
- Community engagement and participation – volunteering, community surveys, consultations, on-line panels, forums etc
- Live Better - Eastern HOPE (Healthy Communities Initiative)
- Heart Foundation Walking Groups
- Community Information Seminars
- Community Care Social Programs, for example, Stepping Out, Three R's and Men's Shed.
- Eastern Regional Alliance Ageing Strategy
- Cultural Indicators Pilot Project
- Access and Inclusion Advisory Committees
- Service Clubs Advisory Committees
- Library Programs
- Community Centre Programs
- Community based educational organisations, for example, University of the Third Age.

7.2 Capacity for Health – Strategic Framework

Challenges for the Region	Relevant Council Planning Processes	Directions for Integrating Health and Wellbeing	Our Partners	Relevant State Government Plans and Policies	Performance Measures
1. Community Connections and Wellbeing					
Promoting social interaction Reducing social isolation Promoting positive wellbeing Maintaining perceptions of safety Promoting a strong sense of belonging Strengthening informal social support networks	Social/Community Development Plans and Policies Library and Community Facility Plans and Policies. Arts and Cultural Development Plans and Policies. Economic Development Strategies. Cultural Indicators Pilot Project. Access and Inclusion Plans. Open Space, Sport and Recreation Plans Active Transport, Bicycle/Pedestrian Plans. Events Calendars	Continue and expand opportunities to promote community interaction in public spaces, including the application of place making and place activation principles. Continue and expand opportunities to support the development of informal social support networks and increased interaction at the neighbourhood level. Continue to deliver an extensive range of community events and activities which appeal to people from a diverse range of ages, backgrounds, lifestyles and cultures. Continue to support external stakeholders in providing activities and programs and seek new opportunities and partnerships for initiatives. Continue to provide and promote a range of programs and activities through community centres/facilities and libraries. Promote community interaction and engagement through arts and cultural programs. Promote community wellbeing outcomes through arts and cultural strategies. Measure arts and cultural indicators for the region in recognition of the linkages between cultural wellbeing and community wellbeing. Continue to support and expand opportunities for community safety programs. Explore opportunities to provide a stronger sense of belonging and inclusion for all age groups and abilities. Continue to improve the connections and linkages for pedestrians and cyclists throughout the region and to adjacent Council areas, including open space, recreation and sport facilities and pathway linkages.	Residents' Associations. Service Clubs. Community Groups and Churches. Neighbourhood Watch. SAPOL ORS Arts SA Art Gallery of SA. Schools. Youth Advisory Committees. HACC service providers. Volunteers. ERA. Economic Development Committees Precinct and Traders' Associations	SA: A Better Place to Live - SP 1 Building the State of Wellbeing – A Strategy for SA SA Integrated Transport and Land Use Strategy (ITLUS)	Perception of community wellbeing and safety as measured through Council community surveys. Cultural indicators developed and measured by Councils. Annual community events programs implemented. Participation in events and community programs.

Challenges for the Region	Relevant Council Planning Processes	Directions for Integrating Health and Wellbeing	Our Partners	Relevant State Government Plans and Policies	Performance Measures
2. Capacity for Healthy Lifestyles					
Chronic disease risks in the community: physical inactivity, levels of overweight/obesity, smoking etc. Access to healthy and seasonal food.	Active Transport, Bicycle/Pedestrian Plans Open Space, Sport and Recreation Plans Social/Community Development Plans and Policies. Asset and Infrastructure Plans	Promote increased physical activity through infrastructure planning and facilities: • Investigate the development of a regional Physical Activity and Sports Policy. • Consider a Regional Active Transport Plan to promote greater walking, cycling and use of public transport. • Implement the initiatives of the Cycling Strategies already adopted in the City of Burnside and City of Norwood Payneham & St Peters. • Strengthen Development Plan policy to facilitate more active lifestyles. • Provide fitness equipment at priority reserves. • Promote and enable inclusive access to swimming facilities in the region. Consider expanding the introduction of 'Healthy Food Choices' for all Council managed facilities in each area. Promote local food production through a range of initiatives including community gardens, food markets etc and investigate opportunities to implement other initiatives in partnership with community stakeholders. Continue to apply for grant funding and encourage collaboration across stakeholders to implement 'healthy lifestyle' community education initiatives and programs throughout the region, including emerging best practice initiatives. Continue to support State and Federal Government 'healthy lifestyle' campaigns and promotions. Adopt smoking by-laws to provide smoke free environments and events. Advocate for the expansion of the Tobacco Regulations. Promote health and wellbeing through community grants, awards and sponsorships (such as Youth Awards). Increase awareness and promote access to digital learning opportunities through Council libraries and other Council and community facilities.	DPTI (including ORS) DECD (Local Schools) Community Groups Youth Advisory Committees SA Health Local businesses	SA: A Better Place to Live - SP 2 and SP 3 Eat Well be Active Strategy Chronic Disease Action Plan for SA Aboriginal Health Care Plan South Australian Tobacco Control Strategy	Utilisation of sport and recreation infrastructure as measured through Sport and Recreation Plans. Healthy Food Choices Policy established by Councils. Smoking by-laws adopted. Membership to community gardens in the region. Participation in digital learning opportunities.

Challenges for the Region	Relevant Council Planning Processes	Directions for Integrating Health and Wellbeing	Our Partners	Relevant State Government Plans and Policies	Performance Measures
3. Improving Health Capacity for Key Groups					
Equitable access to services. Advocacy for vulnerable groups	Access and Inclusion Plans Social/Community Development Plans and Policies Youth Development Plans Age Friendly Plans & Policies Child Friendly Plans & Policies Positive Ageing Plans Library and Community Facility Plans and Policies	Continue to raise awareness and advocate for services and housing to assist people with complex needs (including people with mental health and other disabilities, families in crisis and those experiencing domestic violence), in partnership with key stakeholders. Promote child friendly and age friendly environments and service provision. Implement the actions contained in Council plans to improve access and inclusion for people with disabilities. Promote and advocate for more coordinated services particularly for people with complex needs. Engage with the Health Advisory Councils on health and wellbeing issues and service priorities for youth. Continue to provide/facilitate community transport services. Continue to provide health and lifestyle promotional and learning opportunities in libraries, community centres and other relevant locations. Advocate for improved east-west public transport connections. Advocate for/facilitate initiatives to promote a healthy work-life balance. Increase awareness of and promote access to digital learning opportunities. Monitor emerging health trends of concern including rates for suicide and physical inactivity and seek further information and investigation where considered appropriate in consultation with relevant stakeholders. Review service provision where age group, spatial and other disparities have been identified and advocate for improved service delivery where necessary, in partnership with key stakeholders.	Health Advisory Councils. Regional EHA Hoarding Committee. DCSI -SRF Advisory Council. Office for Youth. SA Health. Local health service providers. Mental health service providers. Community Support agencies. Mental Health Support Groups. Child Protection Reporting Agency (Families SA). Medicare Locals DPTI	SA: A Better Place to Live - SP 2 SA's Communities for All: Our Age Friendly Culture SA Strategic Plan	Implementation of Age-Friendly and Access and Inclusion Plans. Health and wellbeing included as a key agenda item for YACs. Perceptions of accessibility to health and community. services.

Challenges for the Region	Relevant Council Planning Processes	Directions for Integrating Health and Wellbeing	Our Partners	Relevant State Government Plans and Policies	Performance Measures
4. Community Engagement and Participation					
Effective community engagement Ageing of volunteers Changing nature of volunteering Community empowerment and involvement Boosting community capacity Time poor community	Social/Community Development Plans and Policies Library and Community Facility Plans and Policies Positive Ageing Plans Volunteering Plans and Policies Youth Development Plans and Policies. Community Consultation Policies	Continue to provide engagement opportunities for local communities in Council processes. Utilise a range of consultation methods to ensure effective engagement with people of all ages and backgrounds. Continue to provide and expand opportunities for volunteering. Continue to provide opportunities for people to share their skills with others and to develop leadership skills. Continue to seek support for the ERA Project (FIG) relating to Active Ageing and opportunities for skilled retirees.	Volunteering SA & NT Council volunteers SA Council on the Ageing (COTA) ERA Youth Advisory Committees DECD Schools Community groups	SA: A Better Place to Live - SP 1 & 2	Number of people registered for on-line community consultations. Level of volunteering in the region. Level of participation in community groups. Participation in Community Surveys. Progress of ERA Project (FIG).

7.3 Protection for Health

The region is committed to protecting public health and safety through developing and enforcing public and environmental health performance standards, adopting a risk-based approach to public health management and continuing to provide a high quality immunisation service. The Constituent Councils also protect public safety through prevention and response planning for emergency risks in the region.

This strategy area has regard to the State Public Health Plan priority theme of: [2]

- **Sustaining and improving public and environmental health protection**

Current State of Play

EHA provides a range of public and environmental health protection services on behalf of the five (5) Constituent Councils. Through EHA, the Constituent Councils undertake a range of health protection functions in accordance with Council responsibilities under components of the following Acts: *SA Public Health Act 2011*, *Food Act 2001*, *Supported Residential Facilities Act 1992*, *Drinking Water Act 2011* and the *Environmental Protection Act 1993*. The organisation has adopted an 'Enforcement Policy' to guide 'Authorised Officers' in the administration of these various Acts.

Emergency management is also a key function of the Constituent Councils in protecting the health and safety of the community. The Councils undertake local and well as regional emergency response planning through the Eastern Adelaide Emergency Management Zone.

Key health protection functions of the Constituent Councils are described in the following Sections.

The data presented in this Section provides a snapshot of recent public and environmental health enforcement activity in the region. However, it should be noted that data for health protection functions, such as number of premises inspected or licensed, varies each year.

Public and Environmental Health

EHA responds to a significant number of community complaints and referrals regarding public and environmental health protection. During 2013-14, 294 complaints and referrals were received, an increase of 34% compared to 2012-13 (220 complaints). [25] The *SA Public Health Act 2011* provides a mechanism for EHA to develop a risk based framework for determining the appropriate level of response to complaints and referrals. EHA responds to a range of public and environmental health issues across the areas of notifiable disease control, sanitation, vector control, air and water quality and hazardous substances management.

During 2013-14, EHA…….[25]

- Registered 31 sites comprising 61 high-risk manufactured water systems (HRMWS).
- Responded to 29 notifiable disease referrals.
- Conducted 58 routine inspections of swimming pools, spa pools and hydrotherapy pools located at 29 sites.
- Conducted routine inspections of 18 skin penetration premises
- Established the regional stakeholder committee for addressing severe hoarding and squalor.

Immunisation Services

EHA provides a comprehensive immunisation service for the control of vaccine preventable diseases within the community. The immunisation services include three (3) main programs: public clinics, school clinics and workplace clinics. Client attendance in clinic programs in 2013-14 was 4820, a decrease of 4% compared to 2012-13 (5022 clients). The reduction was due to a return to normal numbers of seasonal flu vaccinations, following a large spike in the previous year. [25]

In 2013, 9333 vaccines were administered through the School Based Immunisation Program to Year 8 and Year 9 students, representing an increase of 22% compared to 2012-13 (7592 vaccines). The number of vaccines varies each year, dependant on the type of vaccines being administered and the nature of the school program. [25]

The Worksite Immunisation Program provided by EHA to all its service areas, is well utilised with 106 workplace clinic bookings in 2013-14. [25]

EHA endeavours to maintain high rates of vaccine coverage and deliver a program in accordance with legislative requirements as well as quality and safety standards.

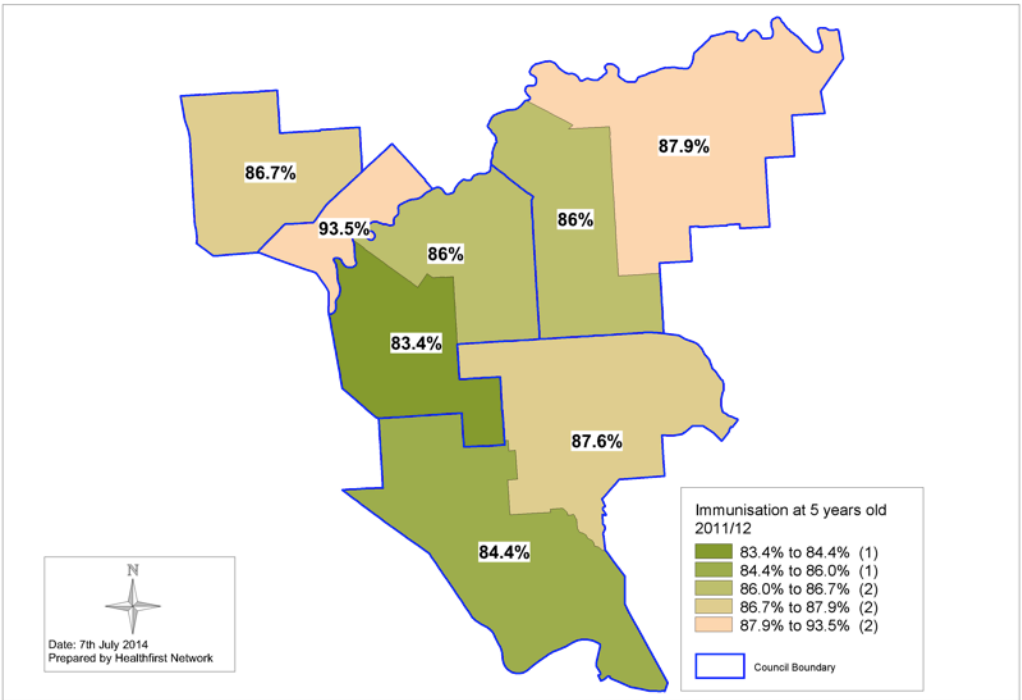
Based on 2011/12 immunisation rates, the rate of immunisation at one (1) year of age in the region (92.0%) was comparable to the metropolitan average (92.2%). There was little variation across the region. The proportion of children who were

fully immunised at 5 years of age (86.5%) was also consistent with the metropolitan average (87.0%).[6]

EHA's catch-up vaccination service for newly arrived families is well utilised. During 2013-14, 127 children who were born overseas were immunised, an increase of 16% compared to the previous year (109 children). [25]

In 2011/12, there was little variation across the region, with the exception of Walkerville (93.5%), which was 7% above the average for Metropolitan Adelaide. Immunisation participation, based 2011/12 immunisation rates, is shown in Figure 10.[6]

Figure 10 – Immunisation Participation for the 5 Year Age Group



Food Safety

EHA promotes food safety in the region through the administration of the *Food Act 2011*.

The number of food premises operating within the region continues to increase with a total of 1163 premises as at 30 June 2014, compared to 1149 the previous year. Takeaways, cafes and restaurants are the predominant types of food businesses. A growth of the number of home-based business was also identified. The number of inspections of food premises reached also increased by 18% to 1426 compared to 1207 in 2012-13, with 54% comprising routine inspections and 39% comprising

follow-up inspections. During 2012/13, 52 food safety audits were undertaken of premises preparing food for vulnerable populations.[25]

EHA enforces food safety standards in accordance with its enforcement policy. 27 Expiation Notices were issued by EHA in 2013-14. Two (2) Prosecution proceedings were initiated due to serious risk to safety and a significant history of non-compliance.

EHA provides food safety training to a range of businesses and community groups, with 4 training sessions conducted in 2013-14. Food safety awareness is also promoted through the EHA website, newsletters and key events such as Food Safety Week.[25]

Health Care and Community Services

EHA provides an important service for ensuring that adequate standards of facilities and care are provided for residents living in Supported Residential Facilities (SRFs). Residents living in SRFs are particularly vulnerable due to the disabilities or impairments that they often experience. EHA regulates SRFs under the *Supported Residential Facilities Act 1992* to ensure adequate standards of care and amenity. During 2013-14, ten (10) SRFs were audited for re-licensing. One (1) facility ceased operation. The number of complaints received in relation to SRFs continued to decline steadily, with five investigated in 2013-14, compared to 9 in 2012-13.

Emergency Management

The EHA constituent Councils lie within the Eastern Adelaide Emergency Management Zone, which also includes the Cities of Adelaide and Unley. All the Councils are active members of the Eastern Adelaide Emergency Management Zone Committee (EAEMZC).

The foothills suburbs within the region – Athelstone, Rostrevor, Skye, Auldana and Mt. Osmond – are particularly prone to bushfires and in recent times the Hills Face Zone had heavier than usual fuel loads. Proactive, sustainable landscape management for bushfire prevention is a priority for the Hills Face area, particularly in light of the severe impacts of the Sampson Flat fire earlier this year in adjacent Council areas.

Managing the Public Health Implications of Emergency Events

EHA participates in the Eastern Adelaide Zone Emergency Management Committee to provide input on public health matters. The potential public health implications of emergency events were highlighted by the windstorm event which impacted on the region in February 2014. The windstorm caused power failures within the City of Burnside, City of Campbelltown and the City of Norwood Payneham and St Peters.

EHA staff approximated that 525 businesses were without power from this event and concerns were raised regarding potential risks of food poisoning from food sold to vulnerable and affected communities. EHA adopted a risk-based approach to inspecting impacted businesses and dealing with the management of potentially hazardous foods. The response required significant resource allocation of EHA environmental health staff. The incident highlighted the importance of documenting potential public health impacts within local and State Emergency Management Plans and the need for coordinated local and State Government response to public health management.

7.3 Protection for Health – Strategic Framework

Challenges for the Region	Relevant Council Planning Processes	Directions for Integrating Health and Wellbeing	Our Partners	Relevant State Government Plans and Policies	Performance Measures
1. Public and Environmental Health					
Resources to respond to a significant number of public health complaints and referrals. Implementation and familiarisation of new legislative requirements and guidelines. Adopting a pro-active approach to environmental health. Vulnerable residents living alone who require support to maintain their property. Environmental health complaints in higher density areas.	EHA Business Plan EHA Annual Report	Review and update a risk based procedure for responding to public health complaints, referrals and issues (consider the EHA Enforcement Policy and risk –based approach). Maintain regulation of: cooling towers and warm water systems, public swimming pools and spas, skin penetration premises, waste control systems. Maintain Officer training on the *SA Public Health Act 2011* and associated guidelines. Monitor communicable disease trends in the region and advocate for detailed communicable disease reports, which provide regional analysis and trend information. Promote a pro-active approach to managing public health in the region through incorporation of public health considerations into key planning processes such as development and emergency management planning. Support inter-agency collaboration for dealing with squalor and hoarding conditions.	SA Health Eastern Hoarding and Squalor Group	SA: A Better Place to Live - SP 4 SA Public Health (Severe Domestic Squalor) Policy 2013	Public and Environmental Health service performance as measured through the EHA Business Plan and Annual Report.
2. Immunisation					
Achieving and maintaining high rates of vaccination coverage. Target programs in response to emerging public health risks. Ensure effective completion of the immunisation schedule. Update clients on measles/mumps/rubella.	EHA Business Plan EHA Annual Report	Maintain a high-quality, accessible immunisation service through clinics for the public, schools and workplaces. Provide community information on immunisation services and details through customer service and the Immunisation Team. Provide targeted education and services for immunisation of key groups: pre-schoolers, temporary residents and migrants. Maintain high standards of quality control, vaccine safety and record keeping. Provision of targeted program for seasonal influenza. Continual promotion of pertussis program.	SA Health LGA DECD Businesses	SA: A Better Place to Live - SP 4 SA Health/SA LGA Immunisation MOU (Draft)	Immunisation clinic attendance. Immunisation participation rates for key groups. Immunisation service performance as measured through the EHA Business Plan.

Challenges for the Region	Relevant Council Planning Processes	Directions for Integrating Health and Wellbeing	Our Partners	Relevant State Government Plans and Policies	Performance Measures
3. Food Safety					
Maintaining an accurate food premise register. Maintaining adequate standards of food hygiene in the region.	EHA Business Plan EHA Annual Report	Review and update a risk based procedure for responding to food safety complaints, referrals and issues. Raise awareness on food business notification requirements. Continue to advocate for a food business registration system. Provide food safety awareness and training for food handlers. Maintain regulation, enforcement and auditing, of food premises. Ensure food safety advice is provided to groups who manage community food initiatives.	SA Health PIRSA LGA Businesses	SA: A Better Place to Live - SP4 SA Food Business Risk Classification	Food safety service performance as measured through the EHA Business Plan and annual Food Act report to SA Health.
4. Health Care and Community Services					
Promoting adequate standards of personal care and facilities for residents of SRF accommodation.	Report: EHA Annual Report SRF Act 1992 – Annual Reports	Monitor standards for SRFs through annual licensing. Continue to work with key stakeholder groups to effectively investigate SRF complaints, referrals and issues.	DCSI SRF Advisory Committee Public Trustee	SA: A Better Place to Live - SP 1 and SP4 SA Mental Health and Wellbeing Policy	SRF regulation and licensing performance as measured through the EHA Business Plan
5. Emergency Management					
Integration of public health considerations. Protecting public safety.	Eastern Region Zone Emergency Management Plan	Integrate public health considerations (including consideration of vulnerable populations) into Council and regional emergency management planning. Provide bushfire preparedness assistance for vulnerable groups.	EAZEMC SA Health MFS CFS	State Emergency Management Plan SA Health – Public Health and Emergency Management Plan	Council and Regional Emergency Management Plans amended to include public health impact assessment.

8. Governance and Reporting

The Regional Public Health and Wellbeing Plan is a significant step towards regional management for public health. The maintenance of a regional governance structure is recommended to:

- Monitor the Plan's implementation.
- Facilitate regional partnerships with external stakeholders.
- Coordinate biennial reporting on Plan progress to the Chief Public Health Officer (CPHO).
- Provide a mechanism for key external stakeholders to address the Constituent Councils on public health and wellbeing matters.

A proposed governance model to oversee the Plan's implementation is provided in Figure 11. This governance structure is modelled on the structure endorsed by the EHA Board and Constituent Councils for the Plan's development in early 2014.

Figure 11 – Regional Public Health and Wellbeing Plan Governance Framework

Plan Governance Framework

Specific Plan strategies and projects will be subject to annual Council Budgets and Business Plans. It is recommended that the focus for the Plan's implementation should initially be on supporting the regional governance framework which is provided in Figure 11, as well as the following functions of the Public Health and Wellbeing Plan Advisory Committee:

- Committee management and administrative support.
- Providing a central point of contact for the Plan and for liaising with SA Health, LGA and other agencies as required.
- Maintaining communication and key updates with regional stakeholders regarding the Plan's implementation.
- Coordinating ongoing evaluation of the Plan.
- Monitoring key performance measures.
- Project managing biennial reporting on the Plan to the CPHO.
- Researching priority plan initiatives.

Maintaining Communication with Key Stakeholders

During the planning cycle it recommended that the Eastern Regional Public Health and Wellbeing Plan Advisory Committee, establish a regional 'Better Living: Community Stakeholder Interest Forum'. Community and agency representatives represented at the 'Stakeholder Forum' during the Plan development may be invited to be part of this group. The group would provide a forum for:

- Consultation on key Council policies and initiatives for health and wellbeing.
- Provision of community and health service information to Council.
- Involvement in relevant projects.
- Invitation to the Eastern Regional Public Health and Wellbeing Plan Advisory Committee (as required).
- Community advocacy on behalf of the region.

The 'Better Living: Community Stakeholder Interest Forum' may be a written communication and information forum (e.g. online) with face-to face meetings or consultation held as required.

Monitoring Plan Implementation, Reporting and Review

It is recommended that the Eastern Regional Public Health and Wellbeing Plan Advisory Committee continue to meet at least quarterly to discuss: Plan initiatives; research; stakeholder collaboration; and Constituent Council progress against the Performance Measures (summarised in Table 6).

Table 6 – Plan Performance Measures

Strategy Section	Performance Measures for Public Health and Wellbeing
Environments for Health	
Built Environment	• Public health, wellbeing and cultural objectives incorporated into all: DPAs, Master Plans and major projects. • Internal process established for facilitating health and wellbeing advice for development policy amendments.
Natural Environment	• Regional 'healthy parks-healthy people' promotion initiative and other project initiatives such as Parks Alive, implemented. • Regional sustainability program performance as measured through ERA and Council Environment Plans. • Waste diversion and litter control performance as measured through Council Waste Management Plans.
Climate Change Adaptation	• Progress on Eastern Regional Climate Change Vulnerability assessment. • Council community service policies/procedures or response plans for extreme weather or emergency events developed. • Progress on emergency and bushfire management as measured through Emergency Management Plans.
Open Space, Recreation and Sporting Facilities	• Utilisation and value of open space and recreation infrastructure as measured through Council Community Surveys, Open Space and Sport and Recreation Plans. • Levels of physical activity in the region as measured through state of health assessment. • Disability and age-friendly infrastructure provisions assessed and implemented in priority areas.
Transport, Pedestrian and Cycle Connections	• Active Transport Strategies established by each Council. • Access and inclusion standards integrated into asset management plans.
Economic Environment	• Implementation of Council Economic Development Strategies. • Progress with main street programs and precinct events. • Progress of ERA Projects (FIG).
Capacity for Health	
Community Connections and Wellbeing	• Perception of community wellbeing and safety as measured through Council community surveys. • Cultural indicators developed and measured by Councils. • Annual community events programs implemented. • Participation in events and community programs.
Capacity for Healthy Lifestyles	• Utilisation of sport and recreation infrastructure as measured through Sport and Recreation Plans. • Healthy Food Choices Policy established by Councils. • Smoking by-laws adopted. • Membership of community gardens in the region. • Participation in digital learning opportunities.
Improving Health Capacity for Key Groups	• Implementation of Age-Friendly and Access and Inclusion Plans. • Health and wellbeing included as a key agenda item for YACs. • Perceptions of accessibility to health and community services.
Community Engagement and Participation	• Number of people registered for on-line community consultations. • Level of volunteering in the region. • Level of participation in community groups. • Participation in Community Surveys. • Progress of ERA Project (FIG)

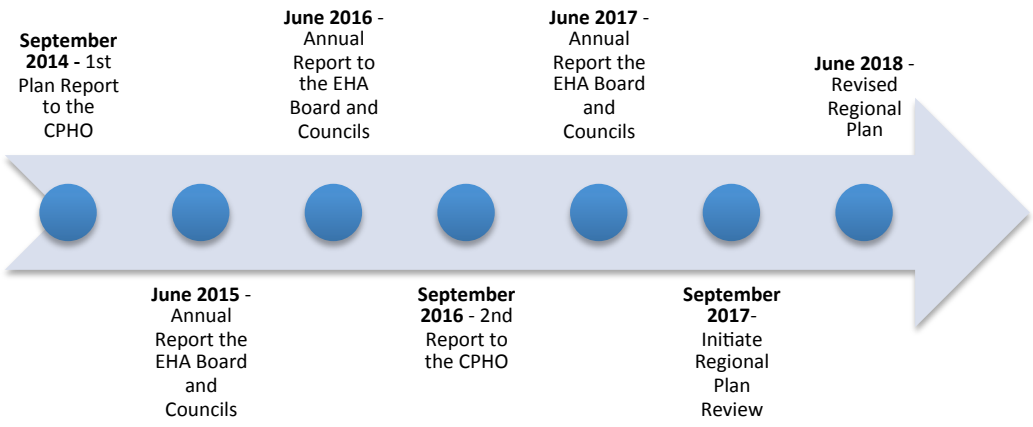
Strategy Section	Performance Measures for Public Health and Wellbeing
Protection for Health	
Public and Environmental Health	• Public and Environmental Health service performance as measured through the EHA Business Plan and annual report card to SA Health.
Immunisation	• Immunisation clinic attendance. • Immunisation participation rates for key groups: pre-schoolers. • Immunisation service performance as measured through the EHA Business Plan.
Food Safety	• Food safety service performance as measured through the EHA Business Plan and annual Food Act report to SA Health.
Health Care and Community Services	• SRF regulation and licensing performance as measured through the EHA Business Plan.
Emergency Management	• Council and Regional Emergency Management Plans amended to include public health impacts assessment.

The maintenance of a progress report card against the Strategic Performance measures is recommended for keeping track of Council and Regional initiatives. This report card should form the basis for reporting annually to the EHA Board and the Constituent Councils.

The *SA Public Health Act 2011* requires biennial reporting to the CPHO on the Plan's progress. The first report, completed in September 2014, focused on the EHA Constituent Council planning process and governance approach to the Plan development and implementation. Providing contribution to these biennial reports will be the responsibility of the Eastern Regional Public Health and Wellbeing Plan Advisory Committee. Timeframes for Plan reporting are summarised in Figure 12.

It is proposed that a review of the Plan, incorporating a review of the state of health of the region and strategic directions for public health and wellbeing, be initiated in September 2017.

Figure 12 – Timeframes for Reporting on the Regional Public Health and Wellbeing Plan



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11. Glossary

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.

Eastern Health Authority: EHA is a regional subsidiary established under Section 43 of the Local Government Act 1999. EHA's purpose is to take action to preserve, protect and promote public and environmental health within the area of the Constituent Councils.

Eastern Region Alliance: A regional Local Government network which incorporates membership from the five EHA Constituent Councils (Burnside, Campbelltown, Prospect, Norwood Payneham & St Peters and Walkerville) as well as the City of Unley and the City of Tea Tree Gully. It provides a key structure for planning and implementing initiatives to improve the region particularly for attracting Federal and State Government funding, in relation to issues which impact on two or more member Councils.

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

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

Liveability - is concerned with the quality of space and the built environment – how easy places are to use and how safe they feel. It is about creating and maintaining an environment that is both inviting and enjoyable with a strong sense of place. Liveability also involves having access to adequate services and amenities, maintaining comfortable living standards, quality of life and affordability as well as providing for social cohesion, participation and social inclusion.

Lifelong learning - Lifelong learning encompasses all forms of learning and may be as simple as taking up a new hobby, acquiring a new skill or experiencing a new activity.

Public Health - 'Public health means the health of individuals in the context of the wider health of the Community'.

Strategic Management Plans - The *Local Government Act 1999* (section 122) requires Councils to prepare Strategic Management Plans which set a clear vision and objectives for the management of their area for a minimum four year period.

12. Acronyms

ABS	Australian Bureau of Statistics
AMLR NRM	Adelaide and Mount Lofty Ranges Natural Resources Management
CALD	Culturally and Linguistically Diverse
CAMHS	Child and Mental Health Service
CBD	Central Business District
CCP	Cities for Climate Protection®
CFS	Country Fire Service
CHESS	Four Principles for Healthy Environments: Connected; Healthy Eating; Safe; Sustainable.
CPHO	Chief Public Health Officer
C/W	Commonwealth Government
DCSI	Department for Communities and Social Inclusion
DECD	Department of Education and Child Development
DEWNR	Department of Environment, Water and Natural Resources
DPTI	Department of Planning, Transport and Infrastructure

DSD	Department of State Development
EAZEMC	Eastern Adelaide Zone Emergency Management Committee
EBEC	Eastern Business Enterprise Centre
EHA	Eastern Health Authority
ERA	Eastern Regional Alliance
GSP	Gross State Product
HACC	Home and Community Care
IPWEA	Institute of Public Works Engineering Australia
IRSD	Index of Relative Social Disadvantage
ITLUS	Integrated Transport and Land Use Strategy for SA
LGA	Local Government Association (SA)
MFS	Metropolitan Fire Service
NAIDOC	National Aboriginal and Islander Day Observation Committee
NBN	National Broadband Network
OPAL	Obesity Prevention and Lifestyle Program
ORS	Office for Recreation and Sport
PIA	Planning Institute of Australia
PIRSA	Primary Industries and Resources South Australia
RTLP	River Torrens Linear Park
SA1	Statistical Area Level 1 (Geography of the Australian Bureau of Statistics for the release of data from July 2011, for small areas)
SA2	Statistical Area Level 2 (Geography of the Australian Bureau of Statistics for the release of data from July 2011, for medium sized areas)
SLA	Statistical Local Area (Geography of the Australian Bureau of Statistics for the release of data prior to July 2011)
SP 1-4	Strategic Priorities 1-4 (State Public Health Plan)
SRF	Supported Residential Facility

Appendix A – Population Profile

Local Council	Total Dwellings (number)	Medium & High Density (%)	Median age (years)	Couples with children (%)	Older couples without children (%)	Public transport (to work) %	Unemployment (%)
Burnside	**18,958**	**33%**	**44**	**30%**	**13%**	**7%**	**4.5%**
Prospect	**8,526**	**28%**	**36**	**30%**	**6%**	**11%**	**4.5%**
Campbelltown	**20, 740**	**22%**	**41**	**31%**	**13%**	**10%**	**5.2%**
Norwood Payneham & St Peters	**17,222**	**47%**	**39**	**22%**	**8%**	**11%**	**5.2%**
Walkerville	**3,041**	**25%**	**44**	**26%**	**13%**	**8%**	**4.5%**
Greater Adelaide	**517,251**	**24%**	**39**	**29%**	**10%**	**8%**	**5.9%**

Sources: profile id; ABS Census 2011 Basic Community Profile.

Appendix B – Council Public Health Initiatives

Eastern Health Authority Region – Regional Public Health and Wellbeing Plan
Workshop on existing initiatives at the City of Burnside
Wednesday 12th March

	South Australia 'A Better Place to Live'- Priority Theme			
	1. Stronger and Healthier Communities	**2. Healthy Living and Being Active**	**3. Preparing for Climate Change**	**4. Environmental Health Protection**
Relevant Council Initiatives, Projects and Strategies	• Development Plan Policy • Bicycle Strategy • Disability Discrimination Action Plan • Sport and Recreation Strategy • Open Space Strategy • Positive Ageing Strategy • Community development – youth, libraries, community transport, community lunch, mens shed, home assist, grants scheme • Events	• Recreational opportunities • Trails • Footpath Policy (encourage accessibility) • Community gardens (Magill, old depot site)	• Council services during extreme weather conditions • Redcross Telecross services • Waterproofing Eastern Adelaide • Bushfire management • Private land and Council land management • Brownhill Keswick Creek detention basin	• Immunisation clinic at Burnside • Response to wastewater runoff into First Creek • Tree planting (consideration of allergens) • Recycling - Green waste, e-waste • Quarry (complaints response)

Eastern Health Authority Region – Regional Public Health and Wellbeing Plan
Workshop on existing initiatives at the Campbelltown City Council

Wednesday the 5th March

	South Australia 'A Better Place to Live'- Priority Theme			
	1. Stronger and Healthier Communities	**2. Healthy Living and Being Active**	**3. Preparing for Climate Change**	**4. Environmental Health Protection**

Relevant Council Initiatives, Projects and Strategies	• Development Plan Policy – cycle and pedestrian access, reducing environmental impacts.
	• Lochiel Park – zero carbon house.
	• Council's Asset Management – accessibility, footpaths and connection for continuous path of travel (Campbelltown Policy and possibly DDA).
	• Age friendly and child friendly – access for all.
	• Economic
	  ○ YEP – Youth Enterprises.
	  ○ EBEC.
	  ○ Events
	• Local Area Traffic Management Plans.
	• RTLP and creek trials.
	• Pedestrian Access Mobility Plan.
	• YAC.
	• Age friendly and child friendly pilot communities.
	• Leisure Centre redevelopment.
	• Dog Park.
		• OPAL - Campbelltown, Paradise and Hectorville.
		• Healthy Communities.
		• High participation in clubs, groups and sports e.g. Heart Foundation, walking groups.
		• By-laws and Policies – smoking.
		• ERA ageing strategy
		• Healthy Communities.
		• SYC – youth homelessness.
		• Library Programs.
		• Courses for older people.
		• School holiday programs and events (big calendar).
		• Breast-feeding facilities.
		  ○ Campbelltown made.
		  ○ Food trail – promoting local food.
		• Fresh and fast food packs – volunteers.
			• CC Directions 2011.
			• Mutual Liability Scheme Adaptation Planning 2009.
			• ERA Adaptation Planning (staged).
			• CC & Assets – Pilot.
			• Uni SA & LGA project.
			• Risk Management Planning.
			• Tree planting program.
			• Gap data analysis, vulnerability assessment.
			• Waterproofing Eastern Adelaide
				• EHA regulatory role.
				• Waterproofing Eastern Adelaide.
				• Good interaction, communication with EHA, good service, flexible.
				• Workplace immunisation.
				• Zero waste industry program – reducing waste.
				• E-Waste recycling and others e.g. food waste.

Eastern Health Authority Region – Regional Public Health and Wellbeing Plan
Workshop on existing initiatives at the City of Prospect

Tuesday 18th March

	South Australia 'A Better Place to Live'- Priority Theme			
	1. Stronger and Healthier Communities	**2. Healthy Living and Being Active**	**3. Preparing for Climate Change**	**4. Environmental Health Protection**
Relevant Council Initiatives, Projects and Strategies	• Economic development strategy - digital enterprise program • Commitment to involving community in participation and decision-making • HACC (well resourced) • Community and library facilities, oval, Skate Park etc • Digital Hub – connections • Lunch program • Volunteer program • Friendship Club etc • Prospect magazine - promotion of healthy lifestyles and environment promotions • Youth program and youth worker • Events • Asset management – a priority	• Asset management plans • Council non-smoking policy – events and adjacent to Council buildings • Exercise programs • Provision of facilities including ovals, Skate Park, playground/open spaces • Safe footpaths • Community gardens • Access to fresh food through Farmers Market; Adelaide Fresh Fruiters also here. • Community arts relevant programs e.g. 'scramble' • Support for active travel, primary schools (ride to school program), Walk with Care Program	• Climate change plan largely implemented • Solar panels – Town Hall and Depot as well as clubrooms • Water incentive scheme (previous) • No application fees for solar panels • Information provided about heat stress • Eastern Regional Alliance Federal Initiatives Group (FIG) • Environment Action Plan being rewritten - key milestones/outcomes for 5 themes	• Vaccination services • Education/ induction for market stall holders • Relations with EHA good • Sharps containers • Free rat poison

Eastern Health Authority Region – Regional Public Health and Wellbeing Plan
Workshop on existing initiatives at the City of Norwood, Payneham and St Peters

Friday 14th March

City of Norwood Payneham & St Peters

	South Australia 'A Better Place to Live'- Priority Theme			
	1. Stronger and Healthier Communities	**2. Healthy Living and Being Active**	**3. Preparing for Climate Change**	**4. Environmental Health Protection**

Relevant Council Initiatives, Projects and Strategies	• Economic development: precinct structure e.g. food producers
	• Community hubs e.g. St Peters
	• Playground strategy- upgrading 3-4 sites over next few years + regional level of open space upgrades
	• Revitalising open spaces-wetland development
	• RTLP- management authority established
	• Community garden
	• Food wise programs
	  ○ Connection with sustainability
	  ○ Supermarket tours
	  ○ Access to community grown food e.g. fruit trees in parks
	• Library programs
	• Community Arts - intergeneration projects
	• Voice through the arts; skill development
	• Master planning – The Parade – access, vitality, safety, sustainability-holistic
	• Cycling Plan
	• Active Transport Plan – being considered
	• Public transport – access for young people
	• Affordability
	• Mixed use precincts
	• Residential DPA- access density connections
		• Healthy communities
		• Edible gardening project
		• Library programs
		• Supermarket tours
		• Heart Foundation well being groups
		• Fresh food fast program
		• Alcohol/Drug use workshops
		• Education and employment has been focus for youth
		• Family connections program (regional)
		• Functional literacy – (libraries)
		  ○ Children's activities; infants
		  ○ Reading challenge
		• Linking food producers –
		• Trail/network- precinct approach
		• Headspace in Norwood (12- 25 years opening this year)
		• Small grants to community groups for events …. any day
		• Young achievers grants – sport and personal development
			MITIGATION ACTIONS
			• Projects adapted in Council
			• Need to push out to the community – awareness↗, fatigue?
			• Measuring CO2
			• Energy efficiency in all new asset projects-EMS.
			• Sustainability plan to be updated
			• Tree planting programs 'Green's events e.g. Magill Rd Alive'
			
			ADAPTATION
			• Regional adaptation plan
			• Priority over next 2 years
			• Raise awareness
			• June 2015 - Integrated vulnerability assessment plan
			• 2015-16- Adaptation Plan
				• Smoking - draft discussion paper
				• – smoke free places and events
				• Council signage in parks
				• Outdoor living policy
				• Hoarding – network in east to connect agencies

Eastern Health Authority Region – Regional Public Health and Wellbeing Plan
Workshop on existing initiatives at the Town of Walkerville

Thursday 27th March

	South Australia 'A Better Place to Live'- Priority Theme			
	1. Stronger and Healthier Communities	**2. Healthy Living and Being Active**	**3. Preparing for Climate Change**	**4. Environmental Health Protection**

Relevant Council Initiatives, Projects and Strategies	• Council Movement and Open Space strategies
	  ○ focus on 3 key precincts
	  ○ focus on movement and connectivity
	  ○ upscaling of facilities to regional
	• Town Centre Development Plan Amendment
	  ○ focus on social infrastructure, health precinct and street activation
	  ○ Proposed Mary Harris Events Space
	• Volunteer Program
	• Community Services, Home and Community Care and Youth Services (managed through Prospect Council)
	• Community Facilities
	• Libraries
	• 'About Town' Newsletter
	• Asset Management Plans
	• Community involvement in decision-making
		• Library programs – 5-10 yr age group
		• Liquor licence management policy
		• Ilford Rd Reserve community garden
		• Community Groups – Probus, Rotary, Our Patch, FOWL
		• Oval leases – Levi and Walkerville (dry zone)
		• Exercise Programs
		• Fitness Trail at Willow Bend
			• BDP DPA – Policies for sustainable development
			• HACC clients – education for extreme weather
			• Regional adaptation project (confirm)
			• Environmental Policy
			• Solar panels on Civic and Community Centre
			• Asset Management Plans
				• Water Proofing the East
				• Development controls for poorly designed unsafe dwellings
				• EHA services
				• Free rat poison

Appendix C – Stakeholders Represented at Forum

EHA Constituent Councils
Regional Public Health and Wellbeing Plan Forum
Attendance & Mailing List

Organisations
Partnerships Branch SA Health
Local Government Association of SA
Eldercare
Child & Adolescent Health Service Norwood
Aldersgate Aged Care Uniting Communities
Active Living Coordinator Heart Foundation
Eastside Business Enterprise Centre
Tobacco Control Unit Drug and Alcohol Services of SA
University of Third Age Campbelltown
Multicultural Communities Council of SA
Kiwanis Club Athelstone
OPAL Program Manager City of Campbelltown
East Waste
Kensington Residents Association
Clinical Engagement & Service Development Policy & Commissioning SA Health
Coordinating Italian Committee
SA Council of Social Service
SPORTSMED SA
The Cottage Eastern Mental Health Services SA Health
Population Programs Drug Policy & Population Health Division Drug and Alcohol Services of SA
Networking Clubs in the Community – Council on the Ageing SA
Cancer Council SA
Cycling and Walking Section Sustainable Transport Policy and Planning DPTI
Central Domestic Violence Services Eastern Region
Innovation & Service Development Lifecare
Clayton Church Homes
Chapel Street Community Garden
Morialta Community Centre
Crime Prevention Section SAPOL
Central and Adelaide Hills Medicare Local
Sunsmart Cancer Council SA
Calvary Rehabilitation Hospital
Payneham Kitchen Meals on Wheels
Royal Society for the Blind
Arthritis SA & Osteoporosis SA
Aboriginal Mental Health, Child & Adolescent Mental Health Services SA Health
Women's Community Centre Inc
Ramsay Health Care

National Heart Foundation
Walkerville Historical Society
Walkerville Ladies Probus Club
North Eastern Community Hospital
Centre for Learning, Lutheran Community Care.
Adelaide & Mount Lofty Ranges Natural Resources Management Board
Immunisation Branch SA Health
Lochiel Park Community Garden
Burnside War Memorial Hospital
Prospect Residents Association
St Peters Residents Association
Adelaide Clinic
Preserve Kent Town Association
Public Transport Services DPTI
Office for Sport and Recreation
Kiwanis Club Campbelltown

Appendix D – Forum Discussion Summary

Regional Public Health and Wellbeing Plan

Report on the Stakeholder Consultation Forum

2nd April 2014

Background

The Regional Public Health and Wellbeing Plan for the Eastern Health Authority Constituent Councils will embrace a 'whole of region' approach to Local Government's role in community health as well as explore opportunities for partnerships with relevant organisations. On Wednesday the 2nd April 2014 a stakeholder consultation forum was held to:

- Explore the range of health and wellbeing initiatives underway in the region.
- Discuss opportunities to improve community health and wellbeing in the region.
- Discuss how we can build on what we are already doing or improve the way we work together.

A range of stakeholders attended including Elected Members and Council staff, key Non-Government health, education and community peak bodies, Government health and planning representatives, providers of housing, residential care and support services for older persons, hospitals, as well as a range of regional and local agencies providing community, environment and business services.

This report provides a summary of the key themes raised during the Forum discussion sections, including:

1. Key regional assets for public health and wellbeing
2. Potential barriers to achieving good public health in the region
3. Opportunities for improving public health in the region
4. Priority themes for regional health and wellbeing

Regional Assets for Public Health and Wellbeing

(stakeholder group discussions)

Community Services and Social Infrastructure

Community Support/Development

Small business advice and support (Eastside BEC)
Volunteers
- Community Visitor Scheme
Counselling Services (relationship, education)
Residents Associations
Community Hubs
Men's cooking classes
Community gardens (i.e. Lochiel Park)
Footpaths – adequate lighting
Information services

Support services

Meals on Wheels
Women's Community Centre
Domestic Violence Services
Aged Care Facilities
Retirement Villages
HACC
RDNS
Supported Residential Facilities
U3A
Community buses

Community Health Services

Private Hospitals-
Calvary Rehabilitation Hospital (day community programs, patient programs and support health promotion)
Health Centres
Public Mental Health Programs and Services-socio emotional wellbeing groups
Immunisation Services
Alcohol and other drug treatment services
Alternative Care Services
Men's sheds

Community Facilities

Sporting facilities and Clubs
Swimming pools
Skate Parks (Campbelltown and Prospect)
Cultural facilities
Community Arts Programs
Parks and playgrounds
Halls
Libraries
Community Centres

Cultural and social events

Twilight concerts at Prospect
Parks and fairs
Discussing Smoke free Parade (Norwood)

Planning & Collaboration

Planning Frameworks

Walkerville Better Traffic Management- Bike plans
Prospect Recreation Precinct Planning
Walkerville Review of Open Space
Campbelltown Leisure Centre Redevelopment
Rezoning to create mixed land use precincts/walkable communities.
City wide Bike Plan – NPSP
Linear Park Management Authority
Upgrade of all regional parks in NPSP
Lobbying for Beulah Road cycles only
Lobbying for 40 zone promotes walking and cycling
Active Ageing – helping to keep independence over 55 years

Health programs and groups

OPAL – provide healthy lifestyles and eating
Healthy By Design Training
Public Gym and Sports at Hospital
Hospitals and associated services
Cancer Council SA – Sunsmart
Heart Foundation Walking
Public forum on better sleeping
Public open listeners and information sessions i.e. footwear
Eastern Hoarding & Squalor Forum

Support and Collaboration

Provide grants
Support local sporting clubs
Make better access and use of facilities and parks (i.e. access to Linear Park, ensure all residents have access to parks in walking distance)

Environmental Infrastructure, Management and Amenity

Open spaces/parks and gardens

Wetlands (Felixstow Reserve Wetland: Regional catchment)
Walking and cycling trails (i.e. Burnside, Linear Park, Mt Lofty Walk to Blackhill
Equipment in parks (i.e. Fitness trails, bird watching in Linear Park)
Parks and reserves (i.e; Thorndon Park and Lochiel Park, Linear Park)

Transport

Buses and O'Bahn
Community bus
Providing bus service to CALD-Community Norwood and St Peters
Bike Lanes-new bicycle boulevards, Norwood Bikeway and Prospect Bikeway
Campbelltown Tour de work (log riding to work via a phone or app during Tour down Under

Environmental Management

Street tree management plans-Trees all over
Eastern Region Stormwater Harvesting
Green waste collection services

Animal Management

Specialised dog parks.
Dog control facilities

Environmental Health/Amenity

Management of rubbish dumping in local streets
Food safety
Infectious disease investigation
Environmental protection
Mosquito control

Potential barriers to achieving good public health in the region (graffiti wall)

Lifestyle/Behaviour
Negative behaviour, Ignorance
Lack of community involvements
Healthy vs unhealthy life style
Time management
Life commitments

Social/Economic Factors
Social isolation
Language
Awareness of services available
Cultural barriers
Social connectedness
Health, literacy
Transport for young people

Social pressure
Peer group pressure
Competition over partnership
Stigma myths i.e. mental health
Fast food marketing

Others
Unemployment
Time poor parents
Complex issues faced by people
Perceived cost
Declining volunteers

Service delivery and access
Lack of connections and referral between services
Lack of knowledge and awareness about services
Cost to access sporting and recreational facilities
Green space transport

Service availability
Immunisation accessibility
Support for victims of domestic violence

Gender
Lack of Women's Sports Facilities
Men's sport participation

Equity
Need to ensure equal benefit of public health resources
Engaging vulnerable priority populations (homeless, young people, offenders, CALD communities and Aboriginal people)
Physical/mental infirmity/issues
Education
Cheap housing

Transport
Poor public transport
Reliance on cars
Conflict between cycles and cars
Pedestrian vs cars

Urban development
Disappearing back gardens
Decrease in small businesses
Population growth

Environmental Factors
Traffic noise and fumes
Urban heat island effect

Funding/financial resources
Lack of community funding for local sporting clubs
Price of local facilities for volunteer groups
Inadequate integrated funding

Governance
Lack of governance (Elected Members, developers rule, Government short sightedness)
Legislative constraints - local development plans
Lack of coordinated planning
Lack of youth involvement
Bureaucracy
Development pressures – infill, increased density,

Opportunities for improving public health in the region (world café discussion groups)

Healthy living

Active living

Age specific physical activities
Use of school facilities out of hours
Walking groups
Outdoor exercise equipment
Promoting clubs within councils
Community bus – sporting transport for kids
Make it easier and more convenient to walk
More dog ownership
Promote walking
Promote activities - dance initiatives, Bowling clubs, golf clubs etc
Free paddle boats up and down the river
Using technology (applications) to promote walking and bike paths
Aim at the younger generation to establish good habits
Support females to be involved in sport

Access to healthy food

Deal with easy access to unhealthy food i.e. restricting food outlets near schools
Accurate information/honest food packaging
Opportunity for food safety education (i.e. in gyms)
Highlight all the local food markets and community food swaps
Keeping accurate information on the differences in fast food and healthy food
Working with local pubs, cafes, businesses to provide and promote healthy options

Information/Promotion

Improve health messages

Marketing strategy and technology for awareness and engagement of community
Appropriate targeting of health messages to various groups
Change the 'Health' language
The immunization message needs to change, no longer relevant to current generation
Proactive health messages
Change tooth decay perception

Information medium

Health messages included in the school curriculum
Healthy eating at business events
Marketing material for media on good public health
Better use of social media
Technology can be an opportunity ie. OPAL/Geocoaching, wii fit
Use shopping centres to provide information
Flu shots at your local chemist
24 hour/7 day gyms need to provide health information
Community events
Community/hubs have to reinvent libraries
Libraries as central teaching point

Specific target groups and subjects

Target young people
Targeted promotion and more access for target groups
Take advantage of our beautiful leafy urban environment, it is pleasurable to be active outside
Public toilet maps

Community Engagement/ Empowerment

Awareness and education

Better public health education
Public education for awareness of the vulnerable members of the community and promoting positive action
Becoming better educated in the areas of cultural difference and bridge the gaps experienced by our multi-cultural groups

Leadership and initiative

Lead/champion conversations with State and Federal
Have ambassadors
Changing the image of volunteering (what incentive?)

Connectedness and inclusiveness

Volunteer support funding to provide connectedness across communities
Identify isolated people
Encourage, socialization, and one on one support
Getting schools and kids involved

Collaboration

General approach

Partnerships between government/ non-government organisations and individuals
Connect industry bodies
Connectivity of services (cross referral and awareness, linking resources
Collaboration across people

Concrete collaboration opportunities

Linking regional recreation facilities
Utilise public buildings i.e. libraries and churches
Church groups bring people together
Partnership with Messenger Press – 1 page per issue on Local Health Matters!
Improving partnerships/ collaboration dealings with hoarding/squalor

Health services

Encourage local GPs to work more collaboratively with Nursing Homes
Encourage GPs to subscribe to E-Health patient controlled health records

Community Programs and Engagement

Social

Schools, community centres, programs and funding
Neighbour Awareness Programs
Finding solutions to reducing social barriers within the community
Encourage fun and creative community activities and promote interaction
School gardens and community gardens
Neighbourhood Health Watch
Community Centres with healthy activity programs
Create incentive for healthy programs within sports clubs

Young people

Better ways of engaging young people (youth advisory committee picks up functional young people, more genuine consultation with young people

Others
Men's sheds
Help isolated families to connect to the community
Need to reconnect to social community CALD community
Find ways to involve retired people

Service Delivery

Health services
Training for service providers for identifying mental health issues
Support and continuity of care for people with mental health issues
Introduction of healthy foods in Hospitals
Promote more GP home visits for the vulnerable and isolated
Increase aged care home facilities/independent living
Yoga and meditation in low care aged facilities
Checking of public health in Aged Care Facilities
Ongoing support for people in their homes i.e. squalor and hoarding
Improve transport facilities

Family support
Assist with transport for children activities (i.e. both parents work)
More support for new arrivals (i.e. education)
Improved services for adolescents (i.e. support during key transition periods)

Urbanisation/transport

Cars
Stop designing streets for cars more swales instead of gutters and trees in median strips
Improve transport – zebra
Address the housing/park
Subsidised taxi service
Encourage pedi-cabs to promote transport accessibility

Public transport
Improve public transport and make it accessible for all
Community transport for short trips– local shopping centre etc. (use volunteers/roster for drivers)

Cycling and walking paths
Expanded metro wide free bike hire scheme
Explore opportunities for creation of safe walking and cycling tracks
Bike pods/end of trip facilities
Bike rack for buses or bike pods at O-Bahn
Pedestrian and cycling links to join up open spaces
Rezoning to have mixed use - walkable communities
More safe pedestrian paths through neighbourhoods

Green and open spaces
Plan adequate open spaces to encourage movement
More and adequate green space
Improve ways to manage green space
More public seating

Environment/Health

Research alternatives to fuel driven buses and explore opportunities with other agencies
Tree planting in streets – great ownership of streets
More fruit and nut trees on wide verges
Better education in private households on mosquito control
More risk management approach to public health especially to Legionella Control
Management of drug clan labs

Policy/funding

Public Health
Prioritise health
Planning for Public Health
Public health assessments in the planning and development process
Plans need to be promoted further on key chronic health issues
Better data management for public health issues
Governments to develop and fund critical programs for preventative health
Funding for HACC Programs
Grants for community initiatives in relation to public health
Low cost meeting rooms for volunteers who promote public health
Public health promotions to reflect changing cultural makeup (i.e. speaking different language, non-traditional families)

Drugs
Further develop non-smoking policies
Improve/increase non-smoking areas
Health Funds Corporate Health
Look at hours of alcohol consumption
Change the drunken culture Restricting liquor outlets
Deal with issues related to the increase of medications' use

Others
Availability of regular and more funding
Better evaluation across all services
Assured funding for domestic violence services
Greater support (admin and financial) for sporting clubs
Pet ownership – supporting responsible pet ownership
Grants for community initiatives in relation to public art

Key priorities for improving public health in the region

(whole group prioritisation)

Vision

Build on existing resources (i.e. value and effort)
Adequate and realistic funding to implement these plans, ideas and strategies
Promotion by Local Council of all health facilities in the region (public and private health)
Plan public health for all generations, married couples and singles, teenagers, professionals
Greater human interactions
Reduce bureaucracy approach and work more closely with people (i.e. help clubs)

Policies and Collaboration

Integrate health plan actions into funded actions of Council plans
Better funding of programs to promote wellbeing especially funding from the Federal Government to LG
Reduce red tape
Prevention of chronic health problems in all LG policies and planning
Collaboration between Councils and other stakeholders (which enables transparency and better cross pollination of information and support)
Cross organisational funded programs

Urban Planning

Plan and increase open spaces to boost social connections (i.e. more trees and biodiversity in urban areas to engage children with outdoor activity, some useable open dog areas which promotes gathering of dogs' owners)
Improve infrastructure and opportunities in key open spaces to maximise exercise and to make walking a pleasurable for all (Healthy Built Environment).
Prioritise walking and cycling in urban planning
Connected bike pathways across region with safe bike commuting (i.e. separation from motor vehicles where possible)

Service Delivery

Deal with issues related to housing affordability and safety, especially for disadvantaged groups/ women and children who are homeless due to domestic violence
Access to Aged Care Facilities
Funding to support seniors learning programs
Ensure adequate resources to deal with an ageing CALD population
Pro-Active approach to mental health, addiction, depression and anxiety

Education/Promotion

Strategies

Change the language in health promotion messages to be more relevant to today
Promotion of Health and Wellbeing at schools (through education) and workplaces
Small sphere of influence/connectedness, i.e. work within my organisation to spread awareness
Promote a healthy lifestyle continually over most media outlets over a long period of time

Active living

Promotion and marketing of being active and use of open spaces i.e. promote activities and groups in the community (similar to Campbelltown Food Trail), encourage people to try new activities or join (UZA Campbelltown), encourage Pedi-Cabs to carry older people to centres or events
Providing an environment to have females active and happy to be active in public settings e.g. playing and exercising

Others

Pro-Active promotion of Mental Health
Better cancer prevention, information, promotion and education in communities
Smoke free policies including smoke free events and smoke free public areas

Community Engagement and Equity

Supporting people to be able to self-manage their own health, information and resources
Create community engagement in health promotion through schools and community groups
Promotion of ideas developed by individuals, groups and councils
Engage communities especially vulnerable ones in the planning process (planning/delivery/evaluation)
Ensure equity of access to services: e.g. language, disability, gender and age (service should be equal for all
Value promotions of volunteering, i.e. social interaction for volunteer, benefit for the community
Encouraging people to know their neighbours-more community gardens

Thank you for your input at the Regional Public Health and Wellbeing Plan Stakeholder Forum