



3. COMMUNITY SERVICES POLICIES

3.9 HEALTH AND WELL BEING

3.9.3 Health and Well Being

Background and Issues

Promoting public health and wellbeing has many reciprocal benefits for Council and its community. These include improved quality of life, improved social interaction and participation in civic activities, safe physical environments and supportive economic conditions, as healthy communities provide the workforce and trade that drives business investment and productivity (Department of Health 2010:6).

For several years now, the Shire of Manjimup has recognised the legitimate role it can play in public health to promote resilient and healthy communities. The Shire has achieved this through a variety of strategies and programs such as urban planning designs, environmental health protection initiatives, health promotion programs and community development initiatives.

A review of Council policies and Strategic documents in 2012 found that Shire has over 270 policies and strategic documents which span across one or more components of the Environments of the Health Planning Framework (HPF) as outlined within the WA Department of Health's Pathway to a healthy community – a guide for councillors (2010). The HPF is based upon the premise that health and wellbeing is determined by the social, natural, built and economic environments in which “we work, live and play” (Department of Health 2010).

Council's progressive stance and investment in building healthy communities was recognised in 2013 when it was awarded 'WA State winner of the Heart Foundation Healthy Community Awards' (Councils with populations of 15,000 or less).

Despite Council's strong leadership in this area, health and Census data shows that the Shire of Manjimup experiences poorer chronic health disease outcomes compared to the State, thus affirming the need for continued public health work in this area. For example Manjimup adults are more likely to be physically inactive, obese or overweight and have type 2 diabetes compared to the State (Health Profile for Adults Manjimup LGA 2006-2009). Many of the health issues affecting the Shire of Manjimup are priority areas outlined within the WA Health Promotion Strategic Framework 2012– 2016. These are: preventing smoking, healthy eating, physical activity, healthy weight, low risk alcohol use and preventing injury (Department of Health 2012).

Health and Wellbeing Policy Goal

The Health and Wellbeing Policy goal is aligned with the Shire of Manjimup 2012 - 2022 Strategic Community Plan vision (2012):

“To proactively create a safe, healthy and liveable community”.

Health and Wellbeing Policy Objectives

- To promote community health and wellbeing by planning, developing and reviewing initiatives in line with community needs and the priority areas as outlined within the WA Health Promotion Strategic Framework 2012– 2016.
- To promote an integrated public health planning approach within the Shire as per the Environments of the Health Planning Framework (HPF).

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Public Health – Definition

The World Health Organisation (WHO 2014) defines Public Health as:

“All organised measures...to prevent disease, promote health, and prolong life among the population as a whole” (WHO 2014).

Health and Wellbeing- Definition

According to WHO (2003), health and wellbeing is defined as the:

“state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”.

Policy Principles

- Council is committed to building strong, resilient and healthy communities.
- A comprehensive set of strategies implemented over the long term are needed to prevent chronic health disease and support health and wellbeing across communities (e.g. policy interventions, community development, creating supportive environments) (Department of Health 2012:12).
- Responsibility for health and wellbeing does not rest solely with Council’s health service departments. Other officers not traditionally recognised as having health and wellbeing functions, can equally contribute towards creating positive healthy environments (e.g. Strategic Planners, Rangers) (Department of Health 2010: 9).
- Strategic coordination and building partnerships with other agencies are required to achieve the vision for a healthier community.

Environments of the Health Planning Framework

When planning programs, services and infrastructure, the Shire will base its decisions on the HPF. The HPF categorises the way in which local government can positively influence community health and wellbeing as follows:

- **Natural environment** – Caring for the natural environment so that it is sustainable. For example, how can parks and open space be enhanced to promote recreational pursuits for the community?
- **Economic environment** – Putting strategies in place which foster economic development and provides equitable access to resources that are viable. For example, how will the Shire’s expansion as a SuperTown stimulate new and sustainable business opportunities and new jobs?
- **Built environment** – Modifying our surrounds to make them liveable. For example do new roads allow for active transport? Is there sufficient ‘No Smoking’ signage in outdoor areas?
- **Social environment** – Creating opportunities for people to participate in the ‘life’ of the community. Are volunteers supported and recognised for their work? What opportunities exist for young people to participate in activities which develop their confidence and skills?

Refer to Appendix 1 for more information.

Area of Application – All staff.

Staff planning new or reviewing existing initiatives will need to consider the impact of their initiative against **all** components of the HPF. Questions to consider are:

- How does the new or existing initiative improve the health and wellbeing of the community? Consider community needs and the priority areas contained WA Health Promotion Strategic Framework 2012– 2016.

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- How many components of the HPF does the new or existing initiative address?
- Are most emerging initiatives heavily 'slanted' towards one component of the HPF? How can the 'slant' be corrected?
- How many departments within Shire have been consulted or are involved in the planning or review process for an integrated approach?

Implications and Legislative requirements for Local Government

As per Section 1.3 of the Western Australian Local Government Act 1995, local governments are to be actively concerned with meeting the social, economic and environmental needs of current and future generations. Furthermore Local Government is empowered under Section 2.7 of the Act to develop policies to further achieve their strategic goals.

The draft WA Public Health Bill (Bill) represents a major legislative public health initiative, expanding local governments' traditional sewage and sanitary functions to "protecting and promoting the health of communities and reducing the incidence of preventable illness" (Stoneham and Associates 2012). Once legislated, the new Bill will require local governments to develop a Public Health Plan to guide the way in which it will manage public health.

This Policy forms part of the Integrated Planning Framework set out by the Department of Local Government and is an informing strategy to the Shire of Manjimup's Corporate Business Plan and future Public Health Plan.

Communication

Community Services will be responsible for actively promoting this policy within Shire of Manjimup.

Monitoring, compliance and review

Community Services will be responsible for the monitoring and review of this policy.

Adoption and Date Due for Revision

ADOPTED 15 MAY 2014

NEXT DUE FOR REVIEW MAY 2018

The Administration of this Policy is by Community Services.

References

- Department of Health, Western Australia. 2012, WA Health Promotion Strategic Framework 2012– 2016. Perth: Chronic Disease Prevention Directorate, Department of Health, WA.
- Department of Health 2010. Pathway to a healthy community – a guide for councillors, Perth.
- Shire of Manjimup. 2012, Shire of Manjimup 2012-2022 Strategic Community Plan, Shire of Manjimup, WA.
- Health Profile for Adults Manjimup LGA 2006-2009.
- Stoneham and Associates 2012, Public Health Planning: A guide to developing a local government Public Health Plan, WA.
- World Health Organisation 2003, Health Promotion, <http://www.who.int/about/definition/en/print.html> (accessed January 2014)
- World Health Organisation 2014, Public Health, <http://www.who.int/trade/glossary/story076/en/>
- City of Wanneroo. 2012. Community Health and Wellbeing Policy. City of Wanneroo, WA http://www.wanneroo.wa.gov.au/Council/Your_Say/Draft_Community_Health_and_Wellbeing_Policy (accessed September 2013)

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Appendix 1

Table 1: The ways in which local government can influence health and wellbeing based on the Health Planning Framework.

Environment	Common business of local government		Impact upon health and wellbeing
<p>Natural The natural environment considers caring for the natural environment so that it is sustainable and can continue to nurture us</p>	<ul style="list-style-type: none"> • Air quality • Water demand and quality • Waste management • Bushland and coastal protection 	<ul style="list-style-type: none"> • Pollution and hazards • Shade trees • Environmental protection 	<ul style="list-style-type: none"> • Improved physical, social and mental health and wellbeing • Increased physical activity • Safer food, water and air • Reduced illness and disease
<p>Economic Placing strategies in place which foster economic development and provides equitable access to resources that are viable.</p>	<ul style="list-style-type: none"> • Economic development • Employment development • Commercial and industrial development • Tourism • Job creation 	<ul style="list-style-type: none"> • Subsidised services • Affordable housing and accommodation 	<ul style="list-style-type: none"> • Improved physical, social and mental health and wellbeing • Accessible access to affordable housing • Higher levels of living • Reduced illness and disease
<p>Built Modifying our surrounds to make them liveable.</p>	<ul style="list-style-type: none"> • Town planning and development • Roads and landscapes • Traffic management • Seating • Toilets 	<ul style="list-style-type: none"> • Drainage • Lighting • Parks and public open spaces 	<ul style="list-style-type: none"> • Improved physical, social and mental health and wellbeing • Increased physical activity • Improved social connectedness and cohesion • Reduced illness and disease
<p>Social Creating opportunities for people to participate in the 'life' of the community</p>	<ul style="list-style-type: none"> • Community development • Sports and recreation programs • Library services • Youth services • Senior services • Community safety 	<ul style="list-style-type: none"> • Volunteers • Home care services • Information services • Art and cultural activities 	<ul style="list-style-type: none"> • Improved physical, social and mental health and wellbeing • Increased physical activity • Sense of place, belong and safety • Reduced illness and disease

(Taken from Pathway to a healthy community – a guide for councillors, Department of Health 2010:9)