



Shire of **EAST  
Pilbara**  
AUSTRALIA'S LARGEST SHIRE

# THE SHIRE OF EAST PILBARA PUBLIC HEALTH PLAN

REPORTING PERIOD | 2014



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**Acknowledgement**

The Shire of East Pilbara would like to thank the community members and stakeholders who kindly contributed to the consultation that informed the development of this Plan.

SHIRE OF EAST PILBARA ORDINARY COUNCIL MEETING HELD 24 OCTOBER  
2014

**COUNCIL RESOLUTION 201415/97**

**That Council adopt the Shire of East Pilbara's Public Health Plan, and  
authorise its implementation.**

**CARRIED**

**RECORD OF VOTE: 6-0**

## **Acknowledgement of Country**

The Shire of East Pilbara acknowledges the Traditional Owners of the country within the Council's boundaries. Today they remain the custodians of the cultural heritage of this land. The Shire also acknowledges that many Aboriginal and Torres Strait Islander people have lived, worked and contributed to the cultural heritage of the Pilbara region.

## **Introduction**

The Shire of East Pilbara believes that the health and wellbeing of our community is paramount. We take a holistic view of health which is influenced by the interconnections between our social, cultural, economic and physical environments. Within those environments Council, often in partnership with the community or with other agencies, can create and maintain positive health and wellbeing outcomes.

Council also defines its role and its efforts in health and wellbeing as providing high level public value. That is, when we build footpaths to improve our travel, or ensure restaurants are safe and clean, provide safe and healthy public facilities or develop recreation or social opportunities, we are providing increased physical, social, cultural, economic and environmental benefits for the community. These benefits improve the overall health and wellbeing and just as importantly, build the perception by the community that what we do matters.

The Shire of East Pilbara's Public Health Plan seeks to improve the health and wellbeing of all who live in, work in and visit the Shire. The aim of this Plan is to provide Council with a strong leadership role in the health and wellbeing of the Shire's population, particularly by:

- adopting a leadership and advocacy role in population health planning;
- having a whole-of-Council approach to delivering health and wellbeing initiatives;
- developing active external partnerships; and
- engaging Councillors and other influential community leaders and members to lead the way to a healthy and fulfilling lifestyle.

Broad priorities, goals and strategies have been developed that Council, in partnership with relevant stakeholders, will undertake to maintain and improve good health and wellbeing.

The Shire understands that it is best able to influence the health and wellbeing of our community through leadership, advocacy, strategic planning, service delivery and health promotion. This Plan will enable Council to respond to emerging trends and issues or changes to policy and legislation in the public health arena.

The development of this Plan has included:

- analysis of health data and the local policy environment
- development of a community profile
- research and consultation with the community through discussion groups and surveys
- consultation with SoEP staff and Elected Members
- consultation with key stakeholders

Through this process, six key priority action areas have been developed that will guide Council departments, local service providers, community organisations and businesses and will provide a framework for health planning in the Shire. Council recognises that it is not possible to address every actual or potential public health issue affecting a local government area. However, efforts will be more effective through successful partnerships and by addressing areas of greatest need through priorities, goals and strategies.

## Priority Issues



Obesity and healthy food options



Mental health



Alcohol and drugs



Environmental health protection



Community safety



Looking within

## East Pilbara Policy Context

### Vision

**A cohesive community providing an economic hub for the region linked by vibrant local centres and shared spaces – a place to live and call home.**

The Shire of East Pilbara Public Health Plan has been prepared within a broader strategic planning framework that incorporates the Council's Community Strategic Plan. The Shire's commitment to the future of all its towns is reflected in the community Strategic Plan, which outlines a vision, strategies, initiatives and proposed outcomes for the coming decades. The Plan aims to meet our community needs while also addressing the expectations of State government - requiring all local government authorities to develop a strategy and planning document that reflects community and local government aspirations and priorities over a period of 10+ years.

There are links between public health and many of the objectives in the Community Strategic Plan. The most obvious links are with social, environment and health. However, taking a social determinates of health approach, where all factors that influence health and wellbeing are considered, the linkages are far wider. The key objectives in the Community Strategic Plan are:

### Civic Leadership

The Shire of East Pilbara seeks to deliver high quality corporate governance and demonstrate accountability to its constituents. All decisions are informed by community engagement – leading to the effective allocation of the Shire's resources - that deliver optimum benefits to the community.

### Social

The Shire of East Pilbara seeks to foster harmonious communities that acknowledge a shared heritage; develop strong community connections, and have access to relevant and affordable community services and well-managed community infrastructure.

### Economic

The Shire of East Pilbara seeks to support the economic development of its communities through the establishment of partnerships with industry, local businesses, government agencies and the tourism sector.

## Environment

The Shire of East Pilbara seeks to effectively manage and maintain its iconic Pilbara environmental assets by reducing ecological footprints and developing clean, green towns.

### Other SoEP Plans

A number of other Council plans, strategies or guidelines also have an important role in contributing to the health and wellbeing of the East Pilbara community. These are noted in Appendix 1 - 'How Council contributes to public health and wellbeing'.

## Who is the East Pilbara community?

The population of the Shire is 11950. There is a significantly high proportion of males to females from ages 20 through to 60 years of age with just over 8000 males and almost 4000 females. This is indicative of the male dominated mining and construction industries which are the major attractions for working and living in the region. This also accounts for the proportion of 20 to 60 year old males being nearly double that of the WA average.

The median age of the Shire is 32 years. There is a significant Aboriginal and Torres Strait Islander population representing 17 per cent of the population.<sup>1</sup>

Socio-Economic Indexes for Areas (SEIFA) Index of Relative Socio-Economic Disadvantage scores are calculated by the ABS from responses to the Census. It has been shown that more disadvantaged areas have higher proportions of reported ill health or risk factors for ill health<sup>1</sup>. A score below 1000 indicates an area is relatively disadvantaged. The Shire of East Pilbara SEIFA score is 961.<sup>1</sup>

### Implications for public health planning:

The Pilbara region has a large transient workforce with both fly-in fly-out and construction workers. These populations will place added pressures on the public health services offered and need to be considered in any planning.

As well as the fly-in fly-out and construction workforce, the Pilbara has a gender imbalance, with a high proportion of resident males (56% compared with 51% across the state). It also has a high Aboriginal population (17%), with a much younger age structure than the non-Aboriginal population. Two-fifths of the Aboriginal population are aged under 20 (41%) compared with one-quarter (28%) of the non-Aboriginal.

The gender imbalance of the region and the different age structure of the Aboriginal population will need to be taken into account in the planning of primary health services and programs.<sup>2</sup>



## GOAL

Enable a community that embraces active lifestyles and good nutrition, within an environment that supports healthy lifestyle choices

## STRATEGIES

Promote and develop sustainable, active transport modes, encouraging more active transport through linked up trail networks

Link with LiveLighter and get involved in the campaigns

Distribute information to residents on what activities and facilities are available to reduce overweight in their towns (e.g. recreation, POS, healthy options, etc.) and that are provided by the Council

Increase opening hours of all swimming pools to provide a more comprehensive service to the public

Introduce/pilot community gardens in all towns

Develop a resource that promotes recipes for healthy meals prepared with ingredients readily available in local shops

Develop and implement a healthy catering policy for all Council functions and meetings

Support self-reliance of residents to access and grow their own fresh produce

Advocate to State Government to improve access to affordable fruit and vegetables for our priority populations

Offer FoodCents and/ other nutrition education to the community

## PRIORITY ONE: Preventing Obesity and Increasing Healthy Food Options

### Rationale

Eating well and being physically active is important to maintaining and protecting health.

Good nutrition in the early years is closely related to optimal growth, good education outcomes and health throughout life. Barriers to nutritious food choices across age groups are the increasing access to and consumption of inexpensive, energy dense, nutrient-poor food, a changing food culture including the lack of cooking and gardening skills, less time spent preparing and sharing food, increased television viewing times and less time spent with support networks such as family and friends.

The distance from major urban centres means that fresh food and produce across the East Pilbara region can sometimes be difficult to access, and a costly option. This problem is magnified in the outlying communities.

### Why is this important for East Pilbara?

More than 4 in 5 adults (90.5%) and half the children (46.8%) did not eat the recommended daily serves of vegetables.<sup>3,4</sup>

Half (50.6%) the adults and one in four children (24.6%) did not eat the recommended daily serves of fruit.<sup>3,4</sup>

One in 3 adults (32.8%) and 8.6% of children reported height and weight measurements that classified them as obese.<sup>3,4</sup>

40.3% of the community advised that access to fresh and healthy foods, making it the third most important public health issue in the Shire.<sup>5</sup>

Over a third of the community (37%) suggested providing access to fresh food markets and gardens to improve health and wellbeing.<sup>5</sup>

#### SoEP Policy links

- Newman Tomorrow
- Recreational Master Plans



## GOAL

To increase social connection and mental health wellbeing within the East Pilbara community

## STRATEGIES

Appoint an Elected Member as 'mental health champion'

Join and embrace the Act Belong Commit philosophy

Increase participation of East Pilbara residents in citizen engagement opportunities e.g. street parties, suburb/town competitions

Increase acceptance of Aboriginal residents and their culture. Develop a SoEP Aboriginal employment target and an Aboriginal engagement policy

Partner with organisations specialising in mental health to identify possible interventions or strategies the Shire could contribute to

Promote existing mental health services and community groups that address mental health issues or determinants e.g. teenage pregnancies

Advocate for clinical services to visit or relocate to the Shire on a regular basis

Provide innovative services and activities at the Youth Centre that attract and retain ALL young people

Provide and support opportunities to volunteer for all members of communities in a range of activities across SoEP functions

## PRIORITY TWO: Mental Health Promotion and Connected Communities

### Rationale

Social connectedness refers to interactions of people with others in their community, together with the opportunity to make decisions about things that involve them. This interaction provides a feeling of belonging. Confident and connected communities support social and economic development, have fewer social problems and higher levels of community participation.

Improved mental health and wellbeing is associated with many health and wellbeing outcomes including improved physical health and life expectancy, better educational achievement, employment rates and reduced risky behaviours, such as smoking and alcohol misuse.

### Why is this important for East Pilbara?

More than 1 in 10 adults in the Pilbara reported a current mental health problem (15.6%).<sup>4</sup>

From 1998 to 2007 Aboriginal residents in the Pilbara region had a significantly higher mortality rate for mental health conditions compared with the State Aboriginal population.<sup>6</sup>

Nearly 1 in 10 Pilbara adults reported high or very high psychological distress, while 4.7% reported lack of control over their life in general.<sup>1</sup>

One in 3 adults considered mental health to be a major public health issue in the Shire of East Pilbara.<sup>5</sup>

Mental health ranked second in the priority issues for East Pilbara stakeholders, with 40% nominating it as the number one priority issue.<sup>5</sup>

### SoEP Policy links

- East Pilbara Youth Plan
- East Pilbara DAIP
- Youth and Family and Children's Services Delivery reports

## PRIORITY THREE: Preventing harm from alcohol, drug and solvent use

### Rationale

Environments such as drinking settings, community attitudes and the drinking culture have a strong influence on the way people drink. Local governments can support the creation of environments that promote responsible drinking practices and a safer community. Alcohol and drug associated anti-social behaviours such as graffiti, vandalism and criminal damage are costly to Councils and include clean-up and repair costs relating to the maintenance of public space and property.

The *Tobacco Products Control Act 2006* requires Councils to promote and enforce smoke free public places, as smoking is a well-established risk factor for many chronic conditions and premature death.

Solvent use and FASD are emerging public health issues that need urgent attention.

### Why is this important for the East Pilbara

Pilbara adults are more likely to report smoking & drinking at harmful levels compared with WA, with two-thirds drinking at long term harm levels (approx. 30% higher than WA average).<sup>7</sup> Aboriginal residents in the Pilbara region had a significantly higher mortality rate for alcohol-related conditions compared with the State Aboriginal population.<sup>6</sup> Aboriginal women in the Pilbara are much more likely to report smoking during pregnancy compared with non-Aboriginal women.<sup>8</sup> FASD is a concern in the region, and represents a range of conditions that result from prenatal alcohol exposure. One in 4 adults (25.1%) smoke, with males almost twice as likely to smoke as females (M 30.5%; F 18.5%). This is significantly higher than the State prevalence (16.6%).<sup>3</sup>

The extent of volatile substance use in the Pilbara is difficult to determine, however it has been identified as an issue of concern, ranking as the number one public health issue (with alcohol use) by stakeholders<sup>5</sup> (60%) and community members (69.4%).<sup>5</sup>

### GOAL

To actively reduce harm from alcohol, drugs and solvents to all residents using a partnership approach

### STRATEGIES

Actively support the 'Alcohol and pregnancy: what are the risks?' FASD campaign run through the Pilbara Community Drug Service Team

Develop a Pilbara Alcohol Accord

Continue to promote smoke free playgrounds and public spaces

Plan more alcohol and smoke free community events

Liaise with sporting clubs to promote good times without alcohol and reward those clubs with responsible service policies/alcohol free areas

Work with community, police, residents, local businesses and other stakeholders to implement location or community specific strategies and initiatives to improve safety, prevent crime and anti-social behaviour associated with alcohol and drug use

Monitor and respond to levels of alcohol and drug related anti-social behaviour and violence. Manage existing alcohol free zones, alcohol prohibited areas and public requests for new zones/areas

Maintain local amenity through decreasing the presence of discarded needles, syringes and related waste

### SoEP Policy links

Community Safety and Crime Prevention Plan 2014-2016

## GOAL

To maintain and promote environmental health and wellbeing to all residents using a risk based approach

## STRATEGIES

Modify food business risk classification processes to enable the risk classification to be reduced or increased based on performance history

Provide access to educational information/seminars for relevant operators on public health matters related to food safety, legionella control, swimming pool and spa pool education and skin penetration practices

Continue to monitor and report on all scheme and non-scheme drinking water and aquatic facility waters highlighting any areas of high risk

Implement a risk based process to managing Council owned public buildings with the aim of introducing an asset management role rather than a compliance role

Develop risk management guidelines for public events which will be implemented as an integrated and whole of Council process and led by skilled EHOs

Determine the likelihood of mosquito borne diseases in all areas and facilitate appropriate management strategies using evidence and a risk assessment framework

Convene a regular PH stakeholder meeting with a purpose – to encourage people to work together, to reduce duplication and jointly submit funding applications

Actively work with Pilbara Meta Maya & Pilbara Aboriginal Health Planning Forum to address Aboriginal environmental health issues

Minimise incidents of infectious disease through surveillance and the provision of information regarding disease prevention

## PRIORITY FOUR – Environmental Health Protection

### Rationale

Environmental health is one of the most longstanding and obvious local government functions with a health impact. Today local governments' services include not only environmental health but also street services, such as cleaning and litter collection, waste collection and recycling, green space management, air quality, and issues arising from climate change. In fact, they cover a significant part of what we now class under the headings of sustainability and quality of life.

In partnership with this new approach to environmental health, lies the more traditional regulatory services which have a significant role to play in ensuring that the environment in which we live, work and play enhances our health, creates healthy workplaces, reduces alcohol and tobacco related harm, maintains acceptable standards of private rented housing, improves air quality, food standards and safety, and ensures consumers have access to safe, properly functioning products.

### Why is this important for the East Pilbara

Environmental health aims to prevent or control disease, injury, and disability related to the interactions between people and their environment. The SoEP staff identified environmental health risks as critical to their core business and the community identified improved hygiene in shops as the second most important activity the Shire could do to promote health.<sup>5</sup>

Despite some areas where real improvements have occurred, Indigenous people do not have equal access to environmental health services and information. Poor infrastructure in Indigenous communities results in many health risks and includes skin infections such as scabies mite, infectious diseases, trachoma and vector borne diseases.

#### SoEP Policy links:

Aboriginal Affairs policy

Aboriginal Communities Rubbish Pits

Stallholders and street traders

Camping in other than a caravan park

Home occupation

Pastoral Stn Rubbish Bins

Replacement of rubbish bins

## PRIORITY FIVE – Starting from within

### Rationale

Local governments need to lead by example. It's all about taking an interest and developing a deeper contextual understanding and insight into employees lives, and then using this to develop interventions and approaches that are valued by staff, which can achieve measurable impacts in what people actually do – their behaviour and workplace culture.

The Shire of East Pilbara wants to be seen as an innovative and healthy employer that recognises the social, cultural and environmental diversity of its region and reflects this within.

### Why is this important for East Pilbara?

The East Pilbara region has a high Aboriginal population (17%), with a much younger age structure than the non-Aboriginal population. Two-fifths of the Aboriginal population are aged under 20 (41%) compared with one-quarter (28%) of the non-Aboriginal. It is critical that Aboriginal culture is embedded within our organisation. Effective participation in decision making processes that affect Indigenous Australians has been confirmed as essential to ensuring non-discriminatory treatment and equality before the law. It is also central to the human rights based approach to development.

Attracting and retaining great staff is a critical strategy for the Shire. Organisations that promote health and wellness are more likely to retain staff and those that promote health and wellness are more likely to retain staff within 12 months.<sup>10</sup> Healthy workers have increased morale and engagement at work. They are fitter, more aware and alert, more resilient against illness, and less likely to suffer manual handling injuries and strains.<sup>11</sup> Workplace health programs can improve workers' health and reduce their chances of developing chronic diseases such as diabetes.

#### SoEP Policy links

- Aboriginal Affairs policy

#### GOAL

To be a healthy employer of choice

#### STRATEGIES

Facilitate a process within the organisation so that health is everyone's business and is embedded within core services

Develop greater awareness of the implications for health amongst all council officers and Elected Members

Lead the way in Aboriginal cultural awareness by developing a minimum percentage of Aboriginal staff policy and an Aboriginal engagement policy

Lead the way in the Reconciliation action plan for the Pilbara

Implement an organisation-wide strategy for cultural awareness training

Be a role model of a 'healthy employer' and supporting other employers to tackle health inequalities by taking action to develop a healthy workforce

Develop a healthy catering policy for all Council functions and meetings

Plan and deliver alcohol and smoke free community events

Support staff to stop smoking

Offer incentives and opportunities to staff to be more physically active

## **PRIORITY SIX – Creating a safe community**

### GOAL

To have a safe and secure community

### STRATEGIES

Reinforce collaboration and support

Support young people and families

Target priority issues to reduce crime and fear of crime

Create safe public spaces through planning, technology and design

Integrate injury prevention into the community safety portfolio

The Shire of East Pilbara endorsed a Community Safety and Crime Prevention Plan 2014 – 2016.<sup>9</sup> The Public Health Plan recognises and endorses all strategies and key messages within the Plan. The Shire of East Pilbara is committed to a whole of local government approach to both community safety and public health and the synergies between the two areas are clear.

Addressing and advocating for improved community safety was identified as the second most important role that the Shire could play in protecting and enhancing the community's health (45.1%).<sup>5</sup>

#### SoEP Policy links

- Community Safety and Crime Prevention Plan 2014-2016

## References

1. ABS Census Data. Available at <http://www.abs.gov.au/AUSSTATS/abs@.nsf/0/0D204FD3DCD90564CA256F19001303A2?opendocument>
2. WACHS (2012). *Pilbara Health Profile*. Available at: [http://www.wacountry.health.wa.gov.au/fileadmin/sections/publications/Pilbara\\_Health\\_Care\\_Profile\\_FINAL\\_12\\_April\\_2012.pdf](http://www.wacountry.health.wa.gov.au/fileadmin/sections/publications/Pilbara_Health_Care_Profile_FINAL_12_April_2012.pdf)
3. DoH Epidemiology Branch (2010). *Adult Population Profile, Health and Wellbeing Surveillance System, 2009 Pilbara health region*. Available at: <http://intranet.health.wa.gov.au/epidemiology/docs/reports/WAHS/WAHS64.pdf>
4. DoH Epidemiology Branch (2010). *Child Population Profile, Health and Wellbeing Surveillance System, 2009 Pilbara Health region*. Available at <http://intranet.health.wa.gov.au/epidemiology/docs/reports/WAHS/WAHS65.pdf>
5. Stoneham and Associates (2014). Community survey results – SoEP.
6. Carlose, N., Crouchley, K., Dawson, S., Draper, G., Hocking, S., Newton, B and Somerford, P.(2009). *Pilbara Aboriginal Health Planning Forum Data*. Perth: Western Australia.
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8. WACHS (2011). *Obstetrics dashboard*.
9. *SoEP Community Safety and Crime Prevention Plan 2014-2016*
10. Health and Productivity Institute of Australia (2010). *Best Practice Guidelines - Workplace Health in Australia*. Australian Health and Productivity Management Congress: Sydney, Australia.
- 11, Workcover Tasmania (2013). *Your Simple Guide to Workplace Health and Wellbeing*, Tasmania, Editor Hobart, Australia.

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## Appendix One – How Council contributes to public health and wellbeing

### Community Strategic Plan 2013-2022

#### Council's Vision

*The Shire of East Pilbara is an economic hub for our region, a place where ancient landscapes and vibrant local centres connect people and communities, making us proud to call it home.*

The Community Strategic Plan, which is a requirement under the Integrated Planning Framework, identifies a number of community initiated themes and a series of strategic objectives that the Shire will pursue. A range of expanded strategies are described in the Newman Tomorrow Plan.

The *Strategic Community Plan* identified a number of challenges that directly relate to public health and wellbeing service provision and include:

- Difficulty in attracting and retaining labour in the area
- High costs of living
- Availability of land for housing and housing affordability
- Provision and coordination of a range of government and NGO services
- Poor amenity within the public realm and streets
- Shift work and FIFO working conditions
- Harsh climatic conditions
- Increasing engagement of young people
- Provision of services and responsibility for services to remote Aboriginal communities

There are links between public health and many of the objectives in the Community Strategic Plan. The most obvious links are with social, environment and health. However, taking a social determinates of health approach, where all factors that influence health and wellbeing are considered, the linkages are far wider and include:

#### 1. Civic Leadership

The Shire of East Pilbara seeks to deliver high quality corporate governance and demonstrate accountability to its constituents. All decisions are informed by community



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engagement – leading to the effective allocation of the Shire’s resources - that deliver optimum benefits to the community.

Key objectives include:

- Continued collaboration with neighbouring Council’s, through the Pilbara Regional Council, for the benefit of the region as a whole.
- Continued stewardship of the Shire’s vision and plans.
- Continued advocacy for the increase in government services in the East Pilbara to support the community.

### **Evidence linking community engagement to health and wellbeing**

Strengthened consumer engagement and voice, through fostering community participation, builds health literacy and empowers consumers in decision-making. There is an emerging area of research and evidence illustrating how consumer and community engagement contributes to improved health outcomes at the individual, service, network and systems

#### References:

1. Gregory, J for the Australian Institute of Health Policy Studies, *Consumer engagement in Australian health policy: Final report of the AIHPS research project* (2008).
2. National Health and Hospitals Reform Commission, *A Healthier Future for all Australians Final Report* (June 2009) 22, 122.
3. **Kenny A, Hyett N, Sawtell J et al.** Community participation in rural health: a scoping review. *BMC Health Services Research* (2013); **13**:64

## 2. Social

The Shire of East Pilbara seeks to foster harmonious communities that acknowledge a shared heritage; develop strong community connections, and have access to relevant and affordable community services and well-managed community infrastructure.

### **Evidence linking social health and culture to health and wellbeing**

Involvement and participation in groups can have positive consequences for the individual and community. The concept of social capital and the potential it offers for using community and civic pathways to promote and improve health has been promoted by some as one means of tackling inequalities in health. The recognition of culture and its relationships to health have been demonstrated to increase service utilisation.

#### References:

1. Pevelin D & Rose D. *Social capital for health - Investigating the links between social capital and health using the British Household Panel Survey*. NHS 2011.

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2. Baum F. Social Capital: is it good for your health? Issues for a public health agenda. *J Epidemiol Commun Hlth*, 53(4), 1999.

### 3. Economic

The Shire of East Pilbara seeks to support the economic development of its communities through the establishment of partnerships with industry, local businesses, government agencies and the tourism sector.

Key objectives include:

- Implementation of the Economic Development and Tourism Strategy.
- Development of a more balanced economy with diversity and choice in employment.
- Investigation and development of the airport enterprise precinct.
- Continued advocacy for affordable housing and land, including mixed business and commercial land releases.
- Investigation of short stay accommodation.
- Development of Civic Centre Precinct through strong community consultation to produce an iconic building that will serve the council into the future.
- Development of a Recreation Precinct to accommodate the predicted growth of the Shire.
- Airport, airside and landside upgrades to accommodate the ever increasing growth of the airport numbers.

#### **Evidence to support the link between economic development and health**

Based on the available evidence, fostering suitable urban environments is critical to sustaining physical activity behaviours. In turn, these environments will provide part of the solution to improving population health outcomes. Key urban design features attributable to transport-related physical activity are density, subdivision age, street connectivity, and mixed land use. Based on the available evidence, fostering suitable urban environments is critical to sustaining physical activity behaviours. In turn, these environments will provide part of the solution to improving population health outcomes. Key urban design features attributable to transport-related physical activity are density, subdivision age, street connectivity, and mixed land use.

People who enjoy regular physical activity have lower death rates than people who have no risk factors but who aren't physically active. Evidence so far indicates that aspects of the home, workplace, and community environments influence a person's level of physical activity. For example, the availability and accessibility of attractive bicycle paths, walking paths, exercise facilities, and swimming pools, as well as the overall aesthetics and perceived safety of an environment, may play a role in determining the type and amount of physical activity people engage in.

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People with unmet housing needs tend to be socio-economically disadvantaged, experience higher death rates, poor health, and are more likely to have serious chronic illnesses.

### References

1. Garner G The ecology and inter-relationship between housing and health outcomes, 2006.
2. Heart Foundation. National Heart Foundation of Australia physical activity recommendations for people with cardiovascular disease. Melb 2006.
3. Heart Foundation (2010) Blueprint for an Active Australia. Available at <http://www.heartfoundation.org.au/SiteCollectionDocuments/Blueprint-for-an-active-Australia.pdf>
4. Frank L & van Loon J, Urban form relationships with youth physical activity. *Journal of Planning Literature* (2011); 26(3): 280-308.
5. Badland H & Schofield G. Transport, urban design, and physical activity: an evidence-based update. *Transport and Env* (2005); 10 (3):177-196.

### Environment

The Shire of East Pilbara seeks to effectively manage and maintain its iconic Pilbara environmental assets by reducing ecological footprints and developing clean, green towns.

Key objectives include:

- Continued advocacy for increased medical facilities and services to meet the needs of the community.

### **Evidence to link environment to health**

Over the last three decades there has been increasing global concern over the public health impacts attributed to environmental pollution, in particular, the global burden of disease. The World Health Organisation (WHO) estimates that about one-quarter of the diseases today occur due to prolonged exposure to environmental pollution. Most of these environment-related diseases are however not easily detected and may be acquired during childhood and manifested later in adulthood.

### References:

1. UNEP. *Environmental pollution impacts on health*  
[http://www.unep.org/urban\\_environment/pdfs/dandorawastedump-reportssummary.pdf](http://www.unep.org/urban_environment/pdfs/dandorawastedump-reportssummary.pdf)
2. Namdeo A & Stringer C Investigating the relationship between air pollution, health and social deprivation in Leeds, UK. *Env Int*; 34(6):585-591

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## 2.0 Newman Tomorrow

A full review of the Newman Tomorrow document was undertaken and released in 2012. The four key goals in this document are below.

### **Goal 1: People of vitality**

*The diversity and quality of education and skills development options; employment options; health services; and access to recreational, leisure and creative activities.*

There is a need for increased access to recreational, leisure and creative activities is also of high importance to the people of Newman and the quality of opportunities in these areas must not be diminished by town growth.

The *Newman Sport, Recreation and Open Space Assessment (2012)* provides an overview of planning requirements and recommendations for recreation facilities. Implementation of this report's key recommendations will ensure that access and opportunity in a diverse range of recreational pursuits becomes a permanent part of Newman life.

*The Economic Development and Tourism Strategy* states:

1. Development of suites for health and allied health professionals on the former tennis court site near the Newman Hospital; and
2. Strong advocacy of the renewal of Newman Hospital.

Both of these actions are supported by the Western Australian Country Health Service. In relation to Newman Hospital, the Shire considers that the health and wellbeing of residents and visitors hinges on the development of purpose-built facilities that cater to population characteristics and allow for population growth.

It is also keen to foster an advocacy partnership with industry to ensure that mental health services receive appropriate facilities and funding. Local health promotion initiatives (e.g. relating to alcohol) are another area for potential partnerships.

*Specific strategies:*

Planning and implementation of Newman Health Campus and Service Provision Master Plan – stakeholder engagement to consider community health development in formulating a whole of community master plan.

Develop Newman Arts Alive project

- Pilbara Prize Awards
- Urban art project

- 
- Public art projects
  - Art and Cultural Festival

Develop an Indigenous Art and Cultural Centre for Martumilli

Finalise implementation of Capricorn Sporting complex master plan

- Extend Recreation Infrastructure
- Establish a green space at the Newman's Lions park

Develop a Greater Newman Sports Master Plan

Develop a walking trail map for Newman

## **Goal 2: Communities of substance**

*The fostering of harmonious communities acknowledging a shared heritage; strong community groups, networks and governance; relevant and affordable community services; and the provision of equitable and well-managed community infrastructure.*

This section of the Plan recognises the desirability of:

1. Working toward the establishment of a major annual arts event in Newman;
2. Investigating a sound shell for outdoor entertainment;
3. Developing a range of infrastructure and services geared toward families and children;
4. Planning the inclusion of 'youth space' in the central business area; and
5. Implementing Newman Sport, Recreation and Open Space Assessment Report (2012).

It recognises the need for the development of a Greater Newman Sports Master Plan and the creation of a new recreation precinct reflecting the needs of regional centre with a population of 15,000.

Other priorities are:

- Planning and constructing a new Civic Centre;
- Planning and constructing a purpose-built youth centre;
- Development of a Martu art gallery and cultural centre; and
- Building an outdoor amphitheatre.

### Specific Strategies:

Develop stronger links between community groups and SoEP

Assist community organisations with training opportunities

Encourage high rates of participation in community activities and events

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Commence planning for a new purpose-built youth centre for co-location of youth services and implement plan

Implement staged street lighting upgrades

**Goal 3: Places of connection**

*Shire-wide planning and a quality regional road network; the quality and supply of housing and land for industry and commerce; the provision of safe places and spaces; and accessible, amenable towns.*

The Plan recognises linkages with the *Economic Development and Tourism Strategy* and includes:

Council accepting the role of being a facilitator and developer in a range of housing and accommodation related projects. Initial focus areas will be:

- The development of a short term caravan park where Council initiates the development of the caravan park and leases the caravan park;
- The development of housing for Council and government agency staff; and
- The development of partnerships that result in options for affordable housing.

Other key priorities include:

- Continuing the Newman Town Centre Revitalisation
- Newman land use master planning
- Streetscape development and town beautification
- Redeveloping Lions' Park
- Creating more green spaces in Newman
- Commissioning major public art

Specific strategies

Continue implementation of Newman streetscape plan

Plan and develop new recreation precinct including:

- Recreation centre as part of active recreation reserve
- New aquatic centre

Plan and develop new parks/playgrounds

Develop and implement sustainable land and housing strategy for Newman

Continue community housing project

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Design and construct new civic/cultural centre

Implement streetscape development projects

Continue implementation of park improvement program

Continue implementation of master plan for town landscaping

Continue to develop the Shire's public art policy

As part of the Town Centre Revitalisation Plan create public art features

**Goal 5: Environment of balance**

*The maintenance and environmental management of iconic Pilbara landscapes for generations to come; reduced ecological footprints; and the development of clean, green towns.*

Council will continue to work to reduce the ecological footprint of its towns, and is keen to partner with government and the resources sector to ensure that Newman becomes an exemplar in the areas of environmental management and sustainability.

Specific strategies:

Support alternative sustainable power generation systems

Expand and upgrade recycling/reuse program

Cultivate a clean, green town

Continue implementation of water management plan

Continue implementation of drainage infrastructure priority plan

Continue implementation of groundwater and grey water reuse program

Upgrade Newman Sewage Plant

Continue community tree planting days

Participate in national and state greening projects



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### **3. East Pilbara Youth Plan**

The *East Pilbara Youth Plan* which was adopted by Council in December 2011. The Plan identifies gaps in youth service delivery areas across all three towns in the East Pilbara and clearly states specific strategies, programmes and projects that could be implemented to help young people in the East Pilbara overcome the issue of boredom.

### **4. Disability Access and Inclusion Plan (DAIP)**

The Coordinator Community Services has responsibility to oversee the development, implementation, review and evaluation of the plan. The Plan includes key areas relevant to community health and wellbeing.

People with disabilities have the same opportunities as other people to access the services of, and any events organised by, a public authority including:

- Improving access to the continuing footpaths Program include widening with upgraded kerb ramps
- Liaising with event organisers, ensured compliance to existing set of guidelines for events.
- Promoting events and services in formats accessible to people with disabilities.

People with disabilities have the same opportunities as other people to access the buildings and other facilities of a public authority including:

- Provision of disabled parking bays.
- Compliance with the Disability (Access to Premises – Buildings) Standards 2010.
- Funding facilities for people with a disability.

People with disabilities receive information from a public authority in a format that will enable them to access the information as readily as other people are able to access it.

People with disabilities receive the same level and quality of service from the employees of a public authority as other people receive from the employees of that public authority.

People with disabilities have the same opportunities as other people to make complaints to a public authority. The Council organises an annual community survey from stakeholders, businesses and community members on their access and community issues in the East Pilbara.

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People with disabilities have the same opportunities as other people to participate in any public consultation by a public authority and Council advocates equal opportunity in all spheres of their operations.

## 5. Community Safety and Crime Prevention Plan for 2014 to 2016

The Community Safety and Crime Prevention Plan 2014 – 2016 aims to consolidate the wide range of existing community initiatives in community safety, clearly articulate roles and responsibilities of the Shier and partners, and optimise opportunities for community engagement. The four key strategies include:

- Reinforcing collaboration and support – strengthening partnerships.
- Supporting and engaging young people – providing programs.
- Targeting priority issues to reduce crime and fear of crime.
- Creating safe places.

## 6. Report into Youth and Family and Children's Services Delivery

In March 2014, a series of reports were produced with the following recommendations that may relate or be called up in the Public Health Plan. These include:

Marble Bar:

### Issues identified

### Recommendations

There is inadequacy in coordinating services

Discussion with WACHS re service provision

Lack of coordinated data

CRC review and local Board linked to Shire model of administration

Community bus is needed to transport people outside of the community

Identify specifications to acquire a community bus and have it managed locally with volunteer drivers

LotteryWest to be approached for funding

Lack of community input into decision making

Videoconferencing facilities are required

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Lack of activities for young people e.g. no skate park	Skate park to erected by SoEP Annual activities plan for Youth Group Young people contribute to the planning of events
Lack of belonging within the Town Few public events Nullagine:	Community Assistance Grants to be promoted in MB
<b>Issues identified</b>	<b>Recommendations</b>
There is inadequacy in coordinating services	Discussion with WACHS re service provision Nullagine community recommend the types of services needed and locations for delivery Technology needed e.g. ICT, VC
Lack of coordinated data	CRC review and local Board linked to Shire model of administration
Lack of space for service delivery	SoEP to consider a purpose built centre for service delivery with local management framework (can Gallop Hall be used?) Community prefer basketball court location
Few community events	Community Assistance Grants to be promoted in Nullagine
Boredom	Proposal to support a water park

## 7. Newman Recreational Master Plan

A draft Recreational Master Plan was presented in 2014. The Plan acknowledges the good range of facilities in Newman, the centrally located sports precinct, the local parks and mature tree plantings.

It acknowledges the high demand for indoor sports due to the climate.

Key recommendations include:

- Dual use of sports courts by school and public

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- Fit for purpose and contemporary indoor sports facility co-located with the aquatic centre. It is recognised there would be many benefits of having a recreational centre separate from the school.
  - Increase diversity of programs and activities offered at the aquatic centre
  - Temperature controlled, 50m refurbished pool
  - Longer season at the pool
  - Ensuring local sports grounds re maintained with lighting, shade, access to water and power
  - Greater flexibility and use of the Capricorn sporting complex by sharing of support facilities, realigning the field edges, providing rectangular fields and relocating non-sporting facilities away from the area.
  - Repairs to existing netball courts
  - Off road trails with shade, drinking water and lighting

### **7.1 Capricorn Sporting Complex Master Plan/Sports**

Newman is a busy community with a growing and diverse population who are active and supportive of community events and sport. During 2011/2012, the implementation of the Capricorn Sporting Complex Master Plan continued which saw all five sporting ovals upgraded, the refurbishment of the netball/tennis courts and the building of the Junior Sports Pavilion. These improvements provided additional leisure and facilities, catering for the needs of all residents and visiting sporting enthusiasts.

The Boomerang Oval was upgraded in 2012 with pathways, street scaping and lighting, a complementary upgrade to the existing improvements being made in the central business district, as part of the towns revitalisation upgrade, ensuring this whole areas is now the main focal point of the town.

In February 2012, the four major junior sporting organisations took up residency in the newly created Junior Sports Pavilion. This facility offers a functional kiosk; a function room and spacious change rooms. The separate storage facilities on site, now allows each association to not only operate all year round, but for them to also store their equipment in a secure, central location.

### **7.2 Skate Parks**

An upgraded water fountain, new bins and the clearing of surrounding shrubbery has improved patron security at this site, which is even more popular with Newman's children and youth population. This park allows children to socialise and be engaged in active and/ or passive recreation activities.

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A skatepark has been approved for Marble bar and is currently in the final phases of consultation.

## 8. SoEP Policy documents

A review of policy documents identified the following that directly relate to health and wellbeing issues:

- Home occupation
- Pastoral Station Rubbish Pits
- Aboriginal Communities Rubbish Pits (annually)
- Replacement of rubbish bins
- Uranium policy
- Stallholders and street traders
- Camping in other than a caravan park
- Road verge criteria
- Use of native plants, shrubs and trees
- Aboriginal Affairs

The **Aboriginal Affairs policy** specifically discusses housing and health and states: The Shire of East Pilbara recognises the right of all people to affordable and secure housing, and supports initiatives that aim to meet the housing needs of Aboriginal people.

The Shire of East Pilbara supports institutions and voluntary groups working to improve the health and welfare of Aboriginal people.

The Shire of East Pilbara supports Aboriginal communities and health workers within their districts by:

- assisting in providing advice on the maintenance of a safe water supply, sewerage and rubbish disposal systems; and
- ensuring Commonwealth and State bodies meet their obligations under the *Health Act 1911*.

The Shire of East Pilbara should be adequately resourced by Federal and State Governments to assist in Aboriginal environmental health issues.

END OF REPORT