



DISTRICT COUNCIL OF  
**ORROROO/CARRIETON**  
Southern Flinders Ranges • Established 1997

# **Lifestyle for Health**

## **Public Health and Wellbeing Plan for the District Council of Orroroo Carrieton**

**Adopted 27<sup>th</sup> January 2016**

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# 1. Introduction

*Lifestyle for Health* provides the strategic direction for how the District Council of Orroroo Carrieton can further improve the health and wellbeing of the community.

In line with the requirements of the South Australian *Public Health Act 2011*, the Plan considers local priority issues as well as the economic, social and environmental conditions (the 'social determinants of health') which impact on health. <sup>1</sup>

The Plan does not address all public health issues, rather it is a 'place to start' having regard to local priorities as well as the national and state policy context surrounding public health. In particular, it strengthens the Council's capacity to engage with other organisations in advocating and progressing opportunities to improve services and programs.

As the first Public Health Plan for the Council, *Lifestyle for Health* provides a starting point for assessing the community's state of health and identifying strategic priorities for improving wellbeing. Council will review the Plan within each five year planning cycle, in accordance with the SA *Public Health Act 2011*. <sup>1</sup>

Councils undertake many functions which contribute to the health of the community by fostering improved social, environmental and economic conditions. These include planning, infrastructure, regulatory services, environmental management, libraries and community programs. This broad role is not always understood in the community and the Plan can help to increase community awareness and understanding.

Public health planning also recognises that a broad spectrum of other stakeholders impact on health and wellbeing, as well as Councils. Various government organisations, non-government agencies, private organisations and local groups have a role to play. This Plan recognises the contribution of various stakeholders in promoting community health.

Public health is about all of us – preventing the causes that make us sick and building on those things that protect us and improve our health and wellbeing <sup>2</sup>

## 2. The Planning Context

At both the National and State Government level, it is recognised that rising rates of weight gain, obesity and chronic disease need to be tackled by providing more 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.<sup>3</sup>

The South Australian Public Health Plan (*South Australia: A Better Place to Live*) commits to maintaining effective public health protection, whilst preparing for new and emerging public health challenges such as:<sup>2</sup>

- 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:<sup>2</sup>

- 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.

### Local and Regional Policy Context

Example initiatives, which have been implemented recently by the Council are listed in Table 1 below. They have been grouped according to three pillars - Social, Environmental and Economic - and highlight linkages with each of the four priority areas of the State Public Health Plan.

The existing strategic and corporate plans for the District Council of Orroroo Carrieton contain many priorities and actions which promote and support improved health and wellbeing. Appendix A illustrates how the focus areas of the current Strategic Plan 2010-2014, align with the State Public Health Plan, particularly Priority 1 Stronger and Healthier Communities.<sup>4</sup>

Council's focus areas are in turn supported by the policies and strategies contained within other Council plans including the Development Plan, Annual Business Plan,

Community Emergency Risk Management Plan, Asset Management and Master Plans etc.

The review of the Strategic Plan proposed for 2016 offers a timely opportunity to consider how the Council's strategic directions can further improve community wellbeing, in line with the emerging trends and issues identified in *Lifestyle for Health*. By linking and integrating Council plans around achieving key strategic objectives, the health and wellbeing outcomes for the community can be maximised.

Policies and directions also take into account the objectives of regional and local organisations with whom the Council collaborates as appropriate. These include:

- Region Development Australia Yorke Mid North
- Central Local Government Region of SA Inc
- Northern and Yorke NRM Region
- Country SA Primary Care Network
- Regional Health Advisory Councils Mid North

The Council also partners with other District Councils in the region for the provision of services, including Public and Environmental Health Protection and Community Transport.

**Table 1 Examples of Council Initiatives for Lifestyle for Health (2014-2015)**

State Health Plan Theme	Social/Community	Environment	Economic
<p><b>Stronger and Healthier Communities for all neighbourhoods and generations:</b></p> <p><b>(Physical and social infrastructure for liveability, walking, access for all age groups and a more connected and interactive community)</b></p>	<p>Library Services Community programs Community Events Volunteer opportunities Youth activities Northern Passenger Network Community transport Community consultation Community Grants program Men’s Shed Social and Dance Nights Dog walking areas Australia Day celebrations History Week activities Carrieton Campdraft and Annual Rodeo Hire and use of Council facilities Every Generation Festival/Events ‘A Brush with Art’ Festival Goyder’s Line Gazette</p>	<p>Development Plan Policy Volunteer Groups Central LG Region Vulnerability Assessment Community Emergency Risk Management Plan. Support for CFS</p>	<p>Business development and support eg website and newsletter features. Precinct planning and development. Main streets events Lobbying for Broadband Visitor Information Centre My Local Services App Orroroo Market Free WiFi in main street</p>
<p><b>Increasing Opportunities for Healthy Living, Healthy Eating and Being Active</b></p> <p><b>(eating well, increasing physical activity &amp; reducing alcohol and smoking related risks)</b></p>	<p>Healthy Communities Program Exercise program Non–smoking policies Community gym Sporting and recreational clubs Swimming pools Fitness facilities in parks and along trails Public toilets Community Events eg Orroroo Half Marathon Shaded facilities Newsletter features School use of sport/recreation facilities</p>	<p>Parks, Reserves, Playgrounds Sporting ovals Cycling and walkway facilities BMX track Footpath maintenance and upgrades Use of irrigated water for parks, reserves and ovals Interpretative signage Plaques and memorials Smoke–Free Policies Walking trails Master Plan for sporting facilities Street tree shading in summer Recreation Areas Development Plan Policy</p>	<p>Business support of community events Food producers Liquor Licensing Outdoor Dining Policies Newsletter features and advertising Orroroo Market</p>

<p><b>Preparing for Climate Change</b>  (resilience to direct and indirect impacts on health and wellbeing)</p>	<p>Adaptation Planning Shade sails in playgrounds/open spaces Community engagement and awareness Newsletter promotions Risk management Education re heat stress for most vulnerable including older and isolated residents. Protection of heritage sites</p>	<p>Central LGA Vulnerability Assessment Community and Emergency Risk Management Plan. Development Plan Policy Biodiversity – new plantings Energy reduction initiatives in Council buildings and facilities eg solar public lighting Cycling and walking infrastructure. Protection of remnant native vegetation Protection of trees and streetscapes.</p>	<p>Business promotion Support for home based business</p>
<p><b>Sustaining and Improving Public and Environmental Health Protection</b> (food safety, immunisation, communicable disease and emergency planning)</p>	<p>Monitoring of communicable diseases Immunisation Targeted programs Community education</p>	<p>Regulation of cooling towers and warm water systems, public swimming pools, waste control systems. Waste Oil and green waste drop off facilities Newsletter features Community and Emergency Risk Management Plan. Support for CFS</p>	<p>Business monitoring Awareness raising Information/Education Newsletter promotions Food inspections.</p>

**Notes**

1. 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.

### 3. A Snapshot of the Region

The District Council area is well known for its natural environment and rich legacy of historic towns and properties. The Council is situated in the southern Flinders Ranges and the area is a popular tourism destination for visitors. Also to the north lies Lake Eyre, a vast inland seasonal lake which is a popular tourism destination because of its spectacular bird life. The area also attracts residents and visitors because of the unique charm of localities and heritage character dating back to the farm settlements of the 1880s.<sup>5</sup>

The area is approximately 3 hours' drive north of Adelaide and one hour east of Port Augusta. The district has two major towns - Orroroo and Carrieton, with smaller historical localities at Eurelia, Black Rock, Yatina, Pekina, Johnburgh and Belton. These were farm townships originally surveyed in the 1800's. Orroroo is located at the intersection of two major road transport routes from the eastern states, Northern Territory and Western Australia. The region also boasts access to rail networks for the transport of goods to the north, east and west.<sup>5</sup>

The Council area offers a range of services including a major hospital, health care and professional services, Area School (Reception to Year 12), School/Community Library, Aged Care facilities, community and culture associations and a variety of sporting clubs which are well supported.

The primary commerce in the region is the production of food/agricultural commodities including cereal production and cattle and sheep meat production and wool production. These activities are conducted on relatively large holdings.<sup>5</sup>

In 2011, the population of the Council area was approximately 890 and the median age of residents was 49 years.<sup>6</sup> The population has decreased by 0.5% since 2006.<sup>7</sup>

The Council is committed to reversing this decreasing trend by promoting the good lifestyle and quality of life which the area offers as well as facilitating the development of new employment opportunities and attracting new residents, particularly retirees to the 'lifestyle' developments on offer.<sup>4</sup>

Close to 40% of the population is aged 55 years and over with the largest proportion in the 55 to 64 years age bracket (20%). Children and young people comprise around a quarter of the population with 14% aged less than 14 years.<sup>6</sup>

There are many variations in the profile for the District Council of Orroroo Carrieton, both from the non-metropolitan profile and between males and females. For males, there are larger proportions of children aged 0 to 4 years and males at middle and older ages; for females, the higher proportions are in the 15 to 19, 40 to 59 and 70 years and over age groups.<sup>9</sup>

Aboriginal and Torres Strait Islander people comprise a small proportion of the population with approximately 20 persons living in the District Council of Orroroo Carrieton at the last ABS Census in 2011.<sup>9</sup>

The majority of the population was born in Australia. A small number were born in countries where English is not the primary language spoken including Germany and the Netherlands.<sup>6</sup>

Approximately 10% more residents living in the community aged 0 to 64 years reported at the 2011 Census that they had a profound or severe disability, compared with the non-metropolitan area overall in 2011. However, the proportion of the eligible population receiving the Disability Support Pension (8.3%) is similar to the proportion for the non-metropolitan area (8.2%).<sup>9</sup>

The Index of Relative Social Disadvantage (IRSD), derived by ABS from 2011 Census data has a base of 1000 for Australia: scores above 1000 indicate relative lack of disadvantage and those below indicate relatively greater disadvantage. The IRSD score of 993.968 for the Council area indicates a level of slight disadvantage but is higher than the non-metropolitan area overall (962).<sup>9</sup>

## 4. The Planning and Reporting Process

As part of the planning process, consultation was undertaken with residents and a range of local and regional agencies through a series of public meetings and face to face interviews. An initial audit of local needs was used as the basis for discussion during consultation about current initiatives, key issues and gaps and further opportunities for promoting health and wellbeing.

A key aim of the Public Health Plan is to improve partnerships across groups and organisations working in the region, to facilitate better health outcomes. The Plan helps to clarify relevant stakeholders for various health and wellbeing initiatives.

A report on progress in relation to the Plan will be prepared every two years in accordance with the *SA Public Health Act 2011*.<sup>1</sup> A review of the Plan will be undertaken every five years. The annual report will address the progress being made in implementing the strategies identified in Section 6.

The priorities identified in *Lifestyle for Health* will help to further integrate health and wellbeing into Council's strategic directions in the upcoming review of the Strategic Plan.

In future planning cycles, the option to participate in the development of a joint regional public health plan with other District Councils will be considered.

## 5. State of Health

The state of health provides the context for identifying key public health issues and opportunities. The data provided is based on a snapshot of the most recent information available. As data changes over time, it will be reviewed as part of the five year cycle for public health planning and considered in updating the priorities for the Council area.

The main data source used to assess the state of health in the area is the Population Health Profile prepared by the University of Adelaide Public Health Information Development Unit (PHIDU).<sup>9</sup> Statistics for the District Council of Orroroo Carrieton for a number of health and related indicators are not available because of issues relating to the area's small sample size. However, other regional and local reports and anecdotal information received during consultation have helped compile a more complete profile for the area.

The statistics are generally expressed as a percentage of the total population and compared with the percentage for the average rate for the non-metropolitan region overall.

Table 2 below summarises the conditions and information which has been considered in assessing the community's state of health and identifying potential priority issues. They have been grouped according to four pillars for wellbeing: personal health, social health, economic health and environmental health. As part of the assessment, key Council and other local initiatives have been identified as well as gaps in service provision and other issues which were raised during community consultation.

**Table 2 – State of Health Framework**

Personal Health	Social health and wellbeing	Economic health and wellbeing	Environmental health and wellbeing
Access to services	Community Strengths	Economic Activity/ Tourism	Natural and built environment
Mental health	Culture and Heritage	Demographic factors	Water resources and water quality
Lifestyle health	Community participation	Education	Climate change
Ageing and health	Positive Ageing	Broadband	Transport, walking and cycling trails
Childhood and Youth Health	Transport and access	Socio-economic factors	Emergency Management
Immunisation	Sport and recreation	Housing	Environmental health protection

## 5.1 Personal Health

This section provides a snapshot of the health status of the population as well as health risk factors linked to preventable disease and lifestyle related disease.

'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'.<sup>2</sup>

There are no quick solutions to the complexity of lifestyle problems but Local Government is in a unique position to collaborate with a range of stakeholders to advocate and address issues and work towards the vision of healthier and more active communities.

### Access and use of local health services

Continuing access to health services is a primary concern for the community, particularly in view of ongoing concern that the Orroroo Hospital and Allied Services could be reduced. This is of utmost importance given the demand for services. Substantially more people within the District Council of Orroroo Carrieton were clients of community health services in 2009-2010, with a rate 35% above the non-metropolitan area.<sup>9</sup> However, in the same period, the number of General Practitioner services provided to the population was 3.9 per head, the lowest in the Yorke and Mid North Region.<sup>10</sup> These indicators reflect both demand for services and their availability locally.<sup>9</sup>

Adequate access to services is also important given the ageing of the population and the focus on attracting new and older residents to the region to boost population. Without adequate services it will not be possible to attract new residents and increase population. This in turn impacts on the ability to attract new staff to provide services. In view of the importance of the issue, Council will continue to support calls for continued and expanded services for the hospitals and the support agencies that are affiliated with them.<sup>11</sup>

The Orroroo Hospital provides acute care beds for short term recovery such as post-surgery, post-natal, general medical care and ambulance services, as well as community beds which are generally used to capacity. The Hospital also provides or coordinates a number of community services including Aged Care, Doctor's Medical Clinic, Men's Shed, Home and Community Care (HACC) programs and Meals on Wheels.<sup>11</sup>

Orroroo Hospital is part of the Mid North Yorke Lower North and Barossa (MNYLNB) group controlled from Port Pirie. The priorities in the MNYLNB Implementation Plan for the first three years are mental health and drug and alcohol services.<sup>11</sup>

Country SA Primary Care Network (formerly Medicare Local) is active in the area with a regional base at Pt Augusta.<sup>11</sup>

Other key data relating to the level of use and access to health services is summarised below:<sup>9</sup>

- The rate of admission to a South Australian hospital was 22% higher than the non-metropolitan area in 2009-2010.
- The rate of admission for potentially avoidable conditions was 40% higher than the non-metropolitan area in 2005-2007.
- The proportion of the population (13.7%) providing unpaid assistance to persons with a disability, a long-term illness or problems related to old age was 16% above the non-metropolitan area in 2011 (11.8%).

Due to the rate of hospital admissions which are potentially avoidable through preventive health care and early disease management, local hospital staff may be able to identify facilities or support which are needed to help prevent the need for hospitalisation.<sup>11</sup>

It is also difficult for residents to access a number of health and other services in Adelaide due to a lack of transport options. This can result in less take up by those in need.<sup>11</sup>

### **Lifestyle health**

The District Council of Orroroo Carrieton in partnership with neighbouring Mid North Councils has been working to address obesity and improve levels of physical activity through the Healthy Communities project. Funding for this program however, was discontinued in 2014. Programs in Orroroo included the Community Gym which is strongly supported by the Council, the installation of outdoor exercise equipment and expansion of home veggie patches through the Gardens Program.

During consultation, the difficulty in accessing fresh fruit and vegetables was noted. Older residents have suggested that a community garden be developed to increase access to fresh food and vegetables, provide social contact and promote healthier eating.<sup>11</sup>

The statistical data on the level of health risk factors and lifestyle problems for the District Council of Orroroo Carrieton is limited. Indicators currently available include the following:

- 23.3% of pregnant women who gave birth over the three years 2008 to 2010 reported smoking during their pregnancy, 12% above the non-metropolitan rate (20.8%).<sup>9</sup>
- In 2007-2008, 16.7% of the population aged 15 years and over estimated that their health status was fair or poor.<sup>10</sup>

The premature mortality rate for females per 100,000 population (337.3 deaths) in the period 2006-2010, was 93% higher than the non-metropolitan average (196.2 deaths), while the premature mortality rate for males per 100,000 population (236.0 deaths) was 28% less than the non-metropolitan average (327.2 deaths).<sup>9</sup>

Similarly, the median age at death for males over the five-year period 2003 to 2007 was higher in the District Council of Orreroo Carrieton (81.5 years) than the non-metropolitan average of 76 years.<sup>9</sup>

The median age at death for females (81.0) was lower than the non-metropolitan average (83.0) but was similar to the rate for males.<sup>9</sup>

Local agencies were not aware of these statistics and further investigation is considered warranted.<sup>11</sup>

Findings regarding personal health are based on anecdotal information and feedback from agencies, as well as statistical data. Promotion of healthy lifestyles - more exercise, healthy eating, quitting smoking and reducing drinking, are considered important.

### **Children and young people**

In 2009, the Australian Early Development Index (AEDI) was undertaken nationwide and provides a picture of early childhood development outcomes for Australia. Information was collected on children in their first year of school, using a teacher-completed checklist. 41.2% of children (less than ten children) in their first year of school in the District Council of Orreroo Carrieton, were assessed under the AEDI measure as being developmentally vulnerable on one or more domains.<sup>9 10</sup> This was 82% higher than the non-metropolitan rate of 22.6%.<sup>9</sup>

The rate of immunisation of infants at one year of age (99.8%) was 8% above the non-metropolitan average (92.6%) and exceeds the State target.<sup>9</sup> The data indicates that the immunisation service currently provided by the Hospital and ancillary services is working well. Service providers are often in close contact with families with children requiring immunisation.<sup>10</sup>

For future planning and review, it would be helpful to be able to source statistics for older children as well.

During consultation, growing community concern over the use of methamphetamines among young people was raised, in particular the drug commonly known as 'ice' or 'crystal meth'. A number of parents are unsure how to address the problem, the associated anti social behaviour and the apparent ease with which it can be obtained in terms of cost and access, as well as a lack acceptance among some parents. The problem is a concern in many other rural areas as well and a community-wide response is recommended. Educational and awareness raising resources for parents, children, young people, schools and the wider community are available. As a first step, local health services will contact Drug and Alcohol Services SA in Port Pirie to seek help to bring agencies together and map out a strategy to address the problem.

A comprehensive Youth Needs Analysis which was undertaken in the Mid North in recent years, identified a number of issues including drugs and alcohol.<sup>12</sup> A total of 59 young people from the area participated in the survey. Challenges include an increasing risk of under-age consumption, the existing community culture, inadequate policing of hotels and licensed clubs and monitoring the enforcement of identification checks.<sup>12</sup> It was noted during consultation that alternatives for the wider community in addition to the Friday night get-togethers at the pubs, would also provide healthier role modelling for children and young people.

### **Mental Health**

The Child and Adolescent Mental Health Service (CAMHS) provides services for children and young people with emotional, behavioural or mental health problems and their families. The proportion of the population aged 0 to 19 years who were clients of CAMHS between 2008 and 2010 was substantially less than the rate for the non-metropolitan area (less than a fifth).<sup>9</sup>

According to 2009-2010 estimates, there were also around 50% less clients aged 18 years and over of community mental health services, compared to the non-metropolitan area. Care needs to be taken when interpreting the data however, as the level of access may be related to the availability of the services to the community.<sup>9</sup> In 2007-2008, 10.9% of the population aged 18 years and over experienced high or very high levels of psychological distress.<sup>10</sup>

The SA Health Mid North Cluster Youth Analysis 2014, identified mental health (including social support) as a key issue.<sup>12</sup> The challenges identified included the following:

- Limited youth-specific health and wellbeing services and resources available in the region.
- Inadequate referral pathways for youth requiring extra mental health support.
- Limited access to youth-specific mental health services across region.
- Limited age-appropriate health and well-being education to secondary school students in the region.
- Limited resilience, and adaptive life skills education within the present school system.

During consultation to develop the Public Health Plan, it was also noted that mental health problems are a major challenge to health service providers. The impact of mental health on families and friends can be significant. Issues raised included a lack of staff and inadequate facilities at both a regional and local level. The lack of anonymity in smaller communities can also discourage people from seeking help. Council will continue to advocate for adequate mental health services for the community.<sup>11</sup>

Statistics show that there were no deaths from suicide of people aged 0-75 years in the period 2006-2010.<sup>9</sup> However, during consultation the concerning levels of suicide risk and isolation felt by a number of rural residents was raised.<sup>11</sup>

## Ageing and health

The Council supports 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.

In 2011, 64.4% of the population aged 65 years and over were receiving an Age Pension (18% below the non-metropolitan average of 78.5%).<sup>8</sup>

Home and Community Care (HACC) programs provide support services to help older people maintain their independence and remain living safely in their own home. Services provided by the hospital in the Council area include housework, gardening, personal care, maintenance, social support and transport. In 2011, 18.6% of HACC clients lived alone (compared with the non-metropolitan area of 27.9%).<sup>9</sup> The isolation of older people living at home was raised as a significant concern during consultation and the need to provide more social support to them.

A review of the Council's Strategic Plan last year identified the emerging needs of older residents and that greater emphasis should be placed on services for them.<sup>11</sup> This is particularly important as the population continues to age with around 40% of the population currently aged 55 years and over.<sup>6</sup> It is also important given the priority of attracting new older residents for lifestyle developments.

## 5.2 Social Health

Community strength is a key measure of the health and wellbeing of a community and indicators include social participation, perceptions of the local community and the way people relate to each other in their local community. Promoting connected communities is important for fostering a sense of vibrancy and positive attitude particularly in times of difficulty and stress.

Sporting activities in particular play a significant role in connecting people and strengthening a sense of belonging. There are many active clubs and associations in the area and the Council offers significant support for sport and recreation facilities including ovals, swimming pools in Orroroo and Carrieton, bowling greens, netball and tennis courts.<sup>9</sup> The range of sporting clubs also includes football, golf, cricket, football and Little Athletics. Equestrian activities are well supported in Carrieton.<sup>11</sup>

The Council is committed to the further development of facilities including the development of the Master Plan for the Recreation Ground to investigate a sport and recreation hub.<sup>11</sup> The upgrading or replacement of the Orroroo Swimming Pool will involve considerable expense in the coming years but was raised during consultation as a priority.<sup>11</sup> The relocation of the swimming pool to the oval in the future was also suggested. The relocation of the gym to the sports oval to consolidate facilities with the exercise equipment and children's playground was also suggested during the consultation to increase use and access.<sup>11</sup>

Community events supported by Council are also important to connect communities and to celebrate history, culture and diversity. Examples include the Carrieton Campdraft and Rodeo, Half Marathon, 'a Brush with Art' and the 2015 celebrations to commemorate 150 years of Goyder's Line and its crossing of the Council area.

Opportunities for involvement in community and civic life are important for building community strength. Opportunities include a range of community events, consultation and engagement in Orroroo as well as other townships, funding and in-kind support for community groups as well as providing volunteer opportunities. The District Council of Orroroo Carrieton provides annual Community Grants utilising cropping revenue and this is particularly important for local sporting clubs as an ongoing source of revenue.<sup>11</sup>

The rate of volunteering is a good indication of community participation, as well as trust, support and social networks. At the time of the 2011 Census, 45% of Council residents aged 15 years and over were undertaking volunteer work with an organisation, compared to 26.6 for the non-metropolitan region overall; this was the highest rate in the Yorke and Mid North Region.<sup>6 10</sup> The local Probus Club in Orroroo is very strong and provides a social connection function and the Progress Association in Carrieton is active. Volunteering is also essential to the operation of much needed services such as the Visitor Information Centre. As volunteers age however, the number of volunteers and their availability, is diminishing.<sup>11</sup>

As the rate of offences per 1000 population decreased by 73% between 2008 and 2012 it is likely that the area is also considered to be relatively safe by its residents.<sup>13</sup>

Community programs offered at Council facilities provide the opportunity for residents of all ages to learn and exchange new skills and increase awareness of other services and facilities available to them. These include library programs and the Men's Shed. Community management of facilities such as the Carrieton Swimming Pool and community halls also provides for civic involvement.

Community and public art programs help to strengthen local identity, sense of place, and liveability, particularly if they are developed in conjunction with the community. The Council is committed to fostering creativity and artistic expression within the community. Celebration of cultural heritage and diversity can be celebrated and preserved through visual arts, music, theatre, dance, digital arts and local history projects; for example, History Week, NAIDOC Week, the annual Brush with Art and SALA Living Arts Festival etc.

### **Children and young people**

The need to provide opportunities for alternative recreational activities for those not interested in traditional or formal sport was raised; for example the BMX track. Suggestions included consulting with young people to find out what they want and involving them in organising activities; film nights or a Youth Club at the Memorial Hall; and enlisting support from local clubs and groups such as Probus. The need to provide for activities other than traditional sport should also be considered as part of developing the Master Plan for the Orroroo Recreation Ground.

The Mid North Youth Analysis identified a link between the limited number of non-traditional sporting and recreational opportunities to the mental health and wellbeing of young people. It also noted the limited number of youth specific events on offer.<sup>12</sup>

The Council acknowledges that involving young people in particular is critical to facilitating activities which are effective, meaningful and relevant to them and to encourage them to remain in the area. The Youth Survey identified a number of issues including the need to mentor young people into volunteer roles, expand the range of roles available and increase confidence to participate etc.<sup>12</sup>

In recent years, around 20 high school students participated in training and skills development through the Council's Youth Engagement Program.<sup>14</sup>

Priority	Opportunity
<p><b>Maintain and expand local health services</b></p> <p>Data - premature death; high rate of avoidable hospital admissions.</p>	<p>Continue to lobby for no reduction in services. Advocate for increased services including older residents and mental health services and adequate transport. Options to attract more staff. Investigate further with local health services and identify what other programs and services needed.</p>
<p><b>Personal Health Issues</b></p> <p>Smoking Alcohol &amp; Drug Use</p>	<p>Increase community awareness of issues and help available. Distribute educational materials; displays/promotional events. Educational programs in schools and library. Guidance from DASSA. Continue Good Sports Program.</p>
<p><b>Mental Health</b></p>	<p>Advocate for increased access to services. Identify other programs needed in consultation with health services. Alternative recreation options for young people.</p>
<p><b>Children and Young People</b></p> <p>Immunisation  Vulnerable Children  Recreation</p>	<p>Continue to promote take up of immunisation. Monitor immunisation take up rate for older children. Schools and local health services to investigate needs of children particularly from lower income families. Implement actions from regional youth survey (subject to resources). Youth specific events and activities. Broader range of community activities.</p>
<p><b>Connected community</b></p> <p>Events Culture and heritage Community arts  Social isolation</p>	<p>Continue support for community events. Cultural events and celebrations for NAIDOC, heritage etc. Review planning policies: promote age friendly and Child-friendly environments. Public/community art initiatives. Library resources in languages other than English. Expand social support services/lifelong learning/community garden/community arts. Options to boost internet connections.</p>
<p><b>Increased physical activity</b></p>	<p>Sporting hub development - Master Plan in progress. Investigate relocation of swimming pool to Oval. Heart Foundation Walking Groups and resources. COTA SA Healthy Lifestyles program. Review planning policies to promote healthy active communities (Heart Foundation resources and guidance).</p>
<p><b>Healthier eating habits</b></p>	<p>Review Council catering policy. Investigate establishment of Community Gardens on Council land/schools/hospital grounds. Availability of OPAL resources through SA Health. Investigate options to improve access to fresh food.</p>
<p><b>Mental Health</b></p>	<p>Advocate for increased access to services. Identify other programs needed in consultation with health services. Alternative recreation options for young people.</p>

## 5.3 Economic Health

### The local economy

The primary commerce in the District Council of Orroroo Carrieton is the production of food and agricultural commodities including cereal production, as well as cattle and sheep meat production and wool production. The district produces a variety of crops for grain, silage and feed, including wheat, oats, barley, beans, oilseeds, legumes, chickpeas, lentils, lupins and hay.<sup>5</sup>

The region is experiencing steady growth in food production, mining and engineering services, solar and alternative energy production, tourism and aged care facilities. A diverse mix of shopping and retail outlets is available in the Council area and neighbouring Councils.

The development of the tourism industry in the Flinders Ranges, has led to Orroroo becoming a service centre for tourists who visit the area, along with the towns of Hawker and Quorn in The Flinders Ranges Council. The full potential of tourism as an economic generator for the region is yet to be realised. Further development of tourism, including 'agri-tourism' and associated support industries will increase opportunities for employment and the economic base of the area.<sup>5 15</sup>

Opportunities also exist to increase the number of home-based businesses and creative industries.

The Council is committed to working with business, industry and government to ensure that further economic opportunities are supported through sound planning and investment in regional infrastructure.<sup>5</sup>

### Socio-Economic Indicators

There is an association between socio-economic status and chronic diseases risk factors such as self reported smoking, alcohol misuse, physical inactivity and excess weight. It is therefore important to consider the capacity of communities when assessing health status.

In 2011, 27.8% of the population held a Pensioner Concession or Health Care Card. Although this is a little less than the non-metropolitan average of 29.0%, the level of relatively low income has important implications for the range of services which may be needed.<sup>9</sup> Lower incomes are also more likely to restrict participation in social and community activities.<sup>11</sup>

Education is also a crucial 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.

Schools, Trade Training Centre, local community groups, Council and other agencies play an important role in providing both formal and informal training and education opportunities for a range of age groups. Libraries and community facilities provide skills development programs and classes. Accessibility to the internet also influences education and access to information and lifelong learning activities. At the time of the 2011 Census, 32.9% of the population had no internet connection at home.<sup>6</sup> This highlights the importance of the rollout of broadband.<sup>11</sup>

In 2011, participation in secondary education and engaging in work or fulltime study rated higher than the non-metropolitan area overall.<sup>9</sup>

#### Key socio-economic and education data in 2011 for the Council area:<sup>9 6</sup>

- There were fewer than 20 beneficiaries receiving unemployment benefits (Newstart Allowance or Youth Allowance) in June 2011.
- 12.6% of 16 year olds were not in full time secondary education as at June 2011, which was 31% lower than the non-metropolitan average (18.3%).
- 100.0% of the 15 to 19 year old population was engaged in work or full-time study – 30% higher than the non-metropolitan area (76.7%).
- Median total personal income was \$433 per week
- Median total family income was \$1090 per week

These figures provide indicators of socio-economic wellbeing although there are gaps in available data for important issues such as the number of young people who leave the area for work or the level of underemployment in the community.<sup>15</sup>

#### Housing

The proportion of the housing stock rented from Housing SA at the 2011 Census was 64% lower than for the non-metropolitan areas overall (2.0% compared with 5.5%).<sup>9</sup>

A slightly lower proportion of low income households were assessed as being under mortgage stress at the 2011 Census (9.7% compared with 10.4% in the non-metropolitan areas overall). The level of rental stress (5.5%) was much less (76%) than the non-metropolitan average of 23.0%.<sup>9</sup> Median rent in 2011 in the Council area was \$71.00 per week.<sup>6</sup>

A range of housing is available in the District Council of Orreroo Carrieton and a number of houses are vacant.<sup>11</sup> As the Council is committed to attracting new residents to the area including retirees, the availability of affordable and suitable accommodation is important.

The rate per 1000 population of high and low level residential aged care places (140.9) in the region in 2011 was 70% above the rate across the non-metropolitan area overall (83.1).<sup>9</sup> This does not include the six new independent living units recently constructed.<sup>11</sup>

Priority	Opportunity
<p><b>Access to Internet</b> Broadband rollout</p>	<p>Advocate for rollout for high speed broadband. Options to increase access to internet for those not connected.</p>
<p><b>Vibrant public places</b></p>	<p>Continue support for community events/festivals and street fairs. Support for cultural and heritage initiatives. Markets/Produce Fairs. Review planning policy to activate spaces.</p>
<p><b>Population growth</b></p> <p>Attracting new residents and retirees</p> <p>Retaining young people and attracting them back.</p>	<p>Investigate range of options eg newly arrived immigrants. Promote low cost of housing and availability, good lifestyle and community spirit. Work with peak bodies eg Council on the Ageing, Australian Retired Persons of Australia etc. Advocate for retention of hospital, health and community services. Advocate for timely delivery of infrastructure. Broader range of recreational activities.</p>
<p><b>Employment Opportunities</b></p> <p>Encourage new businesses (home based, cultural, health related etc).</p> <p>Expand tourism opportunities.</p>	<p>Review planning policy to facilitate new business development. Joint promotional programs with Government and Regional agencies – clean food and agricultural production centre. Investigate funding sources. Investigate local/regional Economic Development Plan. Sealing landing strip at airport.</p>

## 5.4 Environment for Health

The natural and built 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.<sup>2</sup>

Promoting environmental sustainability in the region is fundamental to the future health of the community as well as building resilience to environmental impacts such as climate change and water security.

The District Council of Orroroo Carrieton is characterised by a largely unspoilt natural environment and spectacular scenic landscapes including the Flinders Ranges. Appreciation of the natural environment has been promoted through the development of walking and cycling trails, conservation parks and reserves. Horse Shoe Range, Mookra Tower and Pekina Creek Reservoir are examples of popular tourist sites as well as the Flinders Ranges.

Due to the extensive clearing of native vegetation since European settlement, protection of remnant areas including those along roadsides is important for biodiversity conservation.<sup>15</sup> Volunteer environment and revegetation groups can play a significant role in this, as well as promoting sustainable green environments. South Australia's largest river red gum is located along Pekina Creek and Carrieton is known for the beautiful gum trees which surround the town.

The Council maintains and upgrades facilities in line with plans and policies such as the Roadside Vegetation Management Plan and Community Land Management Plan.<sup>16</sup>

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

State Government and local planning policy aims to encourage population and employment growth, building on strengths whilst balancing the need to protect existing character, amenity and tourism values.

### **Water resources**

Current water resources are reaching their sustainable limits and overuse of water resources is resulting in falling groundwater levels and rising salinity.<sup>15</sup> Major water users include agriculture, general industry, municipal watering, tourist facilities and domestic users.<sup>15</sup> A number of towns have been abandoned partly because of unreliable water supply.<sup>16</sup>

Providing safe and reliable drinking water is a priority for the Council.<sup>4</sup> Water quality in Orroroo is a major concern for the Council and community.<sup>16</sup>

Council strategies aim to minimise water consumption such as promoting rainwater collection and increased water efficiency in the community.<sup>14</sup> A stormwater reuse scheme has been developed in Orroroo, with Stage 1 implemented in 2011.

The Council aims to further develop the recycling process of stormwater and greywater but constraints include evaporation and the cost of equipment.<sup>4</sup>

### Preparing for Climate Change

Climate change mitigation and adaptation is a priority. Council is part of the regional Integrated Climate Change Vulnerability Assessment, undertaken through the Central Local Government Region of SA Inc.<sup>17</sup> Declining rainfall, increased threat of bushfire and higher evaporation rates pose risks to urban water security in the region.<sup>17</sup> Adverse impacts on agricultural land may also occur due to the decrease in fertility caused by declining rainfall. Other potential impacts of climate change include costs to agriculture from increased pest plants and animals, diseases and the impact on tourism due to lost eco-tourism and amenity value.<sup>17</sup>

The Vulnerability Assessment report also highlights potential health and wellbeing impacts of climate change caused by direct changes in climate such as increased temperature, as well as indirect impacts such as mental health issues caused by the problems associated with drought.<sup>17</sup>

A range of measures are promoted including the use of renewable energy and strengthening resilience and adaptability of ecosystems and biodiversity; for example, through native plantings.<sup>4</sup> The use of renewable energy was captured in a joint solar public lighting project with The Flinders Ranges Council - Energising the Flinders, with grant funding obtained through the Australian Government.

A comprehensive Community Emergency Risk Management Plan (CERMP) has been developed by the Council to respond to the increasing risk of more frequent and intense natural events such as bushfires, heatwaves, flood and drought.<sup>16</sup> The Council manages the critical infrastructure for responding to these events including sewage, rubbish disposal, roads, drains, communications and the airstrips. The Plan emphasises the need for coordination and community mobilisation during emergency situations. However, the Council is facing a declining volunteer base especially due to the ageing of the population and administrative constraints.<sup>16</sup> The Plan also highlights that 3% of residents require mobility assistance and special planned care in the event of an emergency.

## Sustaining and Improving Public and Environmental Health Protection

The Council provides a range of public and environmental health protection services in conjunction with The Flinders Ranges Council. The Environmental Health Officer responds to a range of environmental health issues across the areas of notifiable disease control, sanitation, vector control, air and water quality and hazardous substances management.

Council's role also includes managing the health risks inherent to recreational water use and wastewater management. Public swimming pools are routinely monitored to ensure that water quality complies with the legislative requirement and that facilities are properly maintained. Wastewater works at two sites were approved in 2014-2015.<sup>18</sup> Three High Risk Manufactured Water Systems (HRMWS) were also inspected during the same period, in order to minimise the risk of legionella.<sup>18</sup>

Food safety is promoted through the inspection of food premises under the *Food Act 2011*. During the financial year 2013-2014, 18 inspections of mainly medium to high risk premises, were conducted including 9 follow up inspections. Written warnings and improvement notices were issued to four premises.<sup>18</sup> The Council also has an animal management plan for dogs, cats and birds.

Council is committed to keeping the district clean and hygienic by providing waste management services including kerbside waste and recycling collection and access to a waste depot and transfer station. Recent statistics show that recyclables comprise around 27% of total waste collected.<sup>5</sup> The recycling scrap steel is undertaken by a contractor. These measures help to reduce illegal dumping.

Specific hazardous waste such as sharp waste and asbestos are also managed by the Council. An asbestos wall in the canteen of the Orroroo swimming pool was recently removed.

## Transport, Walking and Cycling

The majority of households in the area have a motor vehicle.<sup>8</sup> However, for the 5.1% who do not have a car, there are difficulties in accessing health, welfare and other community services which are not available locally.<sup>8 11</sup> Public transport to access services in larger centres is limited and use of the ambulance is not favoured as it results in the service being absent from the community.<sup>11</sup>

A weekly return bus service to Adelaide (Mid North Passenger Service) is available through the Northern Passenger Transport Network – a joint Local, State and Federal Government HACC initiative involving the Councils of Mount Remarkable, Peterborough, Northern Areas, Port Pirie Regional, Flinders Ranges and Orroroo Carrieton. The service is coordinated by the District Council Mount Remarkable. Upon arrival in Adelaide, a taxi is generally required to access services as well as an overnight stay. Only limited assistance is available on the service for frail older persons.<sup>11</sup>

Regional bus services include a service to Peterborough on Thursdays and Fridays and a weekly return bus service to Port Pirie on Thursdays and Pt Augusta on Fridays, with stops at various towns en route.

Council provides a local community bus and the Hospital has access to a community car but both services usually require a volunteer driver being available.<sup>11</sup>

During consultation, it was suggested that when the Community Bus is replaced consideration should be given to providing lift facilities for wheelchairs. This would increase access and help alleviate social isolation for a number of community members. It would also be of considerable benefit in the event of emergency evacuations - there is only one Ambulance available which may be committed elsewhere.<sup>11</sup>

The maintenance and improvement of footpaths is important for safe walking and the prevention of falls particularly for those with mobility problems, older residents and users of motorised "gophers". During consultation, it was suggested that a number of key sections of footpaths could be sealed to help prevent falls and increase safety, access and independence. Possible locations include the shopping area and nearby services such as the Hospital and Health Centre.<sup>11</sup>

Council is also responsible for Orreroo airport. A sealed landing strip at the airport has been suggested in view of the decreasing number of volunteer drivers for the Ambulance service and to provide for an all weather facility.<sup>11</sup> It would also help to ensure the retention of the Ambulance in the district rather than having to take patients to distant medical services.<sup>11</sup>

Priority	Opportunity
<p><b>Active Transport</b> Increasing safety and access Increasing cycling and walking</p>	<p>Investigate sections of footpaths which may need sealing. Review planning policy. Continue support for walking and heritage trails. Improve linkages between trails and destinations.</p>
<p><b>Natural Resources</b> Water Biodiversity</p>	<p>Continue to lobby for improved water supply in Orroroo including funding for a desalination plant. Support for volunteer groups. Investigate further options for capture, storage and reuse of stormwater. Tourism opportunities.</p>
<p><b>Public Transport</b> Limited options East –West linkages Access for those with mobility problems.</p>	<p>Explore further opportunities for regional cooperation to expand community transport service. Advocate for improved public transport options. Investigate installation of wheelchair lift in Community Bus.</p>
<p><b>Climate Change</b></p>	<p>Implement recommendations of regional assessment. Continue to advocate for adequate mental health services.</p>
<p><b>Environmental Protection</b></p>	<p>Continue community awareness of range of issues. Promoting safety of food storage and handling at events and market/s etc. Business education and follow –up. Promote further recycling. Consider an enforcement policy. Investigate new system for waste water disposal in Orroroo town centre.</p>
<p><b>Emergency Management</b></p>	<p>Implement actions of CERMP. Sealing of landing strip at airport. Coordination of services at local level. Vulnerable residents.</p>

## 6. Strategies for Lifestyle Health

Suggested strategic directions for *Lifestyle Health* have been developed based on the outcomes of the state of health assessment, community consultation, 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: <sup>2</sup>

- 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.

Key priorities have been selected and/or grouped together from the tables in the Plan. Strategies have been developed for each key priority. In the tables below, the proposed key priorities and strategies have been classified into three themes:

- Personal and Social Health
- Economic Health
- Environmental Health.

Linkages to the State Public Health Plan Priorities 1-4 and other State Government and regional plans and policies are also identified for each key priority.

## 6.1 Personal and Social Health

Priorities	Strategies for Personal and Social health	Potential Partners	Relevant State Government and Regional Plans and Policies
<b>6.1.1 Healthy living</b>			
Maintain and improve access to health services. All weather landing strip.	<ul style="list-style-type: none"> <li>Continue to advocate for existing services to be maintained and expanded where necessary (mental health, services for older residents, drug and alcohol etc).</li> <li>Request local health services to investigate statistical trends and provide/seek context or further breakdown of data (the higher rate of premature death and avoidable hospital admissions).</li> <li>In conjunction with local health services, seek data to monitor the rate of immunisation of older children.</li> <li>Seek funding for the sealing of the landing strip at the airport.</li> </ul>	SA Health RDAYMN LGA Local and regional health services PHIDU (Uni Adelaide) Uni SA Rural Health Unit (Whyalla) DCSI	SA: <i>A Better Place to Live</i> - P 1, 2. State Strategic Plan and Priorities. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013.
Increase mental health support.	<ul style="list-style-type: none"> <li>Continue to advocate for improved services particularly for at risk rural residents and young people.</li> <li>Encourage the continuation and expansion of local social and support activities particularly for isolated residents.</li> </ul>	SA Health RDAYMN Local and regional health services Local community groups DCSI	SA: <i>A Better Place to Live</i> - P 1, 2. State Strategic Plan and Priorities. Mid North Cluster Youth Needs Analysis (SA Health) 2014. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013.
Reduce risk factors: physical activity, healthy eating, smoking, alcohol and other drug use.	<ul style="list-style-type: none"> <li>Continue to support the initiatives established through the Healthy Communities Program.</li> <li>Continue to access and promote information packs to raise awareness and promote change: OPAL, Heart Foundation, Quitline (Cancer Council); DASSA etc.</li> <li>Investigate options for coordination of local walking/exercise groups (Heart Foundation Walking Group; COTA SA Healthy Lifestyles Program etc).</li> <li>Raise awareness through Goyder's Line Gazette, website, social media My Local Services App etc.</li> <li>Continued promotion by clubs of responsible service of alcohol.</li> <li>Investigate options to establish a Community Garden to increase access to fresh food.</li> <li>Continue to support markets offering fresh food options.</li> </ul>	SA Health RDAYMN Local and regional health services Local community groups and clubs. Peak health education bodies COTA DCSI PIRSA Eat Local	SA: <i>A Better Place to Live</i> - P 1, 2. State Strategic Plan and Priorities. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013. Eat Well Be Active Strategy. Aboriginal Health Care Plan. Chronic Disease Action Plan for SA. South Australian Tobacco Control Strategy. Active for Life – Office for Sport and Recreation Strategic Plan.

Priorities	Strategies for Personal and Social health	Potential Partners	Relevant State Government and Regional Plans and Policies
<b>6.1.2 Health and young people</b>			
Drug and alcohol use.	<ul style="list-style-type: none"> <li>• Support request for help from regional DASSA to map out a strategy to address the number of young people using methamphetamines (ice in particular).</li> <li>• Request distribution of educational materials to parents and educational programs in schools as a matter of urgency.</li> <li>• Help raise awareness that the problem requires a coordinated, community wide response.</li> <li>• Implement the recommendations of the Mid North Cluster Youth Analysis (subject to availability of resources).</li> <li>• Continue to lobby for youth specific mental health services.</li> </ul>	SA Health (DASSA Port Pirie) Schools Local health services All community groups DECD RDAYMN	SA: <i>A Better Place to Live</i> - P 1, 2. State Strategic Plan and Priorities. Mid North Cluster Youth Needs Analysis (SA Health) 2014. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013.
Range of Recreational Options. Alternatives to formal sport. Lack of youth specific events. Lack of transport.	<ul style="list-style-type: none"> <li>• Support youth involvement in organising youth specific events and other alternative recreational activities to traditional sport.</li> <li>• Examine options through Master Planning process for Recreation Ground.</li> <li>• Investigate improved transport options for young people to access social activities.</li> </ul>	SA Health RDAYMN Local and regional health services Local community groups DCSI NPTN DPTI	SA: <i>A Better Place to Live</i> - P 1. State Strategic Plan and Priorities. Mid North Cluster Youth Needs Analysis (SA Health) 2014. Building the State of Wellbeing – A Strategy for SA. Active for Life – Office for Sport and Recreation Strategic Plan.
<b>6.1.3 Strong and connected community</b>			
Opportunities to gather and celebrate. Wider range of social outlets. Reduce social isolation.	<ul style="list-style-type: none"> <li>• Continue to support and potentially expand the number of community events and celebrations; for example to celebrate culture, history and heritage, NAIDOC Week etc.</li> <li>• In conjunction with local groups consider options to expand the range of social outlets available particularly on Friday nights; for example film nights, dinners etc.</li> <li>• Continue to advocate for improved community and public transport particularly for older residents and young people.</li> <li>• In conjunction with local health services and schools, review needs of vulnerable children and lower income families to determine the type of assistance which may be required.</li> </ul>	SA Health RDAYMN Local and regional health services Schools Local community groups DPTI DCSI County Arts SA	SA: <i>A Better Place to Live</i> - P 1, 2. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013. Building the State of Wellbeing – A Strategy for SA.
Community involvement. Volunteering. Leadership.	<ul style="list-style-type: none"> <li>• In conjunction with local services, groups and clubs, facilitate mentoring for residents including young people, to take up volunteer positions becoming vacant.</li> <li>• Promote volunteer and leadership opportunities through Goyder's Line Gazette, website, social media My Local Services App etc.</li> </ul>	Local services Schools Local community groups and clubs	SA: <i>A Better Place to Live</i> - P 1. State Strategic Plan and Priorities. Building the State of Wellbeing – A Strategy for SA.

## 6.2 Economic Health

Priorities	Strategies for Economic Health	Potential Partners	Relevant State Government and Regional Plans and Policies
<b>6.2.1 Growth in population</b>			
<p>Attracting new residents.</p> <p>Retaining young people in the local area and attracting them back.</p>	<ul style="list-style-type: none"> <li>Continue to advocate for retention of hospital, health and related services.</li> <li>Continue to promote availability of affordable housing, particularly lifestyle units for retirees.</li> <li>Continue regional approaches to expand training and employment opportunities for young people.</li> <li>Promote the design of attractive and vibrant main street and public areas through planning policy, street fairs, events and markets etc.</li> </ul>	<p>SA Health RDAYMN Neighbouring Councils Business operators Local community groups CLGR DECD DPTI</p>	<p>SA: <i>A Better Place to Live</i> - P 1. State Strategic Plan and Priorities. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013. State Planning Strategy (Mid North Region) 2011.</p>
<b>6.2.2 Access to internet</b>			
<p>Delay in rollout of high speed broadband. Increase computer access.</p>	<ul style="list-style-type: none"> <li>Continue to advocate for rollout of broadband.</li> <li>Examine options to increase access for residents who not connected to the internet eg through library, Men's Shed, Council etc</li> </ul>	<p>RDAYMN CLGR Schools Local community groups Local health services</p>	<p>SA: <i>A Better Place to Live</i> - P 1. State Strategic Plan and Priorities. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013</p>
<b>6.2.3 Employment Opportunities</b>			
<p>Encourage new business eg creative, cultural and health related.</p>	<ul style="list-style-type: none"> <li>Review planning policy to ensure support for business growth and home based employment (subject to progress of Planning, Development &amp; Infrastructure Bill 2015)</li> <li>Investigate the feasibility of developing a local/regional Economic Development Plan.</li> </ul>	<p>RDAYMN CLGR Neighbouring Councils Business operators Growers/Industry Groups DPTI</p>	<p>SA: <i>A Better Place to Live</i> - P 1. State Strategic Plan and Priorities. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013. State Planning Strategy (Mid North Region).</p>
<b>6.2.4 Tourism Growth</b>			
<p>Identify further opportunities. All weather landing strip.</p>	<ul style="list-style-type: none"> <li>Continue to promote area as a clean, food and agricultural production centre eg to attract those interested in agri-tourism.</li> <li>Seek funding for the sealing of the landing strip at the airport.</li> <li>Continue to promote and support further development of walking and cycling trails and associated events and promotions.</li> </ul>	<p>RDAYMN CLGR Neighbouring Councils DPTI SA Tourism Southern Flinders Tourism Authority PIRSA Eat Local</p>	<p>SA: <i>A Better Place to Live</i> - P 1. State Strategic Plan and Priorities. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013.</p>

## 6.3 Environmental Health

Priorities	Strategies for Environmental Health	Potential Partners	Relevant State Government and Regional Plans and Policies
<b>6.3.1 Water Quality</b>			
Orroroo town water supply.	<ul style="list-style-type: none"> <li>Continue to lobby for improved quality of drinking water in town centre.</li> <li>Continue to seek funding for a desalination plant.</li> </ul>	SA Health NY Region NRM Board RDAYMN CLGR DEWNR	<i>SA: A Better Place to Live</i> – P 1, 4. State Strategic Plan and Priorities. NYR NRM Plan 2009-2018. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013.
<b>6.3.2 Protection of natural resources</b>			
Limited water resources. Biodiversity conservation.	<ul style="list-style-type: none"> <li>Investigate further options for capture, storage and reuse of stormwater.</li> <li>Continue to encourage business and community to take up initiatives to conserve water.</li> <li>Facilitate and support community revegetation projects.</li> <li>Continue to incorporate strategic remnant vegetation sites in Roadside Vegetation Management Plan.</li> </ul>	NY Regional NRM Board RDAYMN Local community groups Schools DEWNR	<i>SA: A Better Place to Live</i> - P 3, 4. State Strategic Plan and Priorities. <i>Water for Good</i> . NYR NRM Plan 2009-2018 RDAYMN Regional Plan 2013-2016 and Roadmap July 2013. <i>No Species Loss</i> .
<b>6.3.3 Climate Change</b>			
Adaptation. Mitigation. Vulnerable residents.	<ul style="list-style-type: none"> <li>Implement the recommendations of the CLGR Vulnerability Assessment Report and the Community Environmental Risk Management Plan (subject to availability of resources).</li> <li>Continue to encourage business and community to take up initiatives to reduce energy consumption.</li> <li>Investigate further initiatives to reduce energy in Council facilities.</li> <li>Raise awareness of vulnerable residents about how to manage heat stress.</li> <li>Continue to lobby for local mental health services.</li> </ul>	Neighbouring Councils RDAYMN CLGR Business Operators Local health services SA Health RDAYMN DEWNR	<i>SA: A Better Place to Live</i> – P1, 2, 3, 4. State Strategic Plan and Priorities. NYR NRM Plan 2009-2018. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013. CLGR Integrated climate change vulnerability assessment 2030 (2011). Climate change adaptation framework for SA.
<b>6.3.4 Transport access</b>			
Expand transport options. Access for young people and those who are mobility impaired.	<ul style="list-style-type: none"> <li>Advocate for improved public transport options including east-west linkages and further regional strategies.</li> <li>Investigate funding for new community bus with a lift facility to enable access for wheelchairs and personal motorised vehicles.</li> </ul>	RDAYMN CLGR DPTI DCSI NPN Neighbouring Councils	<i>SA: A Better Place to Live</i> – P1, 2. State Strategic Plan and Priorities. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013.

Priorities	Strategies for Environmental Health	Potential Partners	Relevant State Government and Regional Plans and Policies
<b>6.3.5 Emergency Management</b>			
Air transport. Vulnerable residents. Health Impacts.	<ul style="list-style-type: none"> <li>Implement the recommendations of the Community Environmental Risk Management Plan (subject to availability of funding) and integrate health impacts.</li> <li>Investigate funding to reseal the landing strip at Orroroo airport.</li> <li>Raise awareness of vulnerable residents about how to respond during emergencies.</li> </ul>	RDAYMN CLGR DPTI DCSI NPN Neighbouring Councils	SA: <i>A Better Place to Live</i> – P 1, 4. State Strategic Plan and Priorities. SA Health Public Health and Emergency Management Plan. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013.
<b>6.3.6 Environmental Health Protection</b>			
Food safety (Business, markets, fairs etc).	<ul style="list-style-type: none"> <li>Continue to educate business operators and the wider community to raise awareness of food safety issues – storage and handling.</li> </ul>	Business operators Community groups and clubs. Market stallholders.	SA: <i>A Better Place to Live</i> – P 1, 4. State Strategic Plan and Priorities.
Reduce waste to landfill.	<ul style="list-style-type: none"> <li>Promote increased recycling by community and business operators through Goyder’s Line Gazette, website, social media My Local Services App etc.</li> <li>Consider incentives to reduce waste to landfill.</li> </ul>	Residents Business Operators Growers and Industry Groups	SA: <i>A Better Place to Live</i> – P 1, 3, 4. State Waste Management Strategy. CLGR Waste Management Strategy 2014 – 2020. RDAYMN Regional Plan 2013-2016 and Roadmap July 2013.
Wastewater disposal.	<ul style="list-style-type: none"> <li>Investigate options for to improve the disposal of wastewater within town centre of Orroroo (in progress).</li> </ul>	SA Health Residents Business Operators	SA: <i>A Better Place to Live</i> – P 1, 4.

## 7. Acronyms

ABP	Annual Business Plan
ABS	Australian Bureau of Statistics
CAMHS	Community and Mental Health Services
CERMP	Community Emergency Risk Management Plan
COTA (SA)	Council on the Ageing (SA)
CLGR	Central Local Government Region of SA
CWMS	Community Wastewater Management System
DASSA	Drug and Alcohol Services of South Australia
DCSI	Department of 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
HACC	Home and Community Care
IRSD	Index of Relative Social Disadvantage
LGA	Local Government Association (SA)
NAIDOC	National Aboriginal and Islander Day Observance Committee
NYNRM	Northern and Yorke Natural Resource Management
NPTN	Northern Passenger Transport Network
OPAL	Obesity Prevention and Lifestyle Program (SA Health)
PHIDU	Public Health Information Development Unit (Adelaide Uni)
RDAYMN	Regional Development Australia Yorke and Mid North
SMP	Strategic Management Plan
P 1-4	Priority Areas 1-4 State Public Health Plan <i>South Australia: A Better Place to Live</i>

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## Appendix A - Linking the Strategic Plan 2010-2014 with the State Public Health Plan

District Council of Orroroo Carrieton Strategic Plan 2010-2014	State Public Health Plan				
	SP1-Building Stronger and Healthier Communities	SP2-Increasing Opportunities For Healthy Living	SP3-Preparing for Climate Change	SP4-Improving Environmental Health	System Building Actions
<b>1. Develop Economic Strengths and Population Stability and Growth</b> By growing the economy and population base by providing affordable housing, employment opportunities, education and appropriate community facilities and services.	✓				✓
1.1 Providing affordable residential land for new housing developments.	✓				
1.2 Develop a range of alternative housing options and the options to increase the occupancy of existing residential dwellings	✓				
1.3 Creating and providing external education, training and employment opportunities to support local industry, school leavers, mature students, and new residents to the region.	✓				
1.4 Develop an "Orroroo Lifestyle" package, building on our Clean, Green Safe Image	✓		✓	✓	
1.5 Create population growth with targeted attraction of skilled labour to the district.	✓				
1.6 To support our business base by providing marketing and networking opportunities, and the uptake of new skills and technology.	✓				
1.7 By leading and supporting new business ventures in the district.	✓				
<b>2. Provide, maintain and enhance our infrastructure, natural and cultural assets.</b> Preserve community and cultural values by providing, maintaining and upgrading community infrastructure and investing in infrastructure that enhances future community services.	✓	✓		✓	
2.1 By providing appropriate road networks that maintain access to existing properties and are fit for use by all users.	✓	✓			
2.2 By providing, maintaining and upgrading community amenities.	✓	✓		✓	
2.3 By providing, maintaining and upgrading community recreation facilities.	✓	✓			
2.4 By preserving and protecting the region's historical assets and the region's unique cultural identity.	✓	✓			
<b>3. Preserve, upgrade and maintain the environment</b> To preserve and maintain the built and natural environment while retaining the unique historical and cultural heritage of the district.	✓		✓	✓	
3.1 By providing, maintaining and upgrading community parks and gardens.	✓	✓	✓		
3.2 To keep the district clean and hygienic by providing and maintaining community health and waste management services.	✓		✓	✓	
3.3 To encourage recycling of waste and materials to reduce landfill and the increase the use of recycled materials.			✓	✓	
3.4 To maximise the use of stormwater and greywater resources for community uses.			✓	✓	
<b>4. Provide effective leadership in partnership with the community.</b> To provide leadership through a policy of open communication with the community and ensuring our activities comply with good governance and legislation requirements.	✓				✓

District Council of Orroroo Carrieton Strategic Plan 2010-2014	State Public Health Plan				
	SP1-Building Stronger and Healthier Communities	SP2-Increasing Opportunities For Healthy Living	SP3-Preparing for Climate Change	SP4-Improving Environmental Health	System Building Actions
4.1 To work in partnership with other government agencies to deliver quality and value community services.			✓		✓
4.2 To encourage open community communication.	✓				✓
4.3 To provide good governance and comply with legislation requirements.					✓
<b>5. Provide quality and valuable services for our communities.</b> To ensure services provided by council to the community are appropriate, meet expectations and are delivered in safe and effective way.	✓				✓
5.1 To provide a safe and reliable drinking water supply	✓		✓	✓	
5.2 To maintain and upgrade existing services.	✓				
5.3 To operate the council in a safe and efficient way.	✓				✓