Municipal Council of Roxby Downs
(Roxby Council)

# REGIONAL PUBLIC HEALTH PLAN 2024 - 2029

*Draft for Public Consultation*







DRAFT

Prepared by
**Roxby Council**

***Supporting a Healthy Community***
roxbydowns.sa.gov.au

ROXBY COUNCIL

ROXBY COUNCIL

DRAFT

## Contact Us

Municipal Council of Roxby Downs
6 Richardson Place
Roxby Downs SA 5725
(08) 8671 0010

roxby@roxbycouncil.com.au
www.roxbydowns.sa.gov.au

## Acknowledgement to Country

Roxby Council acknowledges the Kokatha, Arabana, Kuyani, Banggarla peoples, the Traditional Owners and Cultural Knowledge Holders of the lands across this country and pays respect to them, and their Elders past and present.




*2022 Kokatha Art Prize Entrant ShirleyWilliams*

We have a responsibility to listen, learn and walk alongside Aboriginal and Torres Strait Islander peoples to enable our activities to support ongoing connection to their lands, waters, cultures, languages and traditions. We deeply respect and value Aboriginal and Torres Strait Islander custodianship of this land of 65,000 years and beyond.

ROXBY COUNCIL

# CONTENTS


Acknowledgement to Country 3

Our Community 5

Introduction 6

## PART A - SETTING THE SCENE

What is Public Health? 7

Public Health Planning in South Australia 8

Role of Local Government in Public Health 9

The Broad Public Health view of Health 10

The Determinants of Health 11

Health Promotion and Healthy Settings 11

## PART B - OUR COMMUNITY

Our Council 12

Demographics - Who are we? 13

Our Diversity 15

Our Remote Context 16

Health Networks 17

Community Programs 18

Service Mapping 19

## PART C - REVIEW

The Review Process 20

Community Consultation 21

## PART D - ACTION PLAN

Implementation and Evaluation 23

Action Plan 24

## REFERENCES 29


DRAFT




roxby community
THE ROXBY DOWNS
WORLD FOOD MUSIC FESTIVAL


Roxby Downs






Community HUB
#CommunityHub
healthyenvirons





DRAFT

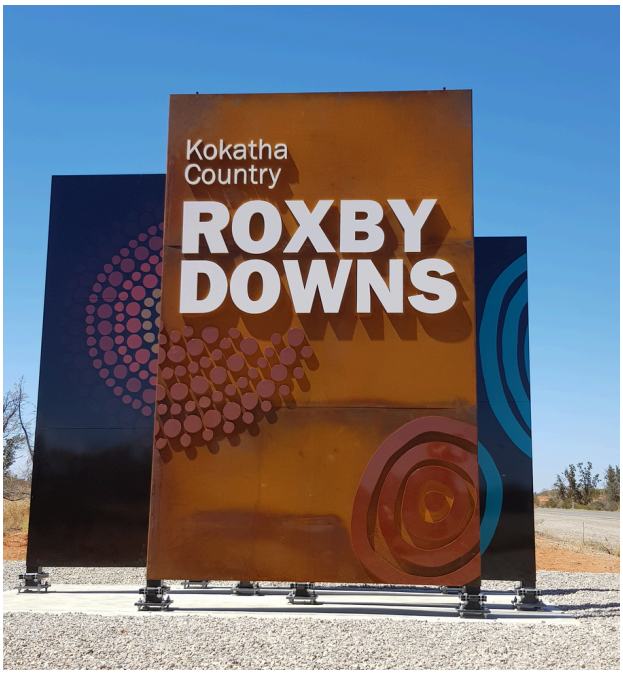
## Introduction

As a remotely located community our residents face many environmental and social challenges. The extreme weather in summer limits opportunities for physical activity, while the separation from family and friends living elsewhere can be isolating and stressful. These factors, together with work and family pressures, can affect the health and wellbeing of people of all ages living in our community.

The Municipal Council of Roxby Downs is committed to supporting the health and wellbeing of every member of the community through the provision of quality facilities, open space and community support programs.

The Roxby Regional Public Health Plan 2024 - 2029 (the Plan) builds on the Roxby Healthy Community Plan (2014-2019) which was the Council's first Regional Public Health Plan developed under Sections 51 and 52 of the *South Australian Public Health Act 2011*. The inaugural Roxby Healthy Community Plan has been reviewed to identify issues, challenges and activities that are still relevant today as well as assess the current capabilities and future needs of our community.

With a high population turnover, residents who were living in Roxby Downs in 2014 are very likely to not be living here today. It is, therefore, important that we consult with representatives from key population groups to identify any emerging trends and issues that were not reflected in the inaugural Plan.




This updated Plan reflects the lived experiences and aspirations of the general population (as determined through recent community consultations). It also draws upon the lessons learned and how our community maintained support and managed public health risks during the period of the COVID-19 global pandemic.[(a)]

Councils are provided with the option to have standalone plans or to collaborate with neighbouring Councils and have regional plans. As the municipality is geographically isolated from other local government areas and has a population demographic unlike any other local government authority in South Australia, the desire to have a standalone plan for Roxby Downs remains.

In undertaking the review process it was recognised that the inaugural Plan is, in the main, still relevant. However, it has been revised to reflect emerging trends and to align with and be consistent with the State Health Plan 2019-2024 and to follow the same four key priorities:

- promote
- protect
- prevent
- progress

The result of this review is an updated Plan that will meet the needs of current residents as well as new residents expected to arrive over the next 5 years. This document is divided into 4 parts:

- PART A - SETTING THE SCENE
- PART B - OUR COMMUNITY
- PART C - REVIEW
- PART D - ACTION PLAN

(a) The World Health Organisation declared coronavirus disease 2019 (COVID-19) as a global pandemic in March 2020 and at the time of writing it was still present in Australia

DRAFT

# PART A - SETTING THE SCENE

## What is Public Health?

Public Health is defined in the *South Australian Public Health Act 2011* (the Act) as the health of individuals in the context of the wider health of the community.

The social view of health recognises that many of the factors influencing health lie outside of the health sector. Intervention is required to change those aspects of the environment that cause ill health, rather than continue to only deal with illness after it appears.[1]

Local Government contributes to the public health function by focusing on environments to support population health (i.e. at the community level). The specific health needs of individuals are addressed via primary health care providers through to specialist health services and hospital care.

Local Government's role in Public Health is broad and varies from Council to council. Differences occur due to geographic location, population size, local demographics and resourcing capabilities.

The main activities undertaken by the Municipal Council of Roxby Downs to support the health and wellbeing of our community are outlined in *Figure 1* below. They range from the provision of services, programs and events (e.g. volunteer programs, cultural activities and celebrations) to the infrastructure Council manages such as the library, community and sporting facilities, playgrounds and the Emu Walking Trail.




*Figure 1 - Public Health activities associated with the Municipal Council of Roxby Downs*

DRAFT

## Public Health Planning in South Australia

The South Australian Public Health Act 2011 provides a statutory framework for local government to pion for protecting the public health of the community; prevent illness, disease and injury; and promote conditions to support community wellbeing.

The South Australian State Public Health Plan 2019-2024 ("State Plan") is the guiding framework for planning at the local government level. The State Plan's vision is for a healthy, liveable and connected community for all South Australians.[2]

The State Plan identifies four priority areas:

1. Promote – build stronger communities and healthier environments
2. Protect – Protect against public and environmental health risks and respond to climate change
3. Prevent – prevent chronic disease and communicable disease and injury
4. Progress – strengthen the systems that support public health and wellbeing

The Act sets out a range of principles which apply to actions associated with public health planning. These are outlined in *Figure 2* and from the framework for the development of our actions.[3]





**PRINCIPLES RELEVANT TO PUBLIC HEALTH**

**Precautionary Principle**
Priorities should be proportionate to the degree of public health risk to the community.

**Proportionate Regulation Principle**
Planning should acknowledge Council's regulatory responsibilities and strategies should adhere to relevant legislation.

**Sustainability Principle**
Public health, social, economic and environmental factors should be considered in decision making and aim to maintain and improve community wellbeing and take into account the interests of future generations.

**Prevention Principle**
Effective planning requires a range of strategies which include governance, education and regulation to ensure public health risks can be prevented and avoided.

**Population Focus Principle**
Planning needs to focus broadly on community health within a region and at the same time consider the needs of certain population groups identified as being at risk.

**Participation Principle**
Individuals and communities should be encouraged to take responsibility for their own health and to participate in decisions about how to protect their own health and the health of their communities.

**Partnership Principle**
The protection and promotion of public health requires collaboration and in many cases joint action across various sectors, levels of government and the community.

**Equity Principle**
Planning needs to promote equality of opportunity and access to public health services. This requires an appreciation of the differing needs of groups such as children, youth, families, the elderly, Indigenous Australians, migrants, refugees and people with disabilities.

*Figure 2 - Principles relevant to public health*

DRAFT

## Role of Local Government in Public Health

The importance of local government in leading local planning for healthy communities and developing programs and infrastructure that can influence the health of the local community is not only recognised in State legislation and government policy but also by the World Health Organisation (WHO).[4]

In South Australia the *Local Government Act 1999* outlines the role and functions of local government. A key element of this legislation is the requirement to encourage and develop initiatives that improve the quality of life of the community. This includes providing for the welfare, wellbeing and interests of individuals and groups and providing health, welfare and community services and facilities.

In South Australia the *Local Government Act 1999* outlines the role and functions of local government. A key element of this legislation is the requirement to encourage and develop initiatives that improve the quality of life of the community. This includes providing for the welfare, wellbeing and interests of individuals and groups and providing health, welfare and community services and facilities.

The *South Australian Public Health Act 2011* (the Act) outlines council responsibilities for developing, maintaining and reporting on a public health plan planning for their local areas. The Act reinforces the statutory role of Councils as local public health authorities for their areas by conferring public health functions.

- to take action to preserve, protect and promote public health;
- to cooperate with other authorities in administering the Act;
- to ensure adequate sanitation measures are in place;
- to have adequate measures in place to ensure that activities do not adversely affect public health;
- to ensure that remedial action is token to reduce or eliminate adverse impacts or risks to public health;
- to identify risks to public health;
- to assess current and proposed activities or development in order to determine and respond to public health impacts;
- to provide or support the provision of educational information about public health and to provide or support activities that preserve, protect or promote public health.

Councils also have other statutory responsibilities relating to public health include administering the *Food Act 2001, Safe Drinking Water Act 2012*, and *Dog and Cat Management Act 1995*, and associated regulations.

*Figure 3* below outlines the various roles of local government in creating environments that support healthy communities.

**Leader/Planner**
Developing strategies and policies that respond to emerging trends and to meet community needs.

**Direct Provider**
Directly provide programs, projects, services and development activities with no resource or funding support from external parties.

**Owner/Custodian**
Managing social, physical and green infrastructure assets.

**Partner**
Working with other organisations to fund and/or deliver projects and programs such as health and wellbeing programs.

**Facilitator/Initiator**
Bringing together and/or engaging with individuals, community groups and other stakeholders to address a shared priority.

**Funding Provider**
Funding programs and activities delivered by community groups.

**Advocate**
On behalf of the community, raise issues with various levels of government in order to improve services.

**Information Provider**
Deliver information to the community that educates and raises awareness of public health matters.

**Regulator**
Administer legislation and undertake legislative roles and responsibilities including: food safety; animal management; and environmental health.

**Promoter**
Highlighting the positive aspects of our community and encouraging individuals and groups to build on those strengths.

*Figure 3 - Principles relevant to public health*

DRAFT

## The Broad Public Health view of Health

According to the World Health Organisation (WHO), health is 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'. Because public health recognises multiple factors influence wellbeing and risk it aims to:

- promote behaviours and environments that protect and promote health;
- modify risks through behavioural and environmental change); and
- prevent ill-health from happening in the first place.

Some important factors influencing health include:

- what people eat and drink;
- how physically active or inactive they are; age and gender;
- what risks they take and/or are are exposed to; and
- individual sense of wellbeing

The Social Determinants of Health (SDH) are defined by the WHO as “the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life”.

We know from the evidence that many non-medical contextual factors affect a person's health, including education levels; where they live; cultural heritage and bonds; family circumstances including income levels, employment and unemployment, discrimination, the kind of work they do; access to core services and the quality of their home life and recreation. These and other factors depicted in *Figure 4* below comprise the social determinants of health.

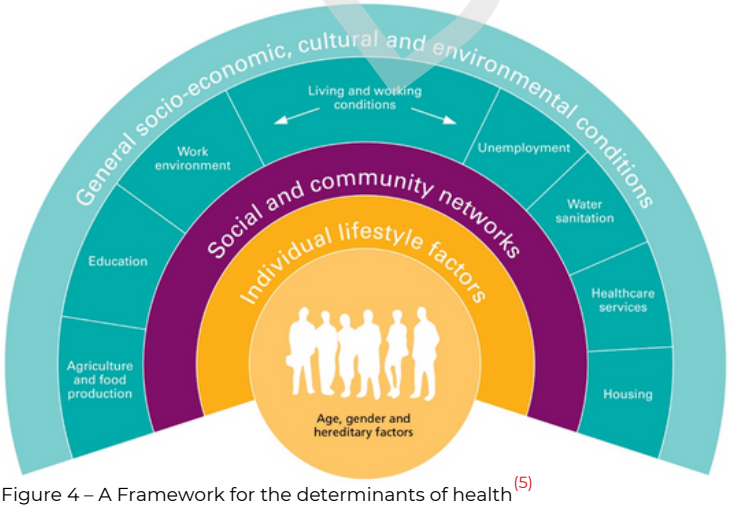



Figure 4 – A Framework for the determinants of health[5]

Rural and remote Australians face unique challenges due to their geographic location and often have poorer health outcomes than people living in metropolitan areas.

In 2017–18, based on self-reported data from the NHS and after adjusting for age, people living in Inner regional and Outer regional and remote areas were more likely to engage in risky behaviours, such as smoking and consuming alcohol at levels that put them at risk of life-time harm, compared with people living in Major cities.[6] Data for daily tobacco smoking from the National Drug Strategy Household Survey 2019 shows the proportion of people aged 14 and over who smoke daily increases with remoteness area.

Family, domestic and sexual violence is a major health and welfare issue in Australia. The ABS 2016 Personal Safety Survey highlighted that women living outside Major cities were 1.5 times as likely to have experienced partner violence than women living in Major cities (23% compared to 15%). For men living outside of Major cities, 6.6% experienced partner violence compared to 5.9% of men living in Major cities (AIHW 2019).[7]

Dominant rural workplace settings such as mining, agriculture, transportation and health, also play an important role in supporting the health and wellbeing of the rural workforce.

## The Cultural Determinants of Health

Roxby Council is committed to working with Aboriginal communities and in doing so we acknowledge the cultural determinants of health which are central to Aboriginal health and wellbeing.

The Roxby Downs community comprises 4.6% of Aboriginal and Torres Strait Islander people.

For Aboriginal and Torres Strait Islander people, a cultural perspective takes a strengths-based approach and acknowledges that stronger connections to culture and country are vital for stronger individual and collective identities.[8] [9]

As identified in the Mayi Kuwayu literature review, there are six overarching domains for describing the cultural determinants of health that are specific to Aboriginal and Torres Strait Islander people. These include: Connection to Country; Family, kinship and community; Indigenous beliefs and knowledge; Cultural expression and continuity; Indigenous language; and Self-determination and leadership[10]

DRAFT

## Health Promotion and Healthy Settings

The WHO highlights the significant relationship between place and health and recognises the Ottawa Charter for Health Promotion. "Health is created and lived by people within the settings of their everyday life; where they learn, work, play, and love." [11]

A Health in Settings Approach was developed by the WHO and locates public health action in the social, cultural and physical places where people live, learn and play.

Being a remote, purpose built mining town, the facilities and settings in which we work, live and play are fundamental in supporting our health and wellbeing in Roxby Downs.

### Our Community Settings

Council utilises a range of health promotion and community awareness raising approaches through social media, local community radio, community notice boards, market day stalls and events such as the biennial Happy Healthy Expo. Health promoting settings is also a consideration across Council facilities (Roxbylink and the Youth Centre) and in partnership with other key settings such as local schools and the Community Hub.

### Settings for Physical Activity

The WHO's strategic objectives to achieve more active people for a healthier world focus on four key areas which are directly relevant to this Plan:

- Create Active Societies
- Create Active Environments
- Create Active People
- Create Active Systems

Roxby Council plays a key role in these focus areas and aims to promote an active and inclusive community through management of high-quality sporting facilities and public infrastructure to promote activity such as the new bike pump track. Access to nature is vital for physical and mental health. Council promotes open space and green settings such as local parks and gardens, the dog park, the Emu Trail and the Roxby community garden.

### Health Promoting Sports Venues

Local sporting venues provide both a location and solution for building good health and reducing health risks. As a health promoting environment they are a whole of population approach to improving physical activity levels and strengthening community connection while reducing behavioural risks such as smoking, alcohol consumption and unhealthy eating. Council is committed to ongoing participation in the StarClub program to promote sustainable, healthy and inclusive sporting venues.

### Local Workplace Settings

Council recognises the importance of promoting health and wellbeing within its own workplace. Our organisational values aim to support staff wellbeing and resilience.

Forums such as the Health Forum and Roxby Round Table provide an avenue for local industry stakeholders to discuss emerging health needs and priorities in the community. Collaborate approaches toward health promotion are often supported, involving local workplace and community settings.

The safety, health and psychological wellbeing of the mining workforce is the industry's number one value and commitment.[12] The South Australian Chamber of Mines and Energy (SACOME) 'Blueprint for Mental Health and Wellbeing' recognises the important role of workplaces in supporting the mental health and wellbeing of all employees. Characteristics of the workforce (their age, gender mix), the nature of the work and the challenges of working and living in often isolated regions (without ready access to social and health service supports) are factors considered in evaluating needs.[13]






DRAFT

# PART B - OUR COMMUNITY

Roxby Downs is a modern and dynamic mining town, located 561 kilometres north of Adelaide in the outback of South Australia. It is a vibrant and young community and home to many families. The town is renowned for its strong sense of community.

Roxby Downs was purpose built in 1988 to accommodate workers from the nearby Olympic Dam operations and their families and to provide a range of services to support the operations and the community.

Olympic Dam is owned by BHP South Australia and comprises both underground and surface operations (processing). The operation is recognised as having one of the worlds most significant deposits of copper, gold, silver and uranium.[14]

Approximately 4,500 people are employed at Olympic Dam with a mixture of both residential and FIFO/DIDO[(b)] workers. The community's interdependence with the mine and focus on families is reflected in the Council's Vision.

Geographically the municipality covers a total land area of approximately 110 square kilometres. The closest towns to Roxby Downs are located outside of the Council area. Woomera is located 70km to the south and Andamooka 30km to the northeast. Roxby Downs acts a service centre for these communities as well as for people living on nearby pastoral stations and the outback towns to the north including Marree.




## Our Council

Council operates a range of municipal services but unlike traditional Local Government also manages power, water and sewerage infrastructure and operations. Municipal services include:

- waste management
- horticulture
- sporting
- recreation and cultural facilities
- open space and playground
- community development activities

The provision of services and facilities that support health and wellbeing is fundamental in addressing the Social determinants of health. Council recognises that physical activity can be undertaken in many ways ranging from organised sport to active forms of recreation.

Regular physical activity supports mental wellbeing.

The Roxby Link recreation and cultural complex comprises a number of facilities that support physical activity including a skate park, pump track, gym, indoor and outdoor pools, splash pad, squash courts, indoor stadiums, outdoor multipurpose courts (netball/tennis) and ovals.

The library, café, cinema, art gallery, auditorium and community youth centre are important facilities for social interaction.




*(b) FIFO – fly in fly out and DIDO – drive in drive out*

## Demographics – Who are we?

The characteristics of people living in our community are unique compared to other regional communities in South Australia. This is strongly influenced by the demographic profile of people working in the mining industry.

As seen in Figure 5[15] (below) there is a higher percentage of males than females (63.97% vs 36.04%) and very few people aged 60 years and over (4.33%). Approximately 25.13% of residents are aged 19 years and under . For this reason the primary health focus for all stakeholders has been on men's health and children and families.

Over the las 15 years, the residential population has fluctuated between 3,954 and 4,826 people.

Population movements within this range have occurred as a result of developments at Olympic Dam including expansion and contraction of mining activities.

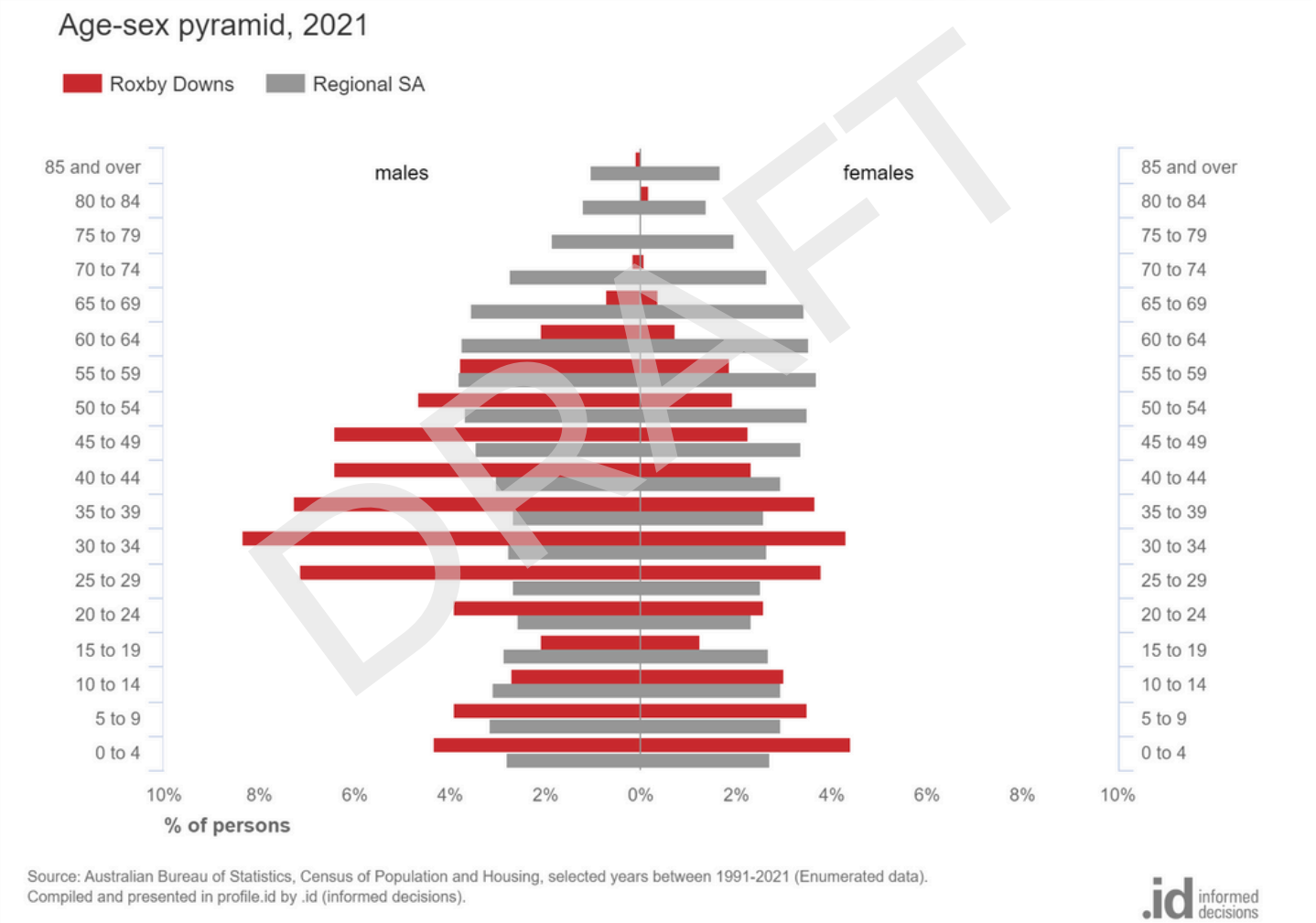



*Figure 5 - Age-Sex Pyramid, 2021 – South Australian Bureau of Statistics*

DRAFT

The young median age of 30 years is influenced by the large population of children and young people aged 0-19 years (25.13%) and low numbers of people aged 60 years and over (4.33%).

The community enjoys high participation in the workforce, high levels of tertiary education and low unemployment compared to the rest of regional South Australia.
The Index of Relative Socio-economic Disadvantage score for Roxby Downs is 1,048. This is above the average score of 905 for regional South Australia. This measure is an indicator that the population of Roxby Downs is more socio-economically advantaged than the regional South Australian average.

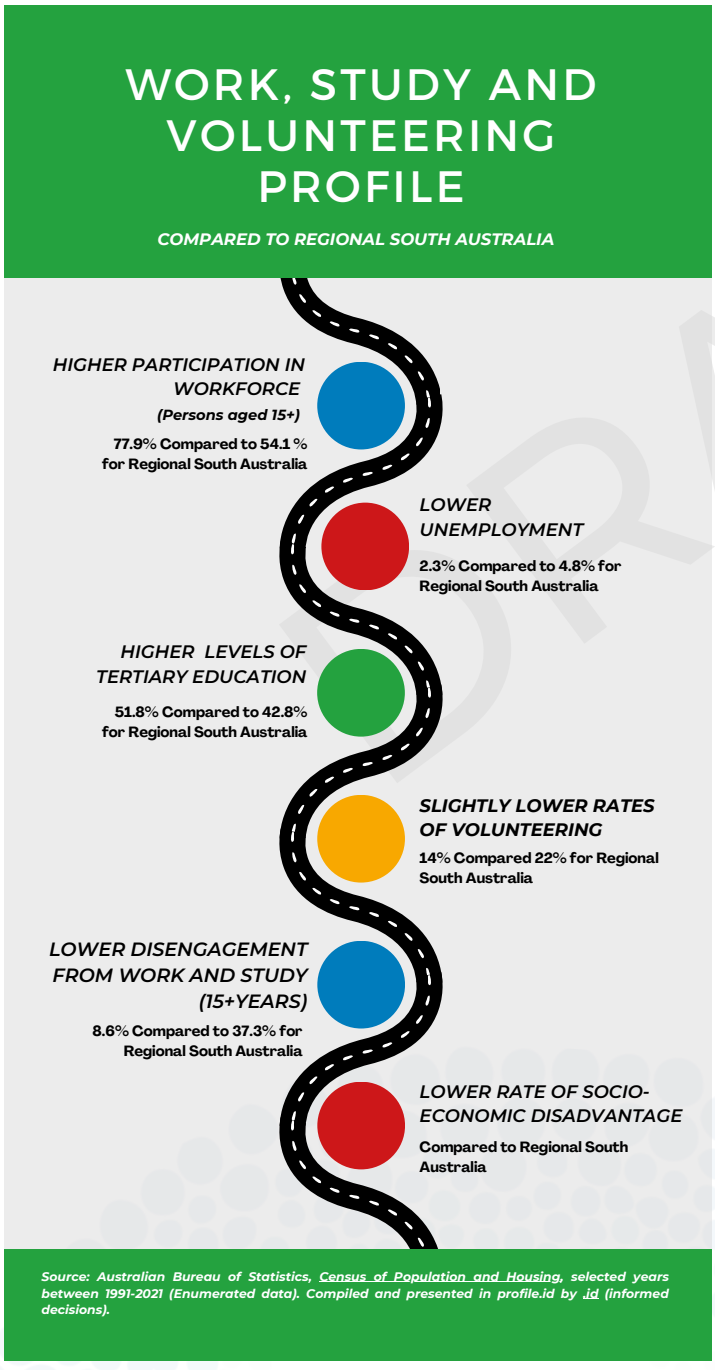
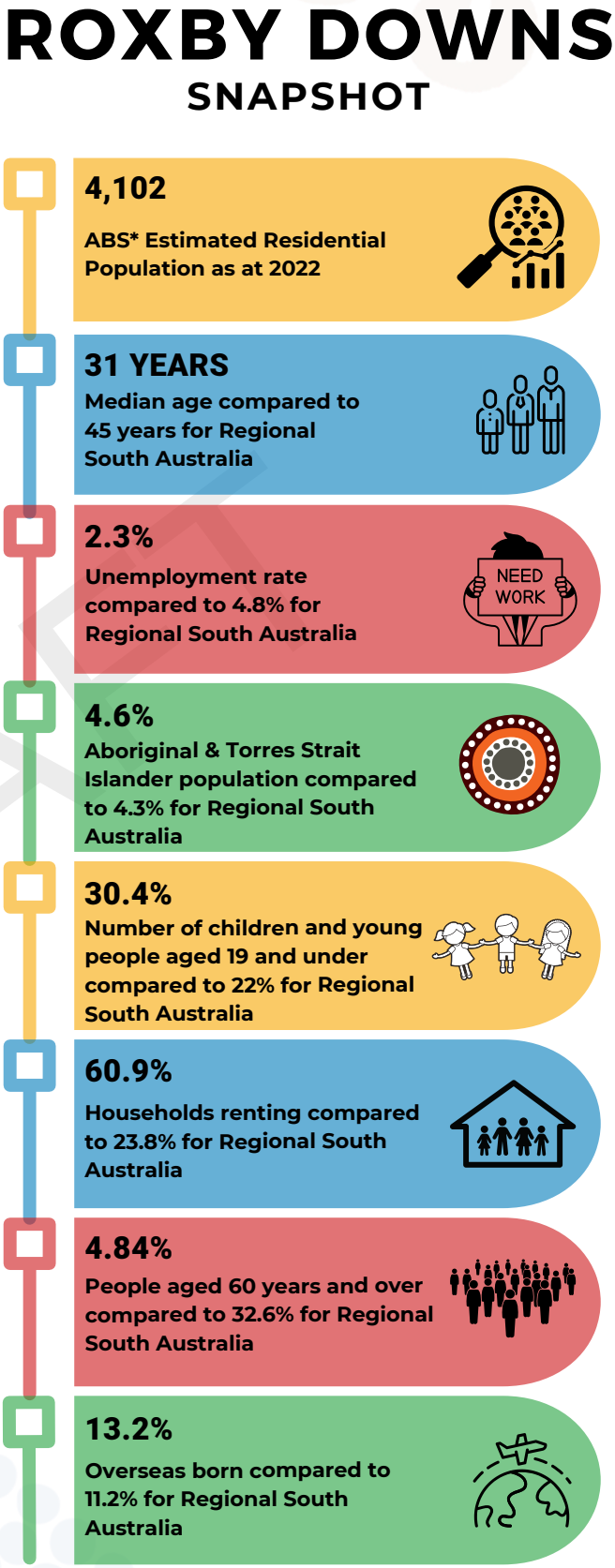



Figure 6 – Work, study and volunteering profile




*Source: Australian Bureau of Statistics (ABS), Census of Population and Housing 2016 and 2021. Compiled and presented by .id (informed decisions).

Label Figure 7 - Roxby Downs Snapshot

## Our Diversity

Roxby is a diverse community. There are niche groups within the community that may have health needs, risks and vulnerabilities to be addressed. Council works with a range of stakeholders such as local schools, the health service, the Roxby Community Hub and BHP to support and recognise the diverse groups across our community, including:

- Aboriginal and Torres Strait Islander community members
- Residents from non-English speaking countries
- Single-parent families
- LGBTQIA+ community members
- Young people (pre-school through to teenagers)
- Parents of children with physical and intellectual disabilities
- New residents who have never lived in a rural area or in the outback before.

Council supports collaboration with various local community groups such as the Family Forum, Multicultural Forum, Minyma Talk Aboriginal Women's Group and School Youth Councils.

### Children and Young People

The percentage of children and young people under the age of 19 years recorded at the 2021 Census was 25.13%. This is slightly higher than the 21.6% recorded for regional South Australia.

### Aboriginal and Torres Strait Island People

Following the 2021 Census, the Australian Bureau of Statistics (ABS) estimated there were 181 (4.6%) people of Australian Aboriginal or Torres Strait Islander descent living in Roxby Downs.
This proportion is slightly higher than that of the regional average for South Australia (4.3%) with an increase of 4% since 2016. The median age is 30 years which is comparable to previous years for non-Indigenous residents.

This population is expected to grow in future years due to continuing growth in Indigenous employment programs initiated by BHP and the Kokatha Aboriginal Corporation (KAC)

### Culturally and Linguistically Diverse

The percentage of people born overseas (13.2%) is slightly higher than that for regional South Australia (11.6%). This segment of the population, however, is represented by small groups from a large number of countries. In 2017 BHP confirmed that there were 33 nationalities working at Olympic Dam[16] which is likely to be reflected within the residential community.

At the time of the 2021 Census there were 443 people in Roxby Downs born overseas in predominantly non-English speaking countries, this represents 6.4% of the population, compared to 1.9% in Regional SA.[17]

The top three non-English speaking countries of birth were the Philippines (2.9%, over twice the Regional SA level), followed by India/Sri Lanka (0.6% respectively, twice the Regional SA level), and Colombia (0.5%, compared to 0% at Regional SA level).

Data from the 2021 Census indicates that overseas visitor numbers to Roxby Downs were much lower, at just 5%, due to border closures associated with the COVID-19 pandemic.

### Humanitarian Program

People entering Australia under the Offshore Humanitarian Program were estimated to comprise just 0.3% of the population in Roxby Downs, this was above the Regional SA rate of 0.2%.

### Family Stream

People living in Roxby Downs in 2016 who entered Australia under the Family Stream were estimated to comprise 1.6% of the population, or more than twice (2.14 times) the level in Regional SA (0.8%).

### Skill Stream

An estimated 196 people living in Roxby Downs at the 2016 Census arrived in Australia under the Skill Stream were, comprising 5.1% of the total population, over four times the level in Regional SA overall (1.2%).[18]



*Australia Day Awards and Australian Citizenship Ceremony 2023*



*World Food and Music Festival*

DRAFT

## Our Remote Context

Living in the outback has many challenges for local residents. There are no long distance public bus services operating to connect Roxby Downs with regional centres and Adelaide. The only transport available to Adelaide is private vehicle or air access through Olympic Dam airport. Travelling by air can at times be be problematic due to the high demand during peak work periods. Travel costs and availability can vary considerably depending on demand. This element is particularly critical at times when local residents needs to access specialist health appointments in Adelaide at short notice.

There are currently no taxi services operating within Roxby Downs. A BHP bus service is available for transportation between the town camps and town centre. Fortunately Roxby Downs is a well-designed town with no houses further than 1.5kms from the central shopping area. A series of walking paths connect the residential area to the main street and with the reasonably flat terrain this makes Roxby Downs a walkable community when the temperatures are not extreme.

Extremely high temperatures in summer (i.e. between 45°C and 48 °C) does limit outdoor activities such as exercise, sport and social gatherings.





*Photographs of Roxby Downs*

The community experiences high population turnover of around 20% per annum.

Population turnover represents the number of people moving into an area plus the number of people moving out in relation to the size of the population. This turnover can disrupt social networks and impact local community capacity and volunteering.

The 2021 Census identified that in Roxby Downs, a lower rate of people did not change address {30.6%}, while a higher rate (52.3%) moved from elsewhere in Australia, and a lower rate (4.2%) moved from overseas. A total of 637 people, or 33.7% of those who moved within Australia, moved within Roxby Downs.[19]





## Health Networks

Organisations operating in Roxby Downs are highly connected with a number of external service providers delivering services traditionally operated by Local Government. These include Immunisation Services (Roxby Downs Health Service), Parent Groups, Health and Wellbeing Programs and a Community Hub supported by BHP.

The Council area is within the Flinders and Upper North Local Health Network (FUNLHN)and the Country SA Primary Health Network (PHN) Catchments.
The interconnectedness of local stakeholders is evident in *Figure 8* with the Roxby Downs Health Forum being a key conduit for all organisations.

A Council representative sits on both the Roxby Downs Health Forum and the Community Hub committee.

### Roxby Downs Health Forum

The Health Forum is a stakeholder based group established as part of the Roxby Downs Community Board Inc. The Health Forum comprises representatives from the Roxby Downs Health Services, Council, BHP, the Community Hub and Country SAPHN along with local GPs and other health practitioners. The Forum's role is to lobby for greater access to health services and build community knowledge and understanding of health and wellbeing through education, information and events.

### Roxby Downs Community Hub

The Roxby Downs Community Hub is proudly supported by BHP in partnership with Health Environs Pty Ltd. The Hub is a safe and welcoming place for locals to connect with others and to access information on relevant supports and services.

Through hub-based activities, as well as outreach initiatives, the Hub aims to promote community wellbeing and foster support for local families living in Roxby Downs, Andamooka and Woomera.

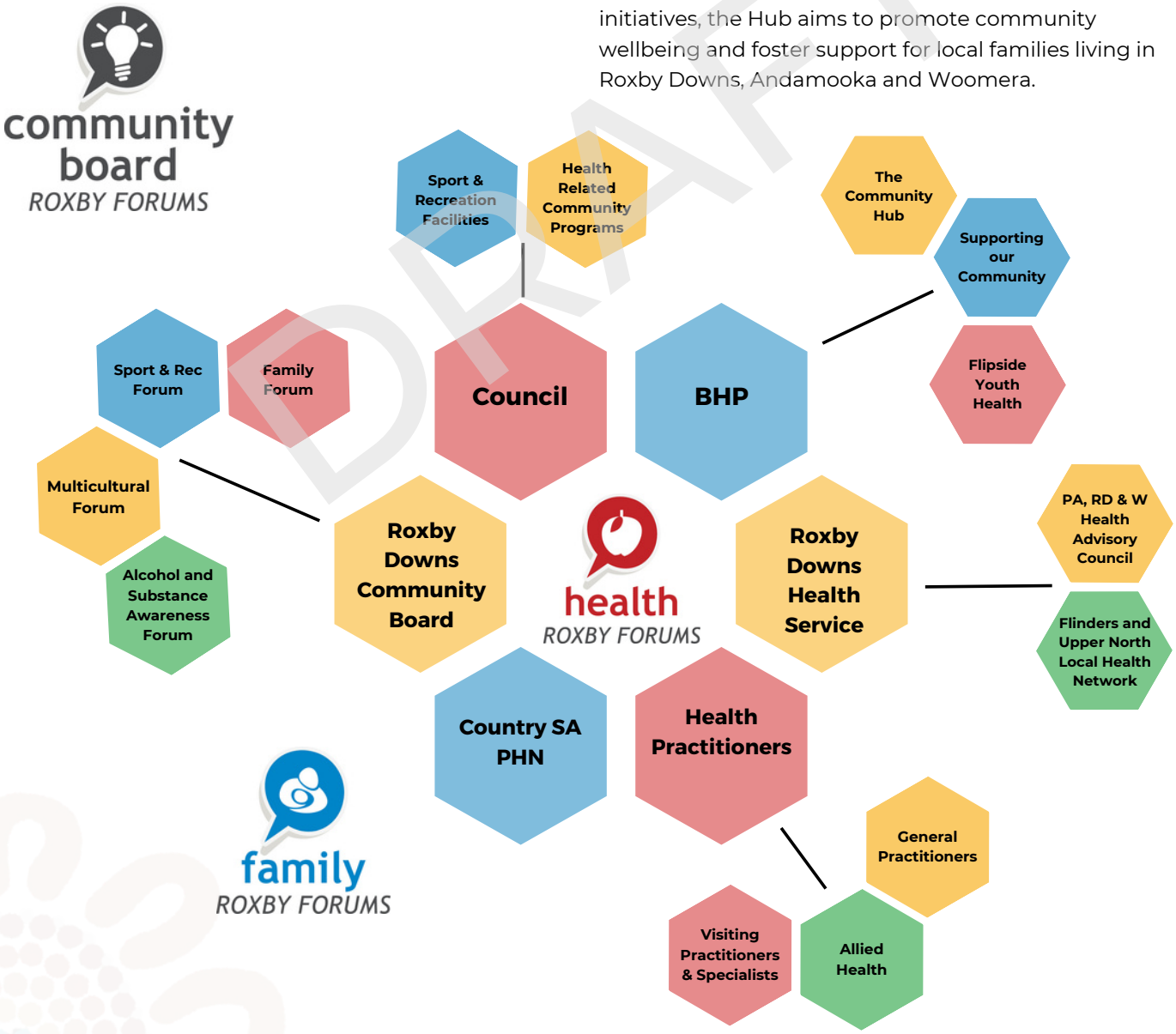



*Figure 8 - Roxby Downs Health Network*

DRAFT

## Community Programs

There are a variety of community programs which are offered by other organisations which address some of the issues raised during the consultations. In these cases Council's role is that of supporter and promoter of these services.

### Flipside

Is a free and confidential Youth support service for 10 to 25 year olds, and is part of the Port Augusta Headspace and provided by Country & Outback Health with funding from BHP.

### Community Hub

Funded by BHP and managed by Healthy Environs. The Hub provides a venue for programs supporting community wellbeing and resilient families and is a drop in centre for information and connecting new residents to town.

The adjacent Innovation Hub is a dedicated working space for tertiary students, aspiring businesses, sole traders and individuals in the community to work independently or collectively in a shared office environment.



*Circus Workshops during Youth Week*



*Community Hub - Family Program*



*Roxby Community Library Program*



*Community Hub - English Conversation Circles*

DRAFT

## Service Mapping

There are a range of health services in Roxby covering primary through to tertiary health care. The role of Council is in the space of planning and creating environments to support the health of the community as a whole. Council also advocates for and sometimes partners with other tiers of health services. The Roxby Health Forum provides the ideal framework for partnership and liaison with other agencies.
Health services in our Community and the various levels of health planning are illustrated in *Figure 9* below.

Public health sits as the foundation of the health service pyramid. Public health is about keeping people well. Investment in public health is essential for reducing demand on the health care system.

| | Focus | Relevant Agencies and Plans |
|---|---|---|
| Tertiary Health Care | Specialty and emergency care services | SA Health<br>Emergency Departments<br>Flinders and Upper North LHN - Roxby Health Service Plan |
| Secondary Health Care | Health services requiring hospital care | Flinders and Upper North LHN - Roxby Health Service Plan |
| Primary Health Care | Commissioning and delivering health serices for people especially those at risk of poor health outcomes* | Country SA PHN – Needs assesssment reports.<br>The Roxby Health Forum is a Country SA PHN Local Health Cluster. |
| Public Health | Health Promotion, Protection, Prevention and Partnerships | Roxby Council Public Health Plan |

* Includes health services across – Aboriginal Health, Aged Care, Alcohol and Other Drugs, Mental Health

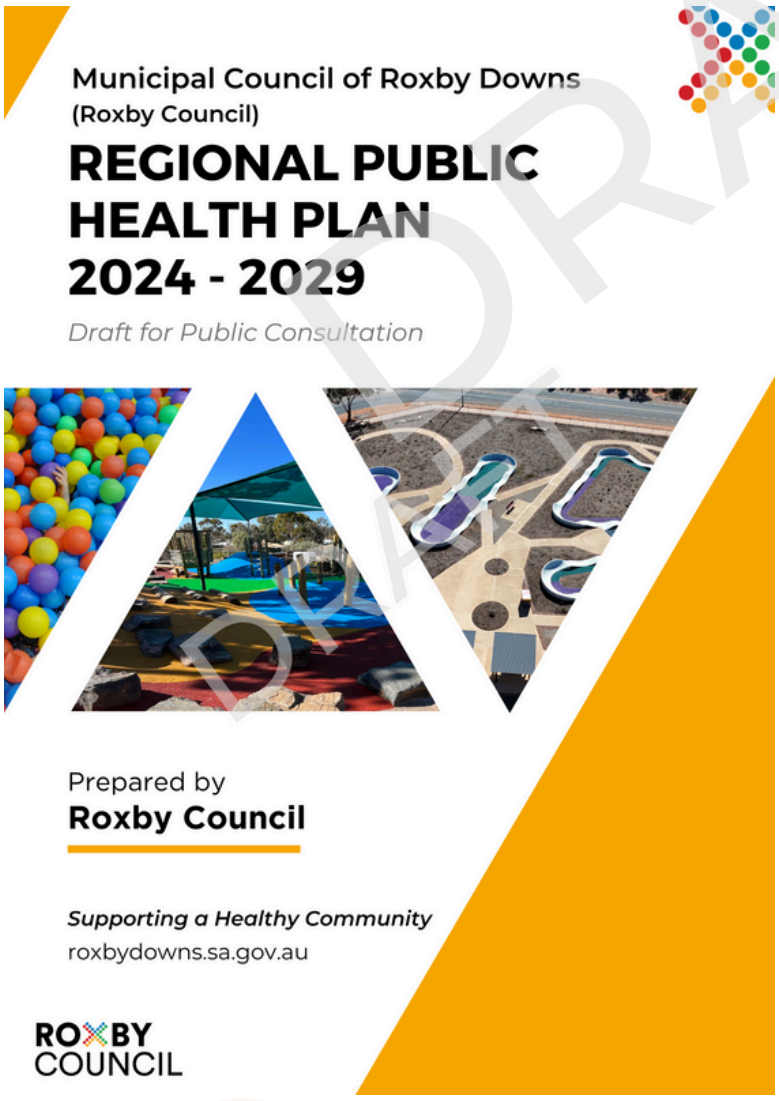
*Figure 9 – Community and the various levels of health planning*



## PART C - REVIEW

To comply with legislative requirements, Regional Public Health Plans must be reviewed at least once in every five years. The review is an opportunity to reflect on whether the Plan is meeting its objectives and whether circumstances have changed (e.g. demographics, resident health profiles). Roxby Council's review also considers key learnings from the first Plan and assesses Council's capabilities to deliver identified actions.

The State Public Health Plan in 2019 which incorporated new priorities, now needs to be reflected in Council's Plan. Various steps were undertaken during the review process (Figure 7), to identify any gaps, omissions or difficulties that might cause elements of the first Plan to be revisited. This process was used to determine whether the Plan requires significant change, minor adjustments or can be retained in its current form.



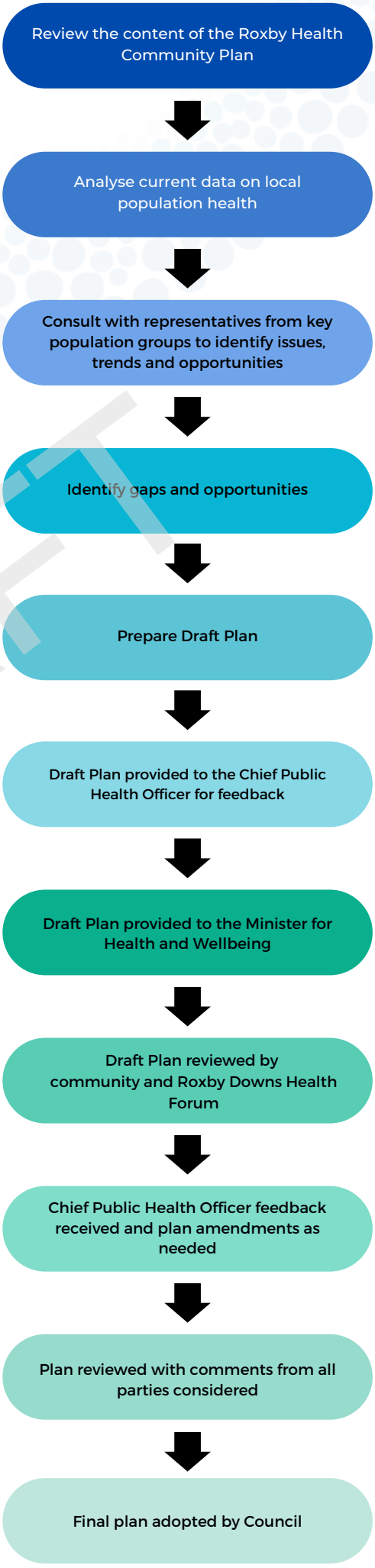




*Figure 10 - Planning Process*

DRAFT

## Community Consultation

The Public Health Plan community and stakeholder consultation has involved various stages. Initial consultation adopted a more targeted approach due to constraints during COVID-19 restrictions. Consultation objectives were primarily to obtain information regarding health priorities to the local community and to review the public health plan in liaison with relevant stakeholders. Council also drew upon consultations undertaken for Council's Strategic Plan and related projects. Consult to obtain information.

In May 2020 Council engaged Healthy Environs Pty. Ltd. to undertake targeted community consultation to collect information for the Plan. The main purpose of the consultation was to test whether the actions and strategies of the 2014 Plan were still relevant and to identify gaps to be addressed through the Plan. Community consultation was specifically targeted to local groups identified as priority populations in the State Health Plan 2019- 2024 (i.e. Aboriginal people and people from culturally and linguistically diverse backgrounds), as well as other niche groups who may not have had a voice previously and key local health service professionals.

Those who participated in the consultation were asked 3 key questions:

1. What are the major health issues facing this community?
2. What do you consider to the major causes of these health issues?
3. Do you have any suggestions about ways to prevent these health issues?

### What we heard?

Feedback from the 10 targeted interviews was analysed revealing some common community health and social concerns including: mental health, substance abuse and addiction, overweight and obesity, road safety, domestic violence, financial stress and breakdown in social connection and relationships. As consultation was undertaken when COVID-19 restrictions were in place, COVID-19was often mentioned as a factor in exacerbating these health issues. During consultations with community members, people spoke about the importance of social connections, family health, diversity of available activities (beyond sport and which cater to a variety of groups), the need for accessible and timely health services and a supportive physical environment for good health.

A key learning is that while the residents may have changed, the issues facing the community have not changed particularly in the areas of remote living, access to local services and concerns about mental health.




*Figure 11 - Proposed Roxby Public Health Plan Consultation Timeline (subject to change)*

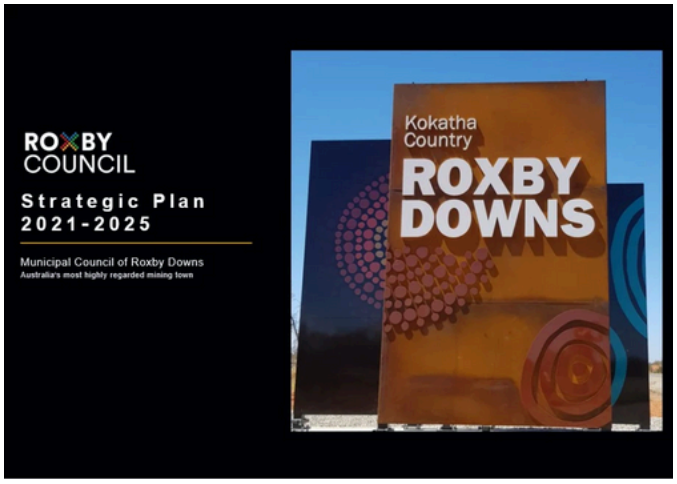
DRAFT

## What we heard from related Community Consultation?

In October 2020 the community was consulted as part of the development of the new Disability Access and Inclusion Plan. The feedback received identified elements relevant to the health and wellbeing of people with disability and these insights have been incorporated in this Plan.




Extensive consultation occurred in the development of the Roxby Downs Community Development Plan 2020-2022, which informed the development of Council's Strategic Plan 2020-2025. The Strategic Plan sets directions based on the following community foundations: Leadership and Governance, Health and Wellbeing, Community Vibrancy, Environment and Sustainability, Economic Development, Infrastructure and Essential Services, Community Services and Communication. Council conducts annual community consultation on the Annual Business Plan and Budget aligned to these directions, with the most recent consultations held in June 2024.




The concept of a Maker Space has evolved in Roxby Downs through discussions with the local community. Two consultation sessions have been held with the Roxby Community one late 2022 and another in early 2023 to further explore the Maker Space concept. Whilst the township offers modern facilities for recreation and leisure, locals have identified the need for a welcoming space promoting a diversity of interests to support the wellbeing and mental health of the community. Locals recognise the need to support the wellbeing of adults in the community through diversifying recreational and leisure options (beyond sport). The Maker Space provides the potential for adults to engage in activity-based interests, supporting arts, creativity, small workshops.

Roxby Council participated on the Service Planning Steering Group for the Service Plan for Roxby Downs Health Service 2022-2028. The Roxby Downs Health Services Planning Steering Group, with support from Population Health and Planning and Population Health team, Rural Support Service led the planning process and engaged a wide range of clinicians, consumers and other key stakeholders through workshops and meetings during 2022. The specific service priority areas identified by the steering group were themed into five priority areas: Aged Care, Mental health, Emergency, Medical inpatients, Community and Allied Health In addition to these service priority areas, opportunities to strengthen infrastructure and workforce were identified as key enablers for this plan.

DRAFT

# PART D - ACTION PLAN

## Implementation and Evaluation

### Action Plan

The Action Plan identifies priority actions that fall within Council's capacity to deliver as well as meet the needs of the community.

The Implementation Plan includes cross-references to the relevant principles in the *South Australian Public Health Act 2011* namely:

- Section 6 Precautionary principle
- Section 7 Proportionate Regulation principle
- Section 8 Sustainability principle
- Section 9 Principle of prevention
- Section 10 Population focus principle
- Section 11 Participation principle
- Section 12 Partnership principle
- Section 13 Equity principle

### Funding the plan

The Plan is based on Council's capacity to deliver and incorporates currently funded infrastructure and services.

New infrastructure and services will be dependent on a business case being prepared outlining the costs and benefits and an approved budget allocation. Where possible grant funding will be sourced.

### Links to existing plans and strategies

This Plan has direct links to the following Council plans and strategies:

- Climate Change Policy
- Strategic Plan 2020-2025
- Disability Access and Inclusion Plan (2020-2025)

Implementation, reporting, and evaluation will be conducted in conjunction with these plans to ensure alignment and consistency.

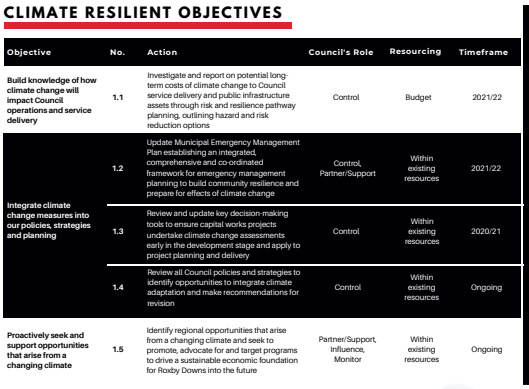
### Performance Reporting

Council will prepare a report for the Chief Public Health Officer on a two yearly basis to meet the requirements of Section 52(1) of the *South Australian Public Health Act 2011*. This report provides an assessment of the progress made in implementing the Plan.

### Review

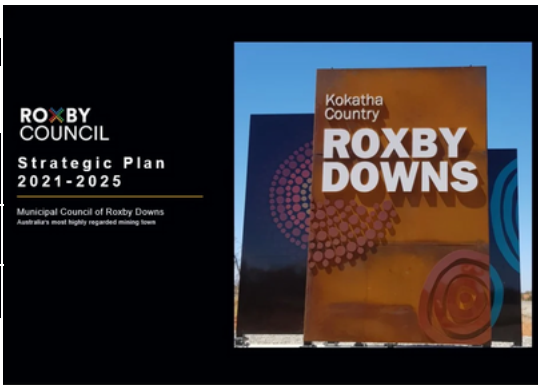
In accordance with legislation the Plan will be evaluated and reviewed every five years with the next five year review due in 2029. The Plan can be reviewed earlier if required.



CLIMATE RESILIENT OBJECTIVES

| Objective | No. | Action | Council's Role | Resourcing | Timeframe |
|---|---|---|---|---|---|
| Build knowledge of how climate change will impact Council operations and service delivery | 1.1 | Investigate and report on potential long-term costs of climate change to Council service delivery and public infrastructure assets through risk and resilience pathway planning, outlining hazard and risk reduction options | Control | Budget | 2021/22 |
| Integrate climate change measures into our policies, strategies and planning | 1.2 | Update Municipal Emergency Management Plan establishing an integrated, comprehensive and co-ordinated framework for emergency management planning to build community resilience and prepare for effects of climate change | Control, Partner/Support | Within existing resources | 2021/22 |
| | 1.3 | Review and update key decision-making tools to ensure capital works projects undertake climate change assessments early in the development stage and apply to project planning and delivery | Control | Within existing resources | 2020/21 |
| | 1.4 | Review all Council policies and strategies to identify opportunities to integrate climate adaptation and make recommendations for revision | Control | Within existing resources | Ongoing |
| Proactively seek and support opportunities that arise from a changing climate | 1.5 | Identify regional opportunities that arise from a changing climate and seek to promote, advocate for and target programs to drive a sustainable economic foundation for Roxby Downs into the future | Partner/Support, Influence, Monitor | Within existing resources | Ongoing |




DRAFT

ROXBY COUNCIL

# Implementation Plan - Health and Wellbeing Priorities Table

**PRIORITY AREA 1** – PROMOTE: BUILD STRONGER COMMUNITIES AND HEALTHIER ENVIRONMENTS

| OBJECTIVES AND PRINCIPLES | ACTIONS | COUNCIL'S ROLE | PARTNERS | MEASURES |
|---|---|---|---|---|
| Create well designed public spaces to ensure they are sustainable, safe, walkable, inclusive and accessible.<br>• Prevention (s.9)<br>• Sustainability (s.8) | Maintain footpaths, to a high standard.<br>Continue to maintain sporting grounds and indoor and outdoor recreation facilities and support their increased use.<br>Promote passive recreation, encourage use of Off-leash Dog Park<br>Promote use of the Gidja Munda Pump Track. | Funder / custodian<br>Funder / custodian<br>Funder / custodian | BHP (landowner) | Level of investment in public infrastructure<br>The number of successful grants received.<br>Alignment with the Open Space Framework |
| Encourage increased volunteering and other forms of community participation to improve social connectedness and enhance mental wellbeing.<br>• Participation (s.11) | Maintain a range of public events and community gatherings in public spaces.<br>Promote the library and the Community Youth Centre as destinations for programs and activities that support health and wellbeing.<br>Investigate new programs that encourage people who do not normally participate in sport to become more active. | Direct provider/ partner<br>Direct provider<br>Initiator | Roxby Downs Community Board<br>Roxby Downs Sport and Recreation Forum and Time for Wellbeing | Number of new volunteers and attendances in programs and events |
| Ensure the community is well informed by providing access to health information.<br>• Partnership (s.12)<br>• Prevention (s.9)<br>• Sustainability (s.8) | Improve health literacy by increasing resources in the library relating to health and wellbeing and healthy cooking.<br>Use Council's social media platforms to communicate SA Health messages and distribute local health messages.<br>Support the Roxby Downs Health Forum in the running of the biennial Roxby Downs Health Expo.<br>Partner with the Community Hub in the provision of local health and social support information. | Direct Provider<br>Director Provider<br>Venue and Resource Provider<br>Partner | Roxby Downs Health Forum, Roxby Downs Community Hub<br>Roxby Downs Health Forum<br>Roxby Downs Health Forum<br>Roxby Downs Community Hub | Increase in the number and variety of resources available.<br>Number of Facebook posts and their reach.<br>Attendance figures at events and post event evaluations.<br>Up to date service support information available. |
| Support the benefits of exercise for both dogs and dog owners to promote active lifestyles<br>• Prevention (s.9)<br>• Participation (s.11) | Maintain and promote the dog park.<br>Support the provision of dog behaviour classes. | Initiator, direct provider, custodian Initiator | BHP (landowner)<br>Private Dog Behaviour Trainer | Inclusion in the development of an Open Space Framework |
| Encourage sporting clubs to be leaders in their sporting areas and managed with good governance to ensure they remain viable and sustainable.<br>• Sustainability (s.8)<br>• Partnership (s.12) | Continue to resource the STARClub Officer Program and Roxby Junior Sports Academy.<br>IPromote the Good Sports program to facilitate healthy local sporting environments'. | **Part- funder**<br>**Facilitator** | | Number of clubs participating in the program.<br>Number of clubs participating in good sports. |
| Empower community members to be involved in decision making relating to local health issues.<br>• Population Focus (s.10)<br>• Participation (s.11)<br>• Partnership (s.12)<br>• Equity (s.13) | Support the operation of the Roxby Downs Health Forum and the level of community and stakeholder involvement.<br>Consult with population groups about health matters that concern and affect them. | Facilitator/ Advocate<br>Initiator | Roxby Downs Health Forum<br>Roxby Downs Health Forum | Number of people and stakeholders participating in the Health Forum and in community surveys |
| Contribute to reconciliation and support effective engagement with Aboriginal and Torres Strait Islander People in our community. | Increase community and staff knowledge and awareness of the history, experience, culture and rights of Aboriginal and Torres Strait Islander peoples.<br>Build community relationships through NAIDOC week celebrations and cultural awareness support systems in place to encourage a positive cultural & wellbeing outcomes. | Facilitator/ Advocate<br>Facilitator/ Advocate | BHP | Level of engagement with Aboriginal and Torres Strait Islander peoples.<br>Development of a Reconciliation Plan. |

DRAFT

| OBJECTIVES AND PRINCIPLES | ACTIONS | COUNCIL'S ROLE | PARTNERS | MEASURES |
|---|---|---|---|---|
| Support health education and skill development<br>• Partnership (s.12)<br>• Prevention (s.9)<br>• Sustainability (s.8) | Support the volunteer Foodies Group to conduct community based healthy cooking demonstrations at events and for target groups such as young people. | Facilitator / Advocate / Initiator | Roxby Downs Health Forum | Number of people and stakeholders participating in the Health Forum and in community surveys.<br><br>Foodies Program |
| Improve access and inclusion to facilities and services for people with disability.<br>• Equity (s.13) | Implement the Disability Access and Inclusion Plan. | Direct Provider / Advocate | Roxby Downs Health Forum, Roxby Downs Business Forum, BHP | Actions achieved on schedule |
| Roxby Link as a hub for community activity<br>• Population Focus (s.10)<br>• Participation (s.11) | Actively promote all Roxby Link facilities as venues for social and physical activity. | Direct Provider | | Increase in attendance of various facilities and services. Increases in memberships (gym, library) |
| Community Hub for social connections<br>• Population Focus (s.10)<br>• Participation (s.11) | Promote the Roxby Downs Community Hub as a venue for social connections and to welcome new residents.<br>Undertake a feasibility study and concept design, governance arrangements and implementation plan for a Maker Space in Roxby. | Partner<br><br>Advocate / Direct Provider | Roxby Community Hub<br><br>Department for Human Services | Community Hub visitations<br><br>Project implemented and successful establishment |

DRAFT

**PRIORITY AREA 2** – PROTECT: AGAINST PUBLIC AND ENVIRONMENTAL HEALTH RISKS AND RESPOND TO CLIMATE CHANGE

| OBJECTIVES AND PRINCIPLES | ACTIONS | COUNCIL'S ROLE | PARTNERS | MEASURES |
|---|---|---|---|---|
| Create healthy living environments by delivering high quality water.<br>• Proportionate Regulation (s.7) | Ensure safe drinking water supplies and recycling of wastewater to support sustainable use of limited water resources.<br><br>Meet legislative responsibilities for the provision of safe drinking water.<br><br>Research the feasibility of local water fluoridation as a measure to reduce tooth decay and improve local dental health. | Leader/Service Provider<br><br>Initiator / Facilitator | BHP | Contractor Key Performance Indicators<br>Evidence that legislative responsibilities have been met |
| Provide a high standard waste and recycling service that ensures the environmentally safe disposal of waste.<br>• Proportionate Regulation (s.7) | Meet legislative responsibilities and ensure the efficient waste management and recovery | Manage Waste Management contracted services | | Contractor Key Performance Indicators<br>Evidence that legislative responsibilities have been met |
| Provide nuisance and litter control services that protect the community from harm.<br>• Prevention (s.9)<br>• Proportionate Regulation (s.7) | Meet legislative responsibilities for the effective control of nuisance and litter complaints. | Leader | | Evidence that legislative responsibilities have been met and complaints have been managed |
| Respond to the dynamic nature of the impact of climate change by improving climate change readiness.<br>• Sustainability (s.8) | Implement the climate change policy. Prepare a climate change adaptation plan.<br><br>Ensure public health issues of climate change are clearly identified and embedded in Council's relevant strategic plans. | Leader<br>Information<br><br>Provider | Federal and State Governments | Adoption and implementation of the Climate Change Policy and Climate Change Framework<br>Climate considerations documented in Asset Management Plans |
| Learn from COVID-19 Pandemic<br>• Prevention (s.9) | Implement key learnings from the community response to the pandemic. | Leader | BHP,<br>Roxby Downs,<br>Health Forum | Updated Business Continuity Plan<br><br>Implementation of new policies and procedures |
| Improve Emergency Management Planning<br>• Prevention (s.9) | Develop an Emergency Management Plan that considers all potential risks including heatwaves, power failures and public health emergencies.<br>Maintain service infrastructure at Roxby Link to create a respite/safe haven for the general public in the event of a crisis.<br>Ensure backup systems are in place in the event of a power failure to ensure no disruption to water supply and sewerage systems. | Leader | | Updated Emergency Management Plan.<br><br>Implementation of new policies and procedures. |

DRAFT

**PRIORITY AREA 3** – PREVENT: CHRONIC DISEASE, COMMUNICABLE DISEASE AND INJURY

| OBJECTIVES AND PRINCIPLES | ACTIONS | COUNCIL'S ROLE | PARTNERS | MEASURES |
|---|---|---|---|---|
| Address the risk factors for chronic disease by encouraging healthy eating.<br>• Precautionary (s.6)<br>• Prevention (s.9)<br>• Population Focus (s.10) | Promote healthy eating through the Foodies Group.<br><br>Provide resources to the Community Garden Group to foster community wellbeing. | Facilitator / initiator | Volunteers | Number of Foodies events and programs.<br><br>Evidence of community participation. |
| Address the risk factors for chronic disease by encouraging physical activity.<br>• Precautionary (s.6)<br>• Prevention (s.9)<br>• Population Focus (s.10) | Actively promote Roxby Link centre-based sports, gym classes, and group fitness training. | Direct Provider | Sports Associations using Roxby Link facilities | Evidence of growth in participation. |
| Increase community understanding about suicide and its triggers and causes.<br>• Precautionary (s.6)<br>• Prevention (s.9)<br>• Population Focus (s.10) | Support organisations to deliver Suicide Prevention Programs to improve community understanding reduce stigma and promote links to professional support. | Advocate / Partner | Roxby Downs Health Forum Country SA PHN | Evidence of programs being established. |

DRAFT

**PRIORITY AREA 4 –** PROGRESS: STRENGTHEN THE SYSTEMS THAT SUPPORT PUBLIC HEALTH AND WELLBEING

| OBJECTIVES AND PRINCIPLES | ACTIONS | COUNCIL'S ROLE | PARTNERS | MEASURES |
|---|---|---|---|---|
| A partnership approach to service planning and advocacy<br>• Partnership (s.12) | Continue representation as a key stakeholder on the Roxby Downs Health Forum.<br><br>Maintain the monthly Roxby Round Table to promote cross-agency collaboration. | Advocate | Roxby Downs Health Forum, BHP, Community Hub , local health service providers, Country SA PHN | Number of meetings attended, Collaboration endeavours and actions initiated.<br><br>Evidence of growth in services/programs and events |
| Understand the differing health needs of priority populations.<br>• Equity (s.13) | Undertake research on priority populations as well as the unique issues facing mining communities | Leader | SA Health<br><br>BHP<br><br>Roxby Community Board<br><br>Kokatha Aboriginal Corporation | Analysis of research and development of new programs in response to findings.<br><br>Contemporary approach to solutions (Health Forum) |

DRAFT

ROXBY COUNCIL

# References


(1) Local Government Association (2019), Guide to Regional Public Health Planning, https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/public+health/regional+public+health+planning+and+implementation

(2) Department for Health and Wellbeing, Government of South Australia, 2018. State Public Health Plan 2019-2024

(3) Guide to Regional Public Health Planning A resource to assist in the preparation and maintenance of a regional public health plan October 2019 (Page 11) Guide+to+Regional+Public+Health+Planning_FINAL.PDF (sahealth.sa.gov.au)

(4) https://www.who.int/teams/health-promotion/enhanced-wellbeing/first-global-conference/actions

(5) Dahlgren G and Whitehead M. 1991. Policies and strategies to promote social equity in health. Institute of Future Studies:Stockholm. (Page 11)

(6) Australian Institute of Health and Welfare 2024. Rural and remote health. https://www.aihw.gov.au/reports/rural-remote-australians/rural-and-remote-health (last updated 11 September 2023)

(7) Australian Institute of Health and Welfare 2024. Rural and remote health. https://www.aihw.gov.au/reports/rural-remote-australians/rural-and-remote-health (last updated 11 September 2023).

(8) Lowitja Institute, 2020. Close the Gap Report 2020. The Close the Gap Campaign Steering Committee. https://www.lowitja.org.au/wp-content/uploads/2023/05/CtG2020_FINAL4_WEB-1.pdf and https://humanrights.gov.au/our-work/aboriginal-and-torres-strait-islander-social-justice/publications/close-gap-2020

(9) Australian Indigenous HealthInfoNet, 2020. Social and Cultural Determinants. Accessed November 2020. Available from: https:// healthinfonet.ecu.edu.au/learn/determinants-of-health/social-cultural- determinants.

(10) Bourke S, Wright A, Guthrie J, et al., 2018. Evidence Review of Indigenous Culture for Health and Wellbeing. The International Journal of Health, Wellness, and Society. 8: p. 11-27. https://www.researchgate.net/profile/Sarah-Bourke-2/publication/327225093_Evidence_Review_of_Indigenous_Culture_for_Health_and_Wellbeing/links/5d28b8b6299bf1547cb10e06/Evidence-Review-of-Indigenous-Culture-for-Health-and-Wellbeing.pdf?_tp=eyJjb250ZXh0Ijp7ImZpcnN0UGFnZSI6InB1YmxpY2F0aW9uIiwicGFnZSI6InB1YmxpY2F0aW9uIn19

(11) https://www.who.int/teams/health-promotion/enhanced-wellbeing/healthy-settings

(12) https://minerals.org.au/policies/safety-and-health/

(13) The South Australian Chamber of Mines & Energy 2018. Blueprint for Mental Health & Wellbeing

(14) BHP Olympic Dam https://www.bhp.com/what-we-do/global-locations/australia/south-australia/south-australia-olympic-dam

(15) https://profile.id.com.au/roxby-downs/age-sex-pyramid

(16) Email dated 25/04/2017 from BHP

(17) Local Government Association of SA and SA Health, Population Health Profile – Roxby Downs,https://atlasesaustralia.com.au/LGASA/Profiles/Roxby_Downs.pdf

(18) Regional Development Australia (2019), Roxby Downs Region Economic Growth & Investment Strategy, http://www.rdafn.com.au/publications Page 7

(19) https://profile.id.com.au/roxby-downs/migration Draft


DRAFT