



# **CITY OF HOLDFAST BAY REGIONAL PUBLIC HEALTH PLAN**

2021-2026





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# INTRODUCTION

Under the South Australian Public Health Act 2011, councils are required to prepare and maintain regional public health plans for their areas. This is the second Regional Public Health Plan for the City of Holdfast Bay – updating the inaugural plan released in 2014. It brings our public health planning into alignment with the South Australian Government’s latest State Public Health Plan 2019-2024 and our own strategic plan – Our Place 2030.

The State Public Health Plan 2019-2024 provides the framework for coordinated action by councils and a range of other public health partners to sustain and improve the health and wellbeing of all South Australians.

It recognises the key challenges and issues identified by councils in their inaugural plans, the progress achieved to date, and emerging issues such as mental health and wellbeing and the public health impacts of climate change.

In developing the City of Holdfast Bay Regional Public Health Plan 2021-2026 we:

1. Considered the updated South Australian public health planning framework.
2. Analysed public health data for the City of Holdfast Bay to identify at-risk groups and specific areas of public health need.
3. Reviewed Council’s strategic and business plans.
4. Evaluated existing initiatives and identified gaps and opportunities.
5. Consulted with the community, stakeholders and potential partners.

Our plan is based on the four priority areas identified in the State Public Health Plan:

1. **Promote:** Build stronger communities and healthier environments.
2. **Protect:** Protect against public and environmental health risks and responds to climate change.
3. **Prevent:** Prevent chronic disease, communicable disease and injury.
4. **Progress:** Strengthen the systems that support public health and wellbeing.

By taking action across all four priority areas, we will help to improve the health and wellbeing of our community and reduce the incidence of preventable illness and injury.

To make a difference, we will play a variety of roles including partnering, advocating, leading and facilitating, while working within the scope of our strategic and business plans and in alignment with our vision:

Balancing our progress with our heritage, we lead in coastal management to deliver high-quality public spaces and services to build a welcoming, safe and active community where resident, visitor and business prosperity meet.

# PUBLIC HEALTH PLANNING

## WHAT IS PUBLIC HEALTH?

The *Act* defines public health as “the health of individuals in the context of the wider health of the community”. It is what we do collectively to create the conditions and environments that support health and wellbeing.



State Public Health Plan 2019-2024

## DETERMINANTS OF HEALTH

There are many natural, built, social, and environmental factors that influence health and wellbeing.

Enjoying good health and wellbeing is dependent on conditions such as freedom from violence and crime, access to quality education and learning, stable local employment, secure and affordable housing, safe and sustainable

natural and built environments, affordable food and clean water, supportive social networks and services. It is also dependent on factors such as social cohesion and inclusion and opportunities to participate in community life. These are referred to as the social determinants of health – many of which overlap with council responsibilities and services.

Figure 2



State Public Health Plan 2019-2024

## WHY PLAN FOR PUBLIC HEALTH? LEGISLATIVE CONTEXT

### THE STATE PLAN AND THE ROLE OF LOCAL GOVERNMENT

The State Public Health Plan 2019-2024, required under the South Australian Public Health Act 2011, notes that public health is a shared concern and shared responsibility across all spheres of government (federal, state and local).<sup>1</sup> While the Act identifies councils as local public health authorities, we are not solely responsible for addressing public health priorities in our regions. However, we must play a lead role in the planning and coordination of initiatives to support the health and wellbeing of our communities.

Public health planning provides a mechanism for councils to adopt a variety of direct and indirect roles and work in partnership with a range of stakeholders to shape public health.

Councils influence the local social, economic, natural and built environments that are critical to promoting healthier lifestyles and play an important role in protecting and promoting health. Examples include:

- Community services and events assist to promote socially interactive and vibrant communities.
- Libraries which offer opportunities for community education and information sharing.
- Urban and infrastructure planning functions that can create built environments that promote physical activity and access for people of all ages and abilities.
- Environmental health functions and services such as immunisation that are important for providing safe environments and controlling infectious diseases in our community.

Councils work collaboratively with a range of stakeholders, playing a variety of roles according to: the significance of the issue; available resources; funding; and legislative responsibilities. We may:

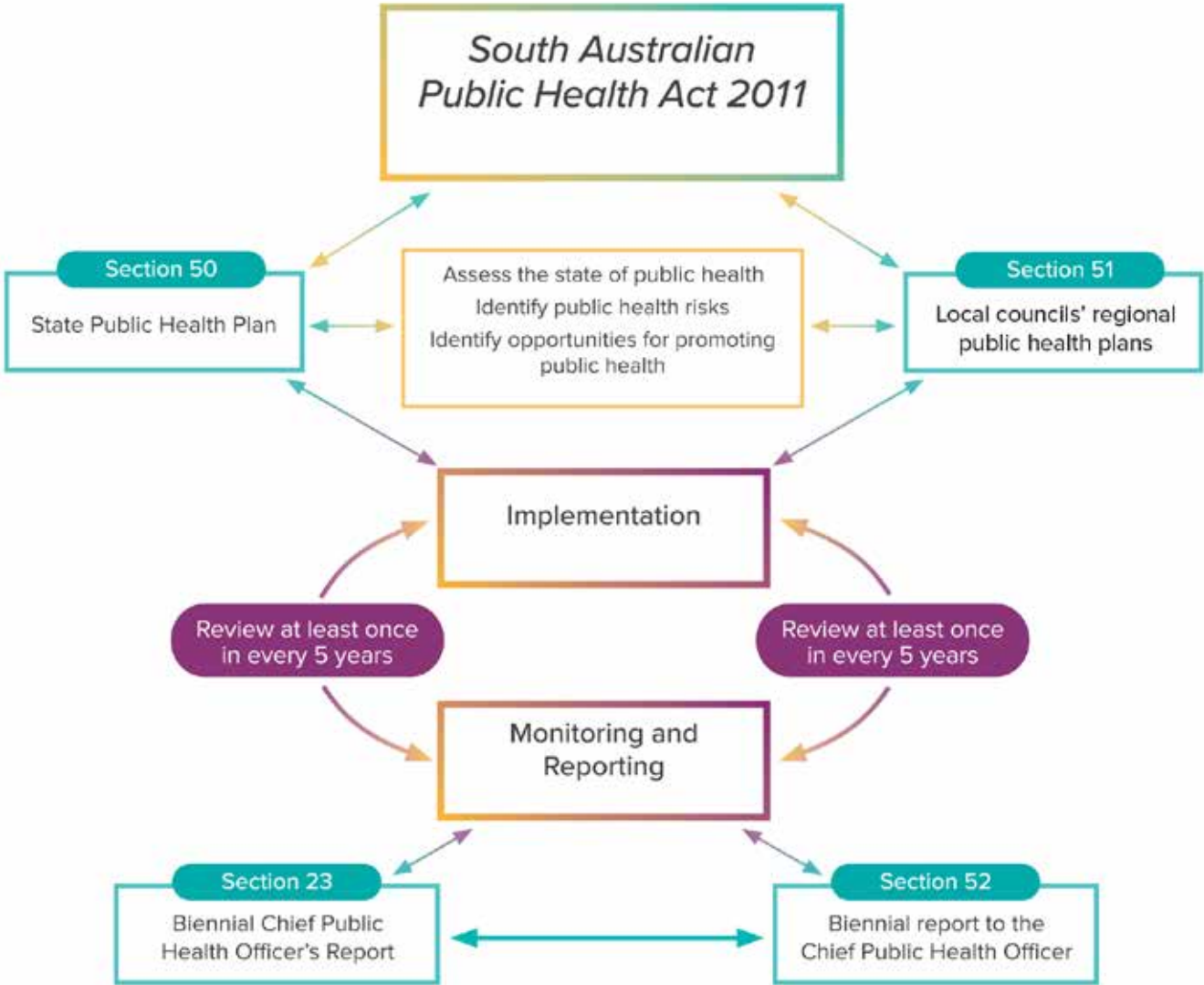
- Lead the community by taking responsibility at a local level for the well-being and improvement of our community.
- Coordinate and manage projects, programs and services that deliver benefits for our ratepayers, residents and visitors.
- Facilitate public health outcomes through partnerships, consultation, information provision or community support.
- Advocate by making representations on behalf of our community to other tiers of government.
- Regulate local activities such as development, building, parking and maintaining public and environmental health to maintain the health, well-being and safety of our community.

### PUBLIC HEALTH PLANNING AND REPORTING

The system of public health planning by state and local government in South Australia is one that allows for continuous improvement with each five-year planning cycle. While councils cannot directly address all public health issues, regional public health plans articulate the issues and approaches that councils can use to positively influence public health at a local level.

<sup>1</sup> State Public Health Plan 2019-2024

Figure 3 - Public Health Planning & Reporting



State Public Health Plan 2019-2024

## INAUGURAL REGIONAL PUBLIC HEALTH PLANS

The State Public Health Plan 2019-2024 reported that the 31 public health plans developed and reviewed by South Australian councils in the first round of planning in 2014 consistently focused on the key determinants of health. They adopted a population focus for planning and delivering services and facilities at a regional level. They also identified specific target groups such as older people, youth, children and other vulnerable groups, with the aim of building resilience and providing support networks and partnerships.

All 31 plans promoted opportunities for physical activity and linked physical activity with personal and community wellbeing – highlighting the link between council stewardship of healthy local environments through open space management, and the benefits of social connectedness and recreation<sup>2</sup>.

Alcohol consumption, smoking, suicide prevention and mental wellbeing were identified as key issues, noting the importance of social networks and access to facilities and services. Volunteering was widely recognised as a mechanism for community participation and capacity building.

## POPULATION HEALTH PROFILES

In July 2019, the Local Government Association of South Australia commissioned the Public Health Information Development Unit (PHIDU) of Torrens University to produce a population health profile for each local government area. Data from 2011-2018 was analysed against a range of indicators derived from the social determinants of health (see Figure 2).

The results for the City of Holdfast Bay, summarised in Appendix A, along with feedback from the community, helped to inform the development of this plan.

## HOLDFAST BAY CORPORATE CONTEXT

### OUR VISION

Balancing our progress with our heritage, we lead in coastal management to deliver high-quality public spaces and services to build a welcoming, safe and active community where resident, visitor and business prosperity meet.

### OUR PRIORITIES

Our plan is based on the four priority areas identified in the State Public Health Plan 2019-2024 which help to support our vision:

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, communicable disease and injury.
4. **Progress:** Strengthen the systems that support public health and wellbeing.

<sup>2</sup> State Public Health Plan 2019-24 p5



# OUR COMMUNITY

## ABOUT OUR CITY

The City of Holdfast Bay is a thriving metropolitan area that stretches along 8.6 kilometres of coastline located approximately 11 kilometres from the Adelaide central business district. The vibrant seaside community is home to approximately 37,000 people who live within 2.5 kilometres of the foreshore. The area of almost 14 square kilometres covered by the City of Holdfast Bay is part of the lands of the Kaurna people, who are the traditional owners of much of metropolitan Adelaide.

The City of Holdfast Bay acknowledges the ongoing relationship the Kaurna people have with this area and respects the importance of this area in their history, culture and future.

## POPULATION PROFILE

The City of Holdfast Bay has slightly more female residents (52 percent) than male residents (48 per cent).

The median age of our population is 46 years, which is older than the median for Greater Adelaide (38.8 years) and South Australia (40.0 years)<sup>3</sup>.

We have a higher proportion of residents in every age cohort 45 years and over<sup>4</sup> and it is projected that proportion of people aged 65 and over will steadily increase from 24.8 per cent to 30.1 per cent by 2036<sup>5</sup>. The proportion of working aged people 20-64 years will fall over the same period from 55.9 per cent to 51.9 per cent.

Between 2011 and 2016 we saw increases in the number of 0-14 year-olds although the proportions of teenagers and children under the age of 12 continues to be lower than that of Greater Adelaide.

Almost half of our households are comprised of couples with or without children and about one third are lone person households<sup>6</sup>.

The index of socio-economic disadvantage (IRSD) indicates that Holdfast Bay residents are relatively advantaged compared with metropolitan, state and national averages, with an IRSD score of 1043 compared with metropolitan Adelaide, with an IRSD of 989. In line with this, we have higher levels of education and significantly lower levels of youth and adult unemployment.

## KEY HEALTH RISKS

The behavioral risks affecting the health of South Australians include alcohol consumption, tobacco smoking, physical inactivity, high BMI and inadequate fruit and vegetable consumption.

As a relatively affluent community, statistics show that Holdfast Bay residents have lower levels of alcohol consumption and smoking and higher levels of physical activity and fruit and vegetable consumption than for Greater Adelaide.

One quarter of females in the City of Holdfast Bay are classified as obese which is higher than for males, but 16 per cent below the metropolitan average.

Holdfast Bay residents have a more positive view of their own health than other Adelaideans and are less likely to report their health as 'fair' or 'poor' (versus 'good', 'very good' or 'excellent').

The conditions that most commonly affect the health of Holdfast Bay residents include cardiovascular illness, high cholesterol, diabetes, osteoporosis, and certain forms of cancer and arthritis. There are relatively more hospital admissions for Holdfast Bay residents compared to other parts of the South Australian community but less for conditions that were avoidable. This is consistent with the age profile of our community.

The incidence of premature mortality from suicide is close to the South Australian average which may be associated with the City's relatively high proportion of lone person households.

Given the City's appeal as a visitor destination, consideration must also be given to communicable disease risks, including pandemics such as COVID-19.

3 (ABS 3235.0 June 2018).

4 Social Health Atlas [http://www.phidu.torrens.edu.au/current/tools/population-pyramid/current/datagraph\\_agepyramid.html](http://www.phidu.torrens.edu.au/current/tools/population-pyramid/current/datagraph_agepyramid.html) 23 April 2020 population age pyramid comparator for Population Health Networks, Local Government Areas and Population Health Areas, Estimated Resident Population 2018.

5 Population Projections for South Australian Local Government Areas, 2016-36, December 2019 release, © Department of Planning, Transport and Infrastructure, Government of South Australia, 2019.

6 ABS Quickstats Census Data 2016, Holdfast Bay, [www.quickstats.censusdata.abs.gov.au](http://www.quickstats.censusdata.abs.gov.au), updated 19 July 2019, accessed 16 August 2020.



# OUR PLAN

## PROMOTE

Build stronger communities and healthier environments

## PROTECT

Protect against public and environmental health risks and respond to climate change

## PREVENT

Prevent chronic disease, communicable disease and injury

## PROGRESS

Strengthen the systems that support public health and wellbeing

# PROMOTE

## Build stronger communities and healthier environments

### THE CHALLENGE

To provide safe environments where people come together and feel part of the community, where they are socially and physically active and where services meet the needs of all generations.

### THE CONTEXT

Community, placemaking and environment are three of the five pillars which comprise the City of Holdfast Bay's Strategic Plan. By providing infrastructure, delivering services and protecting the City's natural assets, we create an accessible, lively and safe place that supports a healthy, creative, connected community that is engaged with the natural environment.

We understand that social and physical stimulation have profound effects on health, wellbeing and quality of life. People that are disconnected from society are likely to feel isolated and be less socially and physically active. To encourage healthy lifestyles, we aim to provide urban and natural environments that are safe, accessible and welcoming and create opportunities for people to connect.

A social needs assessment<sup>7</sup> conducted in 2020 highlighted the need to provide services that meet the needs of all generations – particularly our ageing population and the growing cohort of families with young children.

### KEY HEALTH DATA

- City of Holdfast Bay residents feel safe, with 66.8 per cent feeling safe to walk alone in their local area after dark, compared to 49.7 per cent for metropolitan Adelaide.
- Social isolation is a major factor. Almost one third of households are lone person households and 44.5 per cent of Home and Community Care (HACC) clients in the City of Holdfast Bay live alone.
- Our community is ageing. The median age in Holdfast Bay is 46 and we can expect to see a 14 per cent increase in persons aged 65-84 by 2026, suggesting an increased demand for aged care services.

- As at June 2016, the City of Holdfast Bay had five per cent more residential aged care places available per 1,000 population than across metropolitan Adelaide.
- We project a six per cent increase in the number of children aged 10-19 years. This indicates an increased demand for youth and family services.
- Our population is not sufficiently physically active. While better than the average for metropolitan Adelaide of 67 per cent, 59.3 per cent of residents aged 15 years and over are estimated to be physically inactive (excluding workplace physical activity).
- The majority of adults in the City of Holdfast Bay are able to get support in times of crisis from people outside of their household. Only one per cent of the adult population in the City of Holdfast Bay is estimated to have difficulty accessing health care.
- A high proportion of residents say they would recommend the City of Holdfast Bay as a place to live.
- Residents report a high level of satisfaction with:
  - The provision of services and programs, especially for older people and those living with a disability.
  - The provision and maintenance of sporting facilities, playgrounds and programs and services for families with young children and people aged from 14-24 years.
  - Library services and community centres that offer services and programs for a wide range of people including those from ethnic and multicultural backgrounds.
- There is a strong consensus that Council provides adequate opportunities for people to gather and interact – an important measure of how connected people feel to their community.

### DATA SOURCES

- Population Health Profile, City of Holdfast Bay, July 2019, produced by the Public Health Information Development Unit (PHIDU), Torrens University, for the Local Government Association of South Australia and SA Health.
- Remplan Community Profile 2020.
- Quality of Life Community Survey Report 2019, City of Holdfast Bay March 2019.
- Periodic and specific purpose Council surveys of open space use.
- DIT population projections.

<sup>7</sup> Moretti, C & Crossman, S. 2020. City of Holdfast Bay Social Needs Assessment. Adelaide: Australian Industrial Transformation Institute, Flinders University of South Australia.



## PROMOTE: BUILD STRONGER COMMUNITIES AND HEALTHIER ENVIRONMENTS

Key Strategies	Responsibility	Partnerships
Partner with SAPOL and Neighbourhood Watch groups to address matters relating to anti-social behaviour in the public realm.	Community Safety Building Facilities	South Australia Police (SAPOL)
Maintain infrastructure including lighting, disability access, safe roads and footpaths, CCTV in public spaces and beach sand cleaning.	Assets & Delivery	DIT DEW
Develop and promote emergency response and recovery plans which strengthen the community's resilience.	Community Wellbeing	Neighbouring councils, Commonwealth and state governments
Foster and support community programs, which minimise isolation and disadvantage within the community.	Community Wellbeing	Neighbouring councils, Commonwealth and state governments, community gardens
Develop and implement the community sports at Brighton Oval, Glenelg Oval, Bowker Oval and other key facilities including tennis, netball and surf life saving.	Assets & Delivery Public Realm & Urban Design	Sporting clubs, state government, federal government, state sporting organisations
Support programs and services which improve social connectedness and social cohesion.	Community Wellbeing	Inner southern councils
Deliver community festivals and events which celebrate cultural diversity and encourage active participation between different generations.	City Activation	
Develop innovative programs to ensure volunteer resources are sustained and volunteers are appropriately skilled to meet the changing needs of the community.	Community Wellbeing	Volunteering SA/NT
Develop and implement a social planning framework to foster engagement and facilitate services for ageing, youth, families and disadvantaged people.	Community Wellbeing	
Continue to provide planned upgrades and renew in open space assets which encourage health and wellbeing.	Public Realm & Urban Design	
Encourage community members of all ages to access to the natural environment and spend more time in nature whilst improving their wellbeing. Includes use of paths (eg Coast Park), cycleways, reserves and beach.	Public Realm & Field Services	Nature Play SA
Maintain sport and recreational infrastructure such as playgrounds, exercise equipment, sporting facilities (eg playing fields, courts, bowling greens, etc) to encourage active recreation and organised sport.	Public Realm & Field Services	Nature Play SA, ORSR, Tennis SA, Bowls SA, SANFL, Lacrosse SA and schools
Activate school ovals for sport and recreation	Community Wellbeing	Schools
Maintain accessible public health information that is current and relevant through Council's website, libraries and community centres.	Customer Experience & Library Services	Commonwealth and state governments
Develop and implement a Disability Access & Inclusion Plan (DAIP) for the City of Holdfast Bay.	Community Wellbeing	
Establish a suicide prevention network within the City of Holdfast Bay.	Community Wellbeing	Government and non-government groups, sporting clubs, veterans shed, health professionals, interested individuals
Establish a homelessness round table network within the City of Holdfast Bay.	Community Wellbeing	SAPOL, Homelessness Gateway, Inner Southern Homelessness Service (UCW Bowden), charity and church groups
Implement the key components of the Open Space and Public Realm Strategy 2018-2030.	Public Realm & Urban Design	
Design, plan, develop and maintain the public realm to ensure that local environments are supportive of active lifestyles and healthy living by: <ul style="list-style-type: none"> <li>maintaining local infrastructure including footpaths, parks and gardens, play spaces, walking trails and bike paths;</li> <li>implementing Council strategies for walking and cycling.</li> </ul>	Public Realm, Urban Design & Field Services Strategy & Corporate	Federal and state government grant funding/partnership opportunities  Australian Institute of Architects, Urban Development Institute of Australia
Crime Prevention Through Environmental Design (CPTED)	Strategy & Corporate	Plan SA, SAPOL
Review Council's Community Land Management Plans to ensure that decision making around public spaces include strategies that promote public health. These decisions should relate to the general inclusiveness and accessibility of the buildings on the land, microclimate, safety, sense of personal fulfilment that such spaces provide.	Strategy & Corporate	Local sporting clubs, organisations, community groups

# PROTECT

## Against public and environmental health risks and respond to climate change

### THE CHALLENGE

To preserve the natural environment and reduce our impact on climate change for the benefit of current and future generations while adapting and preparing for possible health impacts on the community.

### THE CONTEXT

Climate change is likely to have a number of potential effects on the health of our community including:

- More extreme temperatures more often – which will disproportionately affect vulnerable groups such as the elderly.
- Increased risk of vector-borne diseases – because warmer temperatures attract disease carrying vectors such as mosquitoes.
- Rising sea levels – affecting residents along the coastline and the Patawaalonga and the associated ecosystems.
- Increasing frequency and severity of natural disasters such as floods – intensifying the demand on essential services.
- Potential food supply problems – which will increase the cost of living and place greater stress on vulnerable groups.

The City of Holdfast Bay is responding to climate change and its impact on human health by:

- Taking action to reducing our climate change impacts – including reducing greenhouse gas emissions.
- Taking responsibility for the multiple impacts we have on our physical environment.
- Improving and increasing the natural elements of our environment because green infrastructure is health infrastructure.

Over the last few decades, the City of Holdfast Bay has been pro-actively responding to a variety of environmental challenges at a local level, such as coastal management, reducing the amount of waste that goes to landfill and reducing our greenhouse gas emissions and more. The City of Holdfast Bay has developed The Environmental Strategy 2020-2025 which provides a roadmap to continue our journey towards and beyond environmental sustainability and to drive the City of Holdfast Bay's goal to becoming a 'carbon neutral, sustainable city, with environmental responsibility enshrined across its operations'.

The environmental pillar of our strategic plan – Our Place 2030 sets out a range of mitigation and adaption strategies designed to enhance our urban and natural environments for current and future generations.

### KEY HEALTH DATA

- The City of Holdfast Bay has 8.6 kilometres of low-lying coast so natural disasters related to sea level rise and flooding have had and will continue to have a serious impact.
- Since the late 1800's the sea level has risen by 20 centimetres globally. It is expected that by 2050 there will be another increase of 30 centimetres which will significantly increase both the local and global risk of inundation.
- It is predicted that the annual number of extremely hot days (above 35° Celsius) could potentially rise to about 32 by 2030, and to 41 by 2090.

### DATA SOURCES UPDATE

- Climate Commission Secretariat (2011). "The Critical Decade: Climate science, risks and responses" - Department of Climate Change and Energy Efficiency.
- Projections for selected Australian cities (2015) CSIRO and Bureau of Meteorology. [https://www.climatechangeinaustralia.gov.au/media/ccia/2.1.6/cms\\_page\\_media/176/CCIA\\_Australian\\_cities\\_1.pdf](https://www.climatechangeinaustralia.gov.au/media/ccia/2.1.6/cms_page_media/176/CCIA_Australian_cities_1.pdf)
- South Australia Monitoring and Surveillance System (SAMSS) Demographics and indicator of City of Holdfast Bay by age group and gender – Population Research and Outcome Studies - September 2013.
- CO2 greenhouse gas emissions calculated from energy use.

## PROTECT:

### PROTECT AGAINST PUBLIC AND ENVIRONMENTAL HEALTH RISKS AND RESPOND TO CLIMATE CHANGE

Key Strategies	Responsibility	Partnerships
Assess and manage emerging environmental impacts where appropriate and prioritise weed control, re-vegetation requirements, pest control and water needs.	Assets & Delivery	Local schools, Resilient South Coast Protection Board, Green Adelaide, Stormwater Management Authority, EPA, LGA.
Support the City of Holdfast Bay nature volunteers, 'friends' groups and facilitate additional community environment initiatives to help protect, improve and expand our natural resources.		Community groups City of Holdfast Bay nature volunteers
Develop, implement and monitor an emissions reduction strategy.	Assets & Delivery	Local schools
Reduce our carbon footprint by introducing energy saving and waste management strategies aimed at reducing greenhouse gas emissions.		Department of Environment and Water, Green Industries SA
Implement the recommendations of the 2019 energy efficiency audit to reduce greenhouse gas emissions from Council buildings energy use, and continue to transition the Council fleet to hybrid and non-fossil fuel vehicles to reduce CO2 emissions and improve air quality.		Green Adelaide, Resilient South
Encourage the community to reduce their carbon footprint through workshops, newsletters and social media, and through providing and facilitating access to supporting programs and agencies.		
Support health impact education programs through Council's communication channels to inform, encourage and prepare the community.	Assets & Delivery	Green Adelaide Resilient South Red Cross Holdfast Bay community centres Local community groups and volunteers Coast Protection Board Green Building Council of Australia Adelaide Sustainable Building Network
Provide air-conditioned venues for refuge during extreme temperatures. Provide flexible work arrangements to manage extreme weather patterns, e.g. earlier starts during summer for field workers.		
Support the Zone Emergency Management Committee to ensure that public health risks associated with major emergency incidents are identified, understood and incorporated into the Zone Emergency Management Plans.		
Maintain sand dune restoration programs to help reduce the impact of rising sea levels.		
Develop the first stage of a coastal adaptation plan to identify risks, stakeholders, impacts and adaptation options.		
Promote climate-ready housing design.		
Undertake a climate adaptation risk assessment of Council infrastructure.		
Enhance our knowledge on the impacts climate change may have on the health and wellbeing of our community, in particular our vulnerable communities.		Resilient South Southern Alliance Group, Environmental Health Australia, LGA
Continue to increase tree canopy cover on public land to cool streets, reduce heat stress on the community and improve air quality.	Assets & Delivery	
Plan for potential direct and indirect impacts on the community, in conjunction with our stakeholders.		
Assess over time whether our planned initiatives are appropriate and remain relevant.		
Food Strategy Working Group - Engage local governments, communities and stakeholders to build the resilience of local food systems in the face of climate change risks. Develop and embed relevant food systems policy and planning as part of government responses to climate change risks.		Sustain Australian Food Network, SA Urban Food Network, Green Adelaide, Wellbeing SA, Heart Foundation, Adelaide Sustainability Centre and Conservation SA, Onkaparinga Food Security Collaborative, SA Nutrition Network, Local councils

# PREVENT

## Prevent Chronic disease, communicable disease and injury

### THE CHALLENGE

Protect the health of individuals in the context of the wider health of the community by using best practice industry standards.

### THE CONTEXT

Under the South Australian Public Health Act 2011, councils have regulatory responsibility for a wide range of areas including:

- Public swimming pools, spas, waterslides and fountains to ensure water quality.
- Cooling towers and warm water systems (known as high risk manufactured water systems) to reduce the risk of Legionnaires' disease.
- Personal service businesses that offer skin penetration services such as tattooing and piercing to reduce the risk of hepatitis and other blood-borne infections.
- Domestic premises that have been identified as exhibiting squalor.
- Clandestine drug laboratories which cause contamination from hazardous chemical residues.

Other legislation administered by councils to promote proper standards of public and environmental health and safety include the Food Act 2001, the Local Government Act 1999 and by-laws, the Supported Residential Facilities Act 1992, Local Nuisance and Litter Control Act 2016 and the Dog and Cat Management Act 1995.

Councils also have responsibility under the Act to investigate incidents of infectious or notifiable disease reported by the Department of Health. Examples include any food related poisoning, legionellosis and influenza, such as coronavirus (Covid-19) and SARS.

As a densely populated community and a popular tourist destination, the City of Holdfast Bay could be considered as having a higher level of risk for the spread of communicable diseases. However, our disease incidence is low. We proactively promote public health and work closely with local businesses to maintain high standards of public health. We offer an accessible and cost-effective immunisation service and undertake various health promotion activities to deal with current, new and emerging public health risks.

As demonstrated throughout the COVID-19 pandemic, the City of Holdfast Bay has been both responsive to directions from SA Health and SA Police under Emergency Declarations, as well as proactively managing events and community expectations.

### KEY HEALTH DATA

- While immunisation rates for very young children (ages 1-5) in the City of Holdfast Bay lag behind the national and metropolitan Adelaide averages, this resolves by five years of age, when a coverage rate of 93.9 per cent is achieved, compared with the metropolitan rate of 93.6 per cent.
- There are at least 536 known businesses in the Holdfast Bay area that are inspected and monitored because of their potential to affect public health. These include, but are not limited to, food businesses, public swimming pools and spas, high risk manufactured water systems and tattooists.
- The most common preventable diseases contracted by Holdfast Bay residents between 2014-2019 included: influenza (1166 cases), chicken pox (367 cases), campylobacter (338 cases) and salmonella (200 cases). Note – not all cases of preventable diseases are reported to health care providers.

### DATA SOURCES

- Population Health Profile, City of Holdfast Bay, July 2019, produced by the Public Health Information Development Unit (PHIDU), Torrens University, for the Local Government Association of South Australia and SA Health.
- Council's corporate information management system.



## PREVENT:

### PREVENT CHRONIC DISEASE, COMMUNICABLE DISEASE AND INJURY

Key Strategies	Responsibility	Partnerships
In line with the National Immunisation Program, continue to coordinate and deliver comprehensive school and community based immunisation programs to assist in the control of preventable diseases within the City.	Community & Business	Environmental Health Australia (EHA), SA Health, LGA, Child and Youth Health, Immunisation Providers Group
In consultation with SA Health, provide timely action in the investigation of notifications of communicable diseases e.g. Covid-19.		
Continue to undertake a regulatory role in the education and enforcement of personal care services such as skin penetration services with the aim of reducing the incidence of communicable diseases.		SA Health, LGA
Ensure supported residential facilities maintain a high standard of care and accommodation to ensure the City's most vulnerable population is protected.		SA Health, EHA, Dept of Human Services, LGA, Service Providers
Monitor high risk manufactured water systems and educate system owners (i.e. cooling tower, warm water systems) to prevent the transmission of disease organisms, such as Legionella.		
Improve food safety standards across the community through an ongoing program of regular food safety assessments, education, and enforcement of food businesses within the City.		
Continue to inspect public swimming pools, public spas, waterslides and fountains to ensure that water quality is of a standard that protects public health.		
Continue to provide public education in relation to asbestos and investigate complaints.		
Provide advice and educate the community about the health impacts and control of pests including mosquitoes, wasps, bees and rats.		
Develop and implement Council's Animal Management Plan that promotes responsible pet ownership, protects the community and the environment from nuisance animals.		
Deliver an effective after-hours security service to ensure that our community feels safe.		
Continue to collaborate with government and non-government agencies for the resolution of severe domestic squalor and other related public health matters.		Southern Hoarders Group, EHA, SA Health, Neighboring Council's, LGA
Undertake community safety checks amongst businesses to ensure compliance with Emergency Declarations.		
Undertake community safety checks in reserves and public spaces to ensure compliance with Emergency Declarations.		

# PROGRESS

## Strengthen the systems that support public health and well being

### THE CHALLENGE

Reinforce healthy lifestyle choices to support physical and mental wellbeing including healthy eating and physical activity.

### THE CONTEXT

There are a range of risk factors and interactions influencing chronic disease, including factors such as lifestyle, natural environment, built environment, and others. Healthy living, healthy eating and an active lifestyle have a profound effect on human health. By removing barriers to healthier behaviours, providing recreation facilities and a City that is easily accessible, and undertaking various health promotion campaigns, we aim to encourage people to make better lifestyle choices.

We will also regulate to discourage unhealthy behaviours including reducing the number of public areas where tobacco smoking is permitted and minimising opportunities for excessive alcohol consumption.

### KEY HEALTH DATA

- The majority of Holdfast Bay residents report experiencing good health, with just 11.9 per cent of people reporting their health as 'fair' or 'poor' (versus 'good', 'very good' or 'excellent') compared to 15.6 per cent for metropolitan Adelaide.
- Obesity is a concern with over four per cent of 2-17 year-olds being obese (although this rate is approximately one third lower than for metropolitan Adelaide) <sup>8</sup>.
- Male obesity is 22.3 per cent compared with a rate of 26.6 per cent for metropolitan Adelaide.
- The female obesity rate is 25.2 per cent which is 16 per cent below the metropolitan average.
- The prevalence of diabetes is estimated to be lower in the City of Holdfast Bay than in metropolitan Adelaide (at 3.4 and 4.3 persons per 100 population respectively).
- The extent to which adults in Holdfast Bay meet the daily requirement for fruit intake is 52.1 per cent which is two per cent higher than the metropolitan average. Seven in every ten children and young residents (ages 4 -17 years) meet the guidelines for daily fruit consumption, a rate that is ten per cent above the metropolitan average.

- The rate of smoking during pregnancy in the City of Holdfast Bay is below the metropolitan average, with rates of 8.1 per cent in Holdfast Bay compared to 12.3 per cent for metropolitan Adelaide.
- Fewer people in the City of Holdfast Bay were also estimated to suffer from high or very high levels of psychological distress, with one in ten reporting issues compared to one in seven for metropolitan Adelaide.
- In contrast to the relatively low use of Child and Adolescent Mental Health Services, community mental health services for those aged 15 years and over in the City of Holdfast Bay were used at close to the average rate for metropolitan Adelaide.
- Mental health problems were estimated to have affected 15.7 per cent of males in the City of Holdfast Bay, six per cent below the metropolitan average.
- The estimated rate of mental health problems among females in the City of Holdfast Bay, at 18.8 per cent, was higher than for males, and consistent with the metropolitan average (19.0 per cent).
- The premature mortality rate in the City of Holdfast Bay at ages 15-24 years is below the rate in metropolitan Adelaide, with rates of 26.9 per cent and 29.4 per cent respectively.
- Despite overall lower premature mortality rates, the rate of suicide for people under 75 years of age is notably higher in the City of Holdfast Bay (14.5 deaths per 100,000 people compared to 12.5 for metropolitan Adelaide).

### DATA SOURCES

- Population Health Profile, City of Holdfast Bay, July 2019, produced by the Public Health Information Development Unit (PHIDU), Torrens University, for the Local Government Association of South Australia and SA Health.

## PROGRESS:

### STRENGTHEN THE SYSTEMS THAT SUPPORT PUBLIC HEALTH AND WELL BEING

Key Strategies	Responsibility	Partnerships
Continue to support and regulate smoking exclusion zones in the public realm (under the Tobacco Products Regulation Act 1997) in particular Moseley Square, outdoor dining and areas where people may be subjected to second hand smoke. Investigate smoke free policy for all Council community facilities.	Community & Business	SAPOL, SA Health
Identify local drug and alcohol trends and implement regional strategies that address social impacts by working with the drug action team.	Local Government	SAPOL, Red Cross, Drug ARM, Emergency and care services
Integrate health promotion initiatives within Council programs, policies and practices by identifying opportunities that can improve the health and wellbeing of our employees e.g. smoke free workplace, lunch time yoga, stand up desks, counselling.	Strategy & Corporate	
Implement locally based social marketing campaigns to encourage and motivate the community to eat healthy and be regularly active.	Community & Business	Flinders University, Australian Government Department of Health
Facilitate education and training programs for the community to encourage positive mental health, healthy eating and physical activity programs that promote mobility, resilience and wellbeing.	Community & Business	Australian Government Department of Health, Heart Foundation, SA Government
Actively promote healthy eating by developing and implementing targeted programs and initiatives in line with local, state and national guidelines and partnering with community initiatives and organisations such as Community Foodies and Flinders University's nutrition and dietetics department.	Community & Business	Australian Government Department of Health, Uniting Communities, Flinders University
Ensure Council staff use the City of Holdfast Bay Healthy Eating Policy to ensure healthy food choices are available at Council functions, events and facilities.	Community & Business	Council caterers, Businesses
Work with local businesses and organisations such as schools, pubs and sporting clubs to support them in developing healthy menu and catering options or their own healthy eating policies.	Community & Business	Local sporting clubs, organisations and businesses
Encourage healthy eating and social connectivity by providing community spaces to support community gardens.	Strategy & Corporate Community Wellbeing	Australian City Farms and Community Gardens Network (ACFCGN)
Actively promote the Australian Guide to Healthy Eating within supported residential facilities to encourage the provision of adequate nutrition to disadvantaged groups.	Community & Business	Environmental Health Australia (EHA) Dept of Human Services
Develop, implement and continue a range of targeted physical activity programs in line with the Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines to support and encourage regular physically activity.	Community & Business	Australian Government Department of Health
Food Strategy Working Group - Develop coordinated action to optimise local food systems for the future. Understand, advocate and foster local food systems by mapping local community-based initiatives and collating data on food security.	Community & Business	Sustain - The Australian Food Network, SA Urban Food Network, Green Adelaide, Wellbeing SA, Heart Foundation, Adelaide Sustainability Centre and Conservation SA, Onkaparinga Food Security Collaborative
Food Strategy Working Group - understand the economic, social and environmental impacts of the current global food system on CHB local ecosystems and community and take coordinated action to optimise local food systems for the future.	Community & Business	Sustain Australian Food Network, SA Urban Food Network, Green Adelaide, Wellbeing SA, Heart Foundation, Adelaide Sustainability Centre & Conservation SA, Onkaparinga Food Security Collaborative, SA Nutrition Network, Local Council's (x 10)
Identify and prioritise the best ways to invest and promote local food system initiatives.	Community & Business	

# OUR IMPLEMENTATION PLAN

## IMPLEMENTATION

The City of Holdfast Bay Regional Public Health Plan 2021-2026 aligns with our strategic plan – Our Place 2030, and draws upon a range of other Council documents including asset management plans, the Open Space and Public Realm Strategy, the Youth Action Plan, Play Space Action Plan, Arts and Culture Strategy and the Disability Access and Inclusion Plan.

These plans and strategies articulate a wide range of measures which contribute to the health and wellbeing of the community. This Regional Public Health Plan draws these existing strategies together as well as detailing additional strategies to support public health.

Departmental responsibility has been assigned to each strategy and each business unit will be responsible for reporting on each key strategy.

To implement this plan, we will continue to work in partnership, identified for each key strategy with government bodies, community organisations and members of the community to improve public and environmental health in the region.

## EVALUATION

As per the Act, the plan will be evaluated, and a report provided to the Chief Public Health Officer every two years, on or before the 30th September of a reporting year (reporting to the period ending 30 June).

Using the various data sources such as census information, health profiles, internal and external surveys and program evaluations, the report will track progress in each of the priority areas.

The biennial report will include updates for each health strategy (where possible) and note whether the strategy remains pertinent. It will also identify gaps, review partnerships and highlight new and emerging trends.

The evaluation will reflect our position as an important contributor to community health and wellbeing, while acknowledging the wide-ranging influences and broad-based responsibility for health outcomes.



# APPENDIX A

A selection of indicators of population health and its determinants was produced in a profile for the City of Holdfast Bay compared with metropolitan Adelaide [Population Health Profile City of Holdfast Bay, produced by the Public Health Information Development Unit (PHIDU), Torrens University, for the Local Government Association of South Australia, and SA Health, July 2019]

## 1. Age Structure

- The City of Holdfast Bay has notably fewer people at ages below 45 for males and 49 for females, and notably more at the remaining, older ages than in the metropolitan area overall; it also has a higher proportion of the population aged 65 years and over than metropolitan Adelaide.

## 2. Population Profile

- The three largest non-English speaking countries for Holdfast Bay population were India, China and Germany (cf SA China Italy India). Those reporting India and China as their birthplace are likely to include students who have come to South Australia for their continuing education. (2016 Census)
- Relatively few people born in overseas countries in the City of Holdfast Bay reported speaking English 'not well' or 'not at all', 0.8 per cent in Holdfast Bay and 2.8 per cent in metropolitan Adelaide.
- The ABS estimated that there were 70 people in the City of Holdfast Bay in 2016 (0.2 per cent of the population) who had entered Australia under the Humanitarian Program, just 14 per cent of the metropolitan average, and more entered on a skill stream visa than for family or humanitarian visas.
- There were an estimated 314 people of Aboriginal and/or Torres Strait Islander descent resident in the City of Holdfast Bay at 30 June 2016, at 0.9 per cent of the area's population just half the proportion in metropolitan Adelaide.
- The estimated number of people in the City of Holdfast Bay aged 15 years and over who, in the two weeks prior to census night, spent time providing unpaid care, help or assistance to family members or others because of a disability, a long-term illness or problems related to old age was consistent with the metropolitan average, at 12.0 per cent and 12.2 per cent, respectively.
- A lower level of people living in the community with a profound or severe disability.
- Although 4.2 per cent of the population in the City of Holdfast Bay who had a profound or severe disability were living in the community, the proportion was much higher for the population aged 65 years and over (11.2 per cent) compared with that for those aged under 65 years (2.1 per cent).

- The index of socio-economic disadvantage score indicates that Holdfast Bay residents are relatively advantaged compared with Adelaide, SA and Australia, 1043, indicating a higher level of socioeconomic advantage when compared with metropolitan Adelaide, with an IRSD of 989.

## 3. Employment

- The rate of people receiving an unemployment benefit in the City of Holdfast Bay was just under two thirds of the metropolitan average, with 3.9 per cent and 6.3 per cent, respectively.
- When compared with the metropolitan average, relatively fewer people in the City of Holdfast Bay were receiving an unemployment benefit for more than six months, 3.2 per cent in the LGA and 5.4 per cent in metropolitan Adelaide.
- Just 2.0 per cent of young people in the City of Holdfast Bay were receiving an unemployment benefit, just over half the metropolitan average of 3.8 per cent.

## 4. Education

- More 16 year olds stay at school.
- An above-average proportion of school leavers in 2017 were enrolled at a South Australian university at 31 March 2017, with 34.4 per cent for those living in the City of Holdfast Bay compared with 32.2 per cent for metropolitan Adelaide.
- Very few children in the City of Holdfast Bay aged less than 15 years were living in families where the female parent's highest level of schooling was year 10 or below, or where the female parent did not attend school. The proportions were 5.6 per cent in Holdfast Bay and 13.6 per cent in metropolitan Adelaide.
- In line with the information above as to educational participation, relatively more young people aged 15 to 24 years were engaged in school, work or further education/training, with 90.5 per cent in the City of Holdfast Bay compared with 86.6 per cent in metropolitan Adelaide.

## 5. Income and wealth

- There were markedly fewer children aged less than 16 years living in low-income families in the City of Holdfast Bay (12.8 per cent of the population) compared with metropolitan Adelaide (23.0 per cent).
- There were relatively (19 per cent) fewer people aged 65 years and over in the City of Holdfast Bay receiving the age pension when compared with the metropolitan average (54.9 per cent and 67.9 per cent, respectively). This same pattern was evident for the other pension and benefit types and associated indicators described in this report e.g. disability support pensions, health card and pensioner concession card holders.

- Relatively few households in the City of Holdfast Bay were assessed as requiring additional bedrooms, at around half the level across metropolitan Adelaide – proportions were 1.3 per cent in Holdfast Bay and 2.8 per cent in metropolitan Adelaide.
- Five per cent of low-income households in the City of Holdfast Bay were subject to mortgage stress, just over half the proportion in metropolitan Adelaide (8.5 per cent).
- There were 16 per cent fewer low-income households who experienced rental stress in the City of Holdfast Bay when compared to the metropolitan area overall.
- Social housing plays a very small part in the rental market in the City of Holdfast Bay, with 2.7 per cent of private dwellings rented in this way, compared with 6.4 per cent for metropolitan Adelaide overall.
- In contrast to the low provision of social housing in the City of Holdfast Bay, 15.5 per cent of households were receiving Commonwealth rent assistance in June 2017. This proportion was consistent with that in metropolitan Adelaide.
- One in eleven households in the City of Holdfast Bay reported not having access to a motor vehicle on census night 2016. This may not be a problem for some, given the various public transport alternatives, but for some it will prove to be a limitation to accessing services.

## 6. Early Life and Childhood

- Consistent with its (older) age profile, the total fertility rate of 1.43 in the City of Holdfast Bay was 20 per cent below the metropolitan Adelaide rate of 1.79.
- In common with other more socioeconomically advantaged LGAs, the rate of smoking during pregnancy in the City of Holdfast Bay was below the metropolitan average, with rates of 8.1 per cent in Holdfast Bay and 12.3 per cent in metropolitan Adelaide.
- The rate of immunisation at one year of age was slightly lower in the City of Holdfast Bay (91.9 per cent) than in metropolitan Adelaide (94.0 per cent).
- By five years of age, children in the City of Holdfast Bay had achieved a coverage rate of 93.9 per cent, compared with the metropolitan rate of 93.6 per cent.
- It was estimated that 4.3 per cent of males aged from 2 to 17 years in the City of Holdfast Bay were obese, two thirds of the metropolitan Adelaide rate of 6.6 per cent.
- It was estimated that 4.5 per cent of males aged from 2 to 17 years in the City of Holdfast Bay were obese, just over two thirds of the metropolitan Adelaide rate of 6.7 per cent.
- It was estimated that around seven in every ten children and young people (at ages 4 to 17 years) in the City of Holdfast Bay met the guidelines for daily fruit consumption, a rate that is ten per cent above the metropolitan average.

- There were between one and four infant deaths in the City of Holdfast Bay, with the number suppressed to avoid the possibility of breaching privacy.
- There were two thirds the number of clients of the Child and Adolescent Mental Health Service in the City of Holdfast Bay over this three-year period when compared with metropolitan Adelaide.
- There were relatively fewer children in the City of Holdfast Bay considered to be 'developmentally vulnerable' on one or more domains of the AEDC when compared with metropolitan Adelaide, with 16.2 per cent and 23.0 per cent of children assessed, respectively.

## 7. Personal Health and Wellbeing

- People in the City of Holdfast Bay were less likely to report their health as 'fair' or 'poor' (and not 'good', 'very good' or 'excellent') than in metropolitan Adelaide, with rates of 11.9 and 15.6 per 100 population, respectively.
- Fewer people in the City of Holdfast Bay were also estimated to suffer from high or very high levels of psychological distress, with one in ten in the LGA compared with one in seven in metropolitan Adelaide.
- Diabetes prevalence was estimated to be lower in the City of Holdfast Bay (3.4 persons per 100 population) than in metropolitan Adelaide (4.3 persons per 100 population).
- Mental health problems were estimated to have affected 15.7 per cent of males in the City of Holdfast Bay, 6 per cent below the metropolitan average (16.8 per cent).
- The estimated rate of mental health problems among females in the City of Holdfast Bay, at 18.8 per cent, was higher than for males, and was consistent with the metropolitan average for females (19.0 per cent).
- Consistent with its higher socioeconomic status as indicated by the IRSD score, the City of Holdfast Bay had a lower smoking rate than in metropolitan Adelaide, with rates of 11.5 and 14.2 smokers per 100 population, respectively.
- Another relatively good outcome in the City of Holdfast Bay is the estimate of male obesity, with 22.3 males per 100 population obese compared with a rate of 26.6 in metropolitan Adelaide.
- The obesity rate estimated for females in the City of Holdfast Bay, at 25.2 obese females per 100 females in the population, was higher than for males, but similarly 16 per cent below the metropolitan average.
- Although over half (59.3 per cent) of the City of Holdfast Bay population aged 15 years and over was estimated to be physically inactive (excluding workplace physical activity). A better outcome than across metropolitan Adelaide overall, which had a rate of 67.0 physically inactive people per 100 population aged 15 years and over.

- Just over half (51.5 per cent) of adults in the City of Holdfast Bay were estimated to have met the daily requirements for consumption of fruit, just above the rate of 49.0 in metropolitan Adelaide.
- Males in the City of Holdfast Bay had a median age at death of 83 years, three years above the metropolitan Adelaide median age of 80 years.
- For females in the City of Holdfast Bay the median age was 87 years, four years above that for males in the area and two years above the metropolitan median age for females of 85 years.
- As shown for adults, the premature mortality rate in the City of Holdfast Bay at ages 15 to 24 years was below the rate in metropolitan Adelaide, with rates of 26.9 and 29.4, respectively.
- Despite the overall lower premature mortality rates in the City of Holdfast Bay, as noted above, the rate of suicide before 75 years of age was notably higher in the City of Holdfast Bay (14.5 deaths per 100,000 population aged under 75 years) than in metropolitan Adelaide (a rate of 12.5).
- There were 21 per cent more admissions to hospital of people living in the City of Holdfast Bay when compared with the metropolitan area overall.
- In contrast to the high overall admission rate of residents in the City of Holdfast Bay (21 per cent above the metropolitan average), the rate of admission for potentially preventable hospitalisations was 7 per cent below the metropolitan average.
- Only one per cent of the adult population in the City of Holdfast Bay were estimated to having difficulty accessing health care.
- Almost half (44.5 per cent) of HACC clients in the City of Holdfast Bay were living alone in 2014/15, 19 per cent more than the metropolitan average proportion of 37.4 per cent of clients.
- However, very few HACC clients did not speak English at home, with 6.3 per cent in the City of Holdfast Bay compared with 19.4 per cent in metropolitan Adelaide.
- In contrast to the relatively low use of Child and Adolescent Mental Health Services, community mental health services for those aged 15 years and over in the City of Holdfast Bay were used at close to the average rate in metropolitan Adelaide as a whole.
- The City of Holdfast Bay had five per cent more residential aged care places per 1,000 population in June 2016 than available across metropolitan Adelaide, with rates of 100.5 and 95.4, respectively.

## 8. Community Connectedness

- Consistent with responses for metropolitan Adelaide overall, a majority of adults in the City of Holdfast Bay were able to get support in times of crisis from people outside of their household.
- Very few adults in the City of Holdfast Bay were estimated to disagree or strongly disagree with the acceptance of other cultures, with people more accepting than shown by the metropolitan average rate.
- In keeping with the overall higher level of socioeconomic advantage in the City of Holdfast Bay, relatively fewer people were estimated to have had government support as their main source of income in the last two years, namely 22.4 per cent of adults, a rate 28 per cent below the metropolitan average.
- Just over four in five households (82.8 per cent) in the City of Holdfast Bay reported in the 2016 Census that someone had accessed the Internet from the dwelling, a rate consistent with that across metropolitan Adelaide.

## 9. Personal and Community Safety

- Markedly more people in the City of Holdfast Bay felt very safe/safe walking alone in their local area after dark, with 66.8 adults per 100 population (66.8 per cent) estimated for EHA, compared with 49.7 per cent for metropolitan Adelaide.<sup>9</sup>



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