Barossa, Light and Lower Northern Region Regional Public Health Plan (DRAFT)

A regional plan for the councils of Adelaide Plains, Barossa, Gawler and Light Regional

Adelaide Plains Council

The Barossa Council

Gawler

Light Regional Council

Prepared by URPS for the Councils of Adelaide Plains, Barossa, Gawler and Light Regional

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The councils acknowledge the Ngadjuri, Peramangk and Kaurna people as the traditional custodians of the land for which this plan applies.

We acknowledge their ancestral connection to land and pay respect to Elders past, present and emerging.

1. Executive summary

This plan establishes three regional lighthouse projects and governance arrangements to address top regional challenges for public health in the Barossa, Light and Lower Northern Region.

The diagram on the next page provides an overview of the councils' approach to preparation and delivery of this plan as well as a summary of the plan itself.

1. Demographic and public health trends were researched to identify **key regional public health challenges** (ie. those challenges that exist at a regional scale).

2. Engagement was undertaken with community, stakeholders, council employees and Elected Members to understand, of the key regional public health challenges, what they see as the **top regional challenges** and how could the councils address these.

3. Engagement feedback was used to identify **3 regional lighthouse projects** to address the top regional challenges. Lighthouse projects are considered those that focus council efforts by address multiple challenges through their response.

4. **New governance and project delivery arrangements** underpin the councils approach to public health planning and will support ongoing collaboration and delivery of the regional lighthouse projects as well as addressing emerging public health issues and providing an avenue to share learnings and resources.

5. Although this plan focuses on public health challenges and projects that are significant at a regional level, it is noted that each council is unique and will have its own challenges and strengths. As such, this plan acknowledges that each council will provide its own **public health services, infrastructure and programs** that support community health and wellbeing on an ongoing basis

DEMOGRAPHIC + PUBLIC HEALTH TREND RESEARCH

1

KEY REGIONAL PUBLIC HEALTH CHALLENGES

- Improving mental health and reducing psychological stress (and suicide prevention)
- Access and inclusion
- Youth engagement and wellbeing
- Supporting an ageing population
- Encouraging healthy lifestyles.
- Adapting to Climate change
- Responding to COVID 19
- Supporting housing affordability and availability

ENGAGEMENT

2

TOP REGIONAL CHALLENGES

- Improving mental health and reducing psychological stress (and suicide prevention)
- Access and inclusion (services, transport, digital, disability access)
- Youth engagement and wellbeing
- Supporting an ageing population
- Encouraging healthy lifestyles

3

REGIONAL LIGHTHOUSE PROJECTS

REGIONAL LIGHTHOUSE PROJECT 1

Community transport, cycling + walking

- Improvements to local walking and cycling routes
- Exploring establishment of regional community passenger network and community bus
- Advocating for improved public transport

REGIONAL LIGHTHOUSE: PROJECT 2

Mental health + suicide prevention

- Information and connecting people with support
- Exploring establishment of a mobile mental health check-in van

REGIONAL LIGHTHOUSE PROJECT 3

Community participation project

- Regional community participation initiatives for people of all ages and abilities

4

GOVERNANCE + DELIVERY ARRANGEMENTS

Regional Public Health Advisory Group, Regional Project Working Groups, Partnerships, Delivery Cycle

5

ONGOING SERVICES + PROGRAMS

Council specific plans services and programs to address key regionally challenges locally

COUNCIL STRATEGIC PLANS + ANNUAL BUSINESS PLANS + BUDGETS

2. About this plan

This plan presents a collaborative regional public health response for councils in the Barossa, Light and Lower Northern Region (Figure 1).

The *South Australian Public Health Act 2011* (Public Health Act) and the *South Australian State Public Health Plan 2019-2024* acknowledge the important role of local governments in public health and require that each council develop a public health plan. The establishment of regional public health plans that cover multiple council areas are encouraged to support the collaboration of councils and stakeholders to improve regional outcomes.

This plan has been prepared by the councils of Adelaide Plains, Barossa, Gawler and Light Regional in consultation with community and stakeholders. It is the second regional plan that the councils have prepared together.

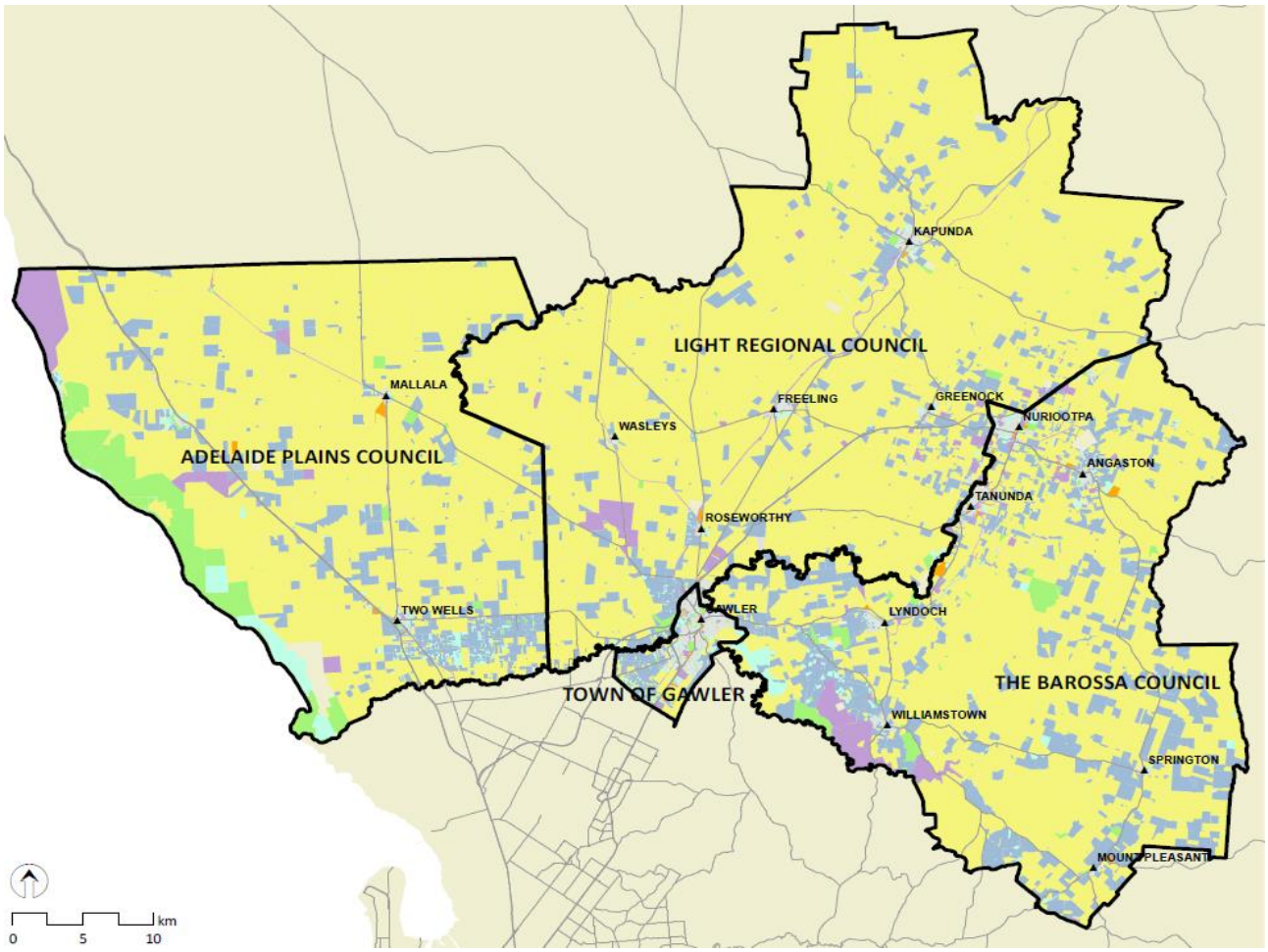


Figure 1 - Barossa, Light and Lower Northern Region

3. About public health

Public health protects and promotes the health and wellbeing of communities. It is influenced by many different aspects of our lifestyles and communities from what we put in our bodies and how much we exercise, to sanitation, community services, and how our communities are planned and built.

Public health is influenced by an individual's ability to make healthy choices and access services and infrastructure that support wellbeing. It is also influenced by the ability of our communities to plan for and respond to environmental influences such as climate change or disease outbreaks.

The factors that have an impact on the health and wellbeing of individuals and communities are many and varied and include where we are born, live and work, the state of the environment, genetic factors, our income and education level, and our relationships with other people.

Figure 2 - Examples of the domains of public health (Source: State Public Health Plan 2019-2024)

3.1 A shared responsibility

Public health is a shared responsibility. Councils, community, public health services and agencies and governments all contribute to community wellbeing.

Councils support public health outcomes through the provision of open space and recreation infrastructure, immunisation programs, environmental health regulation, community programs, libraries and community centres, home aged care support, and planning services that enable inclusive buildings and environments.

Councils also work with public health service providers or agencies to share their education resources with communities and by referring community members to their services.

Councils in the region are of varying sizes and have differing capacities to deliver public health activities. Collaborating in regional public health provides the opportunity to share information, resources and programs to improve regional outcomes. The extent of what councils can achieve can be increased by partnership support from State and Federal Governments and through the efforts of local services and community groups.

4. Our region

4.1 Snapshot of our region

This section presents demographic characteristics for the region that have an influence on public health. Comparisons are made to the Greater Adelaide region where relevant.

Sources: PHIDU 2019 Population Health Profile and ABS Census 2006 and 2016.

Population

- 70,123 people
- Forecast to increase by 24.6% (23,359 people) by 2036
- Larger proportions of people aged 5 to 19 years and 45 to 74 years
- Smaller proportions of people aged 85 years and over and 20 to 45 years

Age

- The region's population is ageing
- Most growth in retirees, seniors and elderly
- Slowest growth in infants and children

Health and wellbeing

- **Lower % of adults (< half) meet daily fruit consumption guidelines**
- **Higher % of adults experiencing psychological distress**
- **Higher % of males,** and lower % of females **report mental health problems**
- **Markedly higher % of clients of community mental health service**
- **Slightly higher % of type 2 diabetes prevalence**
- **Higher % of smokers**
- **Markedly higher % of obese adults – highest in women**
- **Twice the premature death rate in people aged 15-24 years**
- **Markedly higher rate of suicides**
- **Higher % of people being physically inactive (but below the Regional SA rate)**
- Lower % of people self-assess their health as fair or poor
- Lower % of people having trouble accessing healthcare
- Lower % of Home and Community Care clients living alone or speaking a language other than English at home
- Marginally higher % of people feel they get support in times of crisis
- Markedly higher % of people feel safe walking alone after dark
- Local Drug Action Teams and Suicide Prevent Networks providing support

Disability and long-term illness	• **A larger % of people under 65 years needing assistance with core activities** • A similar % of people needing assistance with core activities • A similar % of people providing unpaid care • A smaller % of people over 65 years needing assistance with core activities • Slightly lower % of people receiving a Disability Support Pension
Early life and childhood	• **Higher % of women smoking during pregnancy** • Lower % of children living in low income welfare dependent households • Higher % of children consuming an adequate fruit intake • Lower % of children who are clients of the Adolescent Mental Health Service • Lower % of children are obese • A similar % of 5 year olds are fully immunised
Housing	• **Lower supply of residential aged care places** • **Lower supply of social housing** • Similar % of low-income households under mortgage stress • Similar % of low-income households under rental stress • Lower % of households receiving rent relief
Cultural diversity and language proficiency	• **Markedly higher % of people are not accepting of other cultures** • Lower % of people born in predominantly non-English speaking countries • Significantly lower % of people not speaking English well or at all • Slightly lower % of people who recognise themselves as of Aboriginal or Torres Strait Islander descent
Employment, income and education	• **Markedly higher % of 16 year olds not in full time secondary education** • **Lower % of school leavers enrolled in a University** • **Slightly lower % of young people earning or learning** • **Slightly higher % receive an Age Pension or held a Pensioner Concession Card** • **Lower % of households with access to a motor vehicle** • A similar level of socio-economic disadvantage • Significantly lower % of people receiving unemployment benefits • Lower % of people holding Health Care Cards

4.2 Snapshot of the councils

The following health trends have been compiled from the PHIDU 2019 Population Health Profile for the Region and highlight key differences between the councils in the region.

Health and wellbeing	Smoking during pregnancy	• Highest in Gawler and Adelaide Plains (19.7% and 19% respectively)
	Daily fruit intake	• Highest in Barossa (48.6%). Lowest in Gawler (44.7%)
	Adults experiencing psychological distress	• Highest in Gawler (15.7%) and Adelaide Plains (15.4%)
	Type 2 diabetes	• Adelaide Plains (4.9%), Gawler (4.7%) and Light (4.5%) all above the metropolitan average, Barossa below (3.8%)
	Smoking	• Adelaide Plains (17.0%), Light (16.3%) and Barossa (15.5% above the metropolitan average
	Obesity in Adults	• Highest for males and females respectively in Light (34.5%, 38.4%), Adelaide Plains (33.6%, 37.1%) and Gawler (32.5%, 37.0%)
	Physical inactivity	• Adelaide Plains (73.7%), Light (72.4%) and Gawler (71.9%) and Barossa (69.7%) all above the metropolitan average of 67.0%
	Death in 15-24 year olds	• Highest in Barossa (2.57 x metropolitan rate) and Light (2.1 times the metropolitan rate)
	Suicide	• Adelaide Plains and Light (55% and 20% above the metropolitan rate)
	Community mental health clients	• Substantially higher in Gawler (72% higher than metropolitan average. Barossa and Adelaide Plains 4% above
Disability and long-term illness	People living with profound or severe disability (largest proportions)	• Largest proportions of 0-64 year old's – Gawler (4.5%) and Adelaide Plains (3.9%) • 65 year old's and over- Gawler (15.1%) and Adelaide Plains (314.8%)
	People receiving the Disability Support Pensions (16-65years)	• Gawler (8.2%) and Adelaide Plains (6.6%) both had proportions of people (16-65yrs) receiving the Disability Support Pension above the Metropolitan rate (6.3%)
	Assistance with core activities	• Highest in Gawler and Adelaide Plains for both children (4.6% and 3.9%) and adults (15.1% and 14.8%)

Early life and childhood	Clients of Child and Adolescent Mental Health Service	• Gawler was the only Council area with a proportion of clients above the Metropolitan average
	Obesity in children (2-17 years)	• Gawler and Adelaide Plains both above the Metropolitan rate for boys and girls
	Children (<16 years) in a low income, welfare-dependent family	• Gawler (30%) is the only Council above the Metropolitan average
Cultural diversity and language proficiency	Aboriginal & Torres Strait Islander people	• Highest in Adelaide Plains (3.2 %) and Gawler (1.1 %) however Barossa and Light had similar actual numbers of people of Aboriginal & Torres Strait Islander background
	People born in non-English speaking countries	• Gawler (1,077 people), Barossa (720 people), Light (416 people) and Adelaide Plains (397 people)
	Most common non-English speaking Countries of birth	• Germany – highest proportions in Barossa (0.7%) • Italy - highest proportions in Adelaide Plains (0.7%) • Philippines – highest proportions in Adelaide Plains (0.3%) and Gawler (0.4%)
Employment, income and education	Social disadvantage (IRSD score)	• Gawler (955) has the greatest relative social disadvantage Light (1025) was relatively the most advantaged
	People receiving unemployment benefits (16-64 years)	• Gawler was the only area with a larger proportion (8%) than the Metropolitan average receiving unemployment benefits
	16 year olds not in full time secondary education	• All above the Metropolitan rate- Adelaide Plains (16.9%), Light (16.1%), Barossa (15%) and Gawler (13.5%)
	School leavers enrolled in a University	• Lowest in Adelaide Plains (14.5%) other LGAs between 21.5% and 23.3%
	Young people (15-24 years) earning or learning	• Highest in Light (87.7%) and Barossa (86.4%). Lowest in Adelaide Plains (80.9%)
	Aged Pension recipients	• Highest in Gawler (79.5%) 17% above the Metropolitan rate
	Concession Card Holders	• Highest in Gawler (30.5% of people over 15 years)
	Access to a motor vehicle	• All councils were below the metropolitan rate

Age	Age profile	• Gawler has more children and young people (ages 5 to 19 years) and more at older ages (from 50 years for males and from 55 years for females) • Barossa has more at the younger ages, and more at the older ages starting from 35 years; and there are fewer people over 75 years • Light has more people at ages under 40 years and fewer at age 45 to 59 years for males and 40 to 59 years for females • Adelaide Plains has an age profile similar to Metropolitan Adelaide
Housing	Low income households under mortgage stress	• Adelaide Plains (10.4%) and Gawler (9.5% above the Metropolitan rate
	Low income households under rental stress	• 31.8% in Gawler, 29.8% in Adelaide Plains, 29.0% in Barossa and 28.8% in Light
	Households receiving rent relief	• Gawler (23.6%) is the only Council above the Metropolitan rate

5. Key regional challenges for public health planning

The following key challenges for public health planning were identified through the review of the regional public health statistics. The focus of this plan is on identifying regional collaborative projects that address challenges that are significant across all councils.

1. Encouraging healthy lifestyles

   Adult obesity, unhealthy diets, lack of exercise and smoking are an issue across the Region. Obesity is more prevalent in women and smoking during pregnancy is as high as 20%. Obesity in children in Gawler and Adelaide Plains was more prevalent than in Greater Adelaide. Substance misuse is also a concern.

2. Improving mental health and psychological stress

   People in the community need support to manage their high levels of psychological stress and mental health. A high rate of people are clients of community mental health services and the rate of suicide is higher than Greater Adelaide. Adult men in particular are reporting mental health problems. Although stress and mental health is a greater issue for adults regionally, Gawler has a high rate of clients to the Child and Adolescent Mental Health Service.

3. Youth engagement and wellbeing

   Fewer young people (>16 years) in the region are earning or learning. Compared to Greater Adelaide a markedly higher rate of 16 year olds are not in full time secondary education and a lower % of school leavers enrol in a University degree. Sadly, death in young people is more common – two times the rate of Greater Adelaide – and the majority of deaths were from avoidable causes (predominantly suicide and road accidents).

4. Supporting an ageing population

   The proportion of people over the age of 65 in the Region is increasing and there is a low supply of residential aged care places.

5. Adapting to Climate change

   Climate change can impact a community's physical and mental health, lifestyle and budgets. It is also a Priority Area of the State Public Health Plan.

6. Responding to COVID 19

   The COVID-19 pandemic has turned our lives upside down. The response of local governments has played a critical part in ensuring the early success of the response to the virus in South Australia. However, with the ongoing risk of outbreaks there will be challenges to maintain vigilance and avoid complacency across the community, particularly in the likely scenario of a protracted pandemic.

7. Supporting housing affordability and availability

   In addition to having a low supply of residential aged care places, the Region has a lower rate of supply of social housing. Although the Region is relatively more advantaged than Greater Adelaide, it has a similar proportion of low-income households suffering mortgage or rent stress. The number of people experiencing homelessness is also a particular issue for people in the Town of Gawler.

8. Access and inclusion

   The region has a higher proportion of young people living with disability and an ageing population. Also, more people do not have access to a motor vehicle. People are also concerned about the availability of health services, transport options and digital literacy.

5.1 Top regional challenges

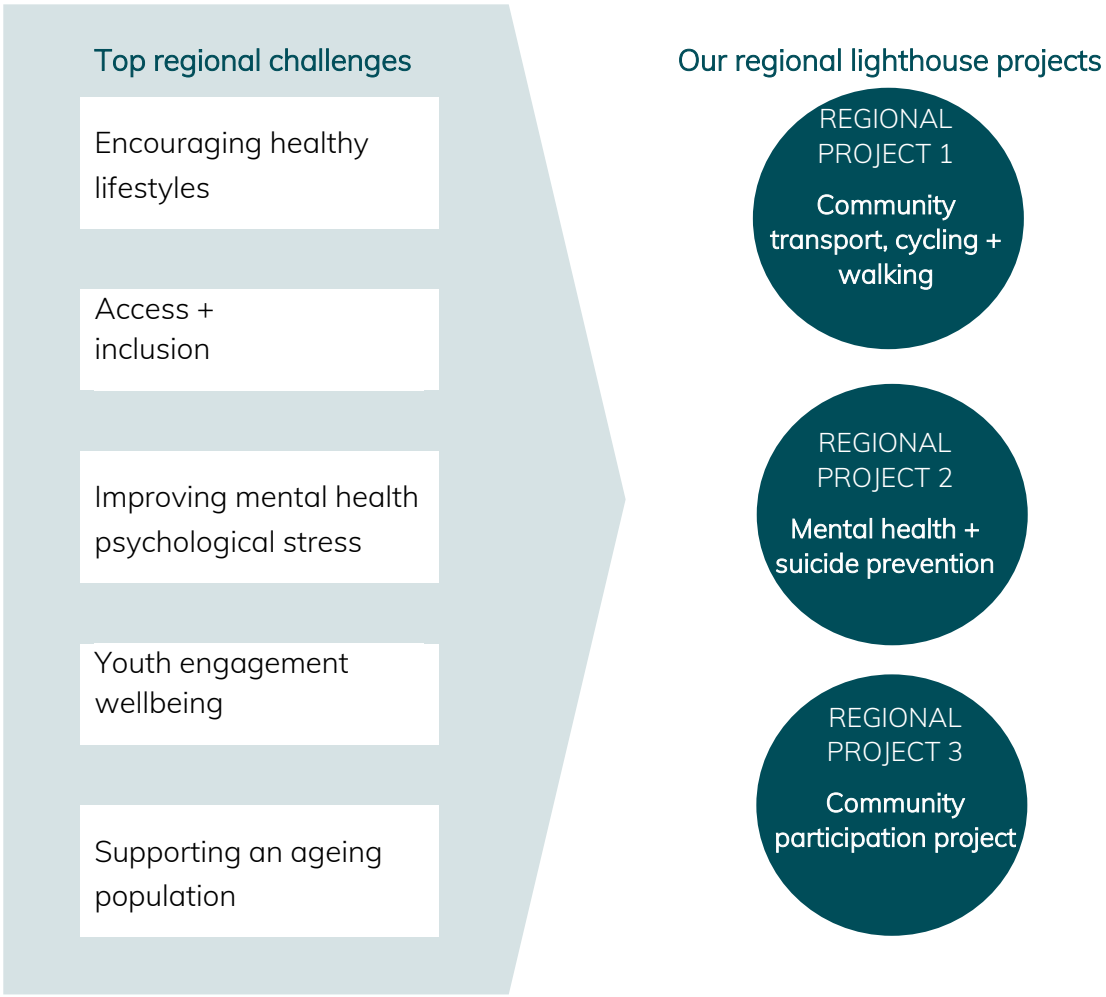
Engagement was undertaken with community, stakeholders, council employees and Elected Members to understand, of the above challenges, what they see as the most significant for the region. The following challenges were most consistently identified across community, stakeholders, council employees and Elected Members:

- Improving mental health and reducing psychological stress (and suicide prevention)
- Access and inclusion (services, transport, digital, disability access)
- Youth engagement and wellbeing
- Supporting an ageing population
- Encouraging healthy lifestyles.

6. Our response

This plan presents three regional 'lighthouse' projects) that will be the focus of action for this plan. Each project will address multiple of the top public health challenges for the region.

6.1 3 regional 'lighthouse' projects



The lighthouse projects will actively seek to engage with the State Public Health Plan priority populations:

- Aboriginal and Torres Strait Islander people (ATSI) ✓
- People living in rural and regional areas ✓
- People experiencing socioeconomic disadvantage ✓
- People from culturally and linguistically diverse backgrounds (CALD) ✓

6.2 Ongoing services, programs and plans

The focus of action for this plan is the three regional lighthouse projects. However, this plan acknowledges that each council will also continue to deliver its own ongoing services, programs and plans to address its unique situation because:

- The lighthouse projects intend to address the top regional challenges, not all the council's public health roles and responsibilities
- Each council is unique and will have its own challenges and strengths that require a local council response
- The key regional challenges not identified as a "top regional challenge" in this plan (adapting to Climate change, responding to COVID 19, and supporting housing affordability and availability), still require a response.

Ongoing services, programs and plans

Access and inclusion

- Disability Access and Inclusion Plans
- Reconciliation Action Plans
- Community transport services

Recreation and sport

- Walking and cycling plans
- Recreation and open space plans and facilities

Climate change and emergency management

- Climate Change Adaptation Plans
- Emergency Management Plans

Community participation

- Gawler Youth Space
- Community centres and libraries
- Community grants and programs
- Volunteer services

Public health prevention and regulation

- Public health inspections and regulation
- COVID-19 response
- Animal management/pest control
- Local nuisance
- Immunisation

Ageing well

- Commonwealth Home Support Program
- Seniors Collaborative Action Project

Mental health

- Barossa Cares
- Suicide prevention networks

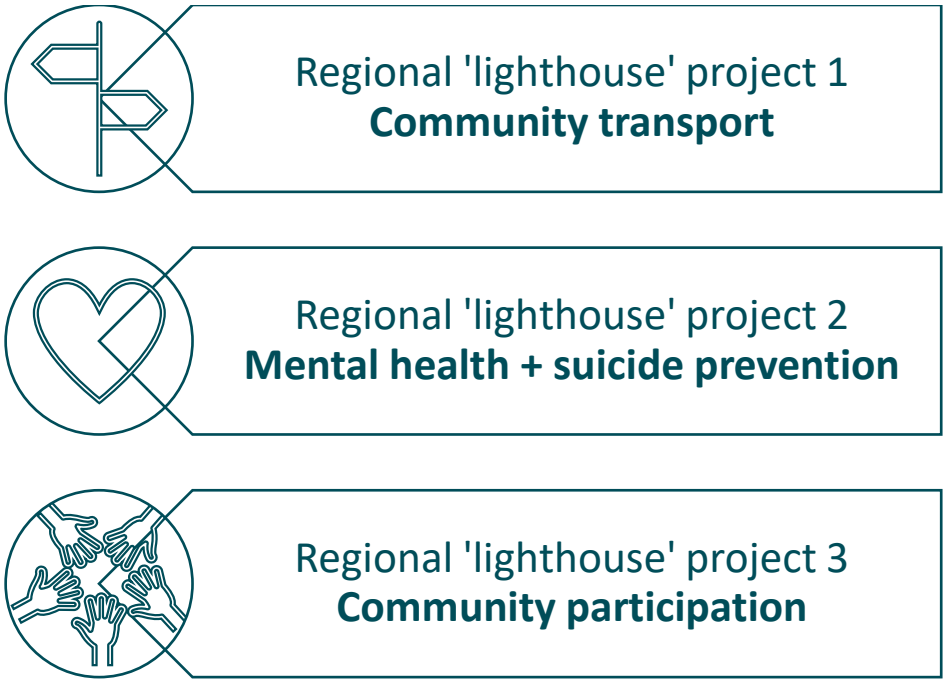
Drugs and Alcohol

- Local Drug Action Teams and Alcohol and Drug Foundation resources

Planning and advocacy

- Planning policy and assessments to encourage new development that supports public health outcomes (eg. climate resilience and accessibility and affordability)
- Advocacy to State and Federal Governments for improved regional provision of health and transport services and social housing

7. Our regional ‘lighthouse’ projects



This section presents each of the regional lighthouse projects. It provides preliminary lists of actions and partnerships that will be explored for each project. The actions and partnerships may evolve as the projects are explored and refined overtime in response to emerging needs and opportunities that arise.

Regional 'lighthouse' project 1 - Community transport

Objective	To improve health and wellbeing and access to community destinations through targeted improvements to local walking and cycling routes To improve transport to community centres and local services through exploring establishment of regional community passenger network and shared purchase and operation of a community bus To advocate from improved public transport
Actions	Walking and cycling • Map existing cycle and walking routes across the region and identify priority areas in each council to enhance connectivity, amenity, comfort and access for all ages and abilities • Design and implement improvements in each council including exploring government funding, regional signage and promotion, and community event partnerships Community transport • Undertake a feasibility study for the shared purchase of regional community transport bus and explore a model for shared use • Undertake a feasibility study for the establishment of an east-west passenger service to complement existing Community Passenger Networks in the region • Consider and implement recommendations Public transport • Develop a shared approach to strategically advocate for improved public transport
Potential Partners	• Public Health Partner Authorities (see section 7.1) • Heart Foundation • Bike SA, Walking SA and local walking and cycling groups, Active Living Coalition • Disability advocacy or service providers • Community Passenger Networks in the region
State Plan Strategic Priorities	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

Regional 'lighthouse' project 2 – Mental health + suicide prevention

Objective	To support positive mental health outcomes and help prevent suicide through providing information, connecting people with support and exploring the establishment of a mobile mental health check-in van to visit towns across the region
Actions	• Deliver training to frontline council staff and volunteers to enable them to recognise people in mental or suicide distress and connect them with appropriate support • Determine a regional model for the provision of mental health support information in council centres • Explore expansion of the Barossa Cares online mental wellbeing hub across the region • Undertake a feasibility study for establishment of a shared mobile mental health check-in van to visit towns across the region
Potential Partners	• Public Health Partner Authorities (see section 7.1) • Premiers Council for Suicide Prevention • Suicide Prevention Networks in the region • Mental health support services
State Plan Strategic Priorities	PROMOTE: Build stronger communities and healthier environments PREVENT: Prevent chronic disease, communicable disease, injury and suicide PROGRESS: Strengthen the systems that support public health and wellbeing

Regional 'lighthouse' project 3 - Community participation

Objective	To improve the wellbeing and capacity of people of all ages and abilities through the delivery and promotion of regional community participation programs
Actions	• Explore establishing a regional volunteering, mentoring and work experience program that supports intergenerational learning and skills development • Develop a model for the regional promotion of programs, facilities and services • Establish a list of community resources (spaces, programs, people to assist, tools) available across the region • Explore expansion of the Gawler Youth Space Model across the region to provide training and activities in satellite centres as well as sponsorship programs across the region • Explore the feasibility of a new community "centre" being established based on need and partnership support (eg. shared women's shed program or a new community centre as part of the Local Health Network)
Potential Partners	• Public Health Partner Authorities (see section 7.1) • Community Centres SA • Volunteering SA • Aboriginal and multi-cultural groups and organisations
State Plan Strategic Priorities	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

8. Delivering the plan

This section outlines how the councils will organise and resource themselves to best deliver this plan whilst also meeting any legislative requirements of the Public Health Act.

Regional collaboration is the cornerstone that will support the success of this plan. A governance structure has been developed to support collaboration between the councils and partners to deliver the plan and its regional projects.

Delivery of the actions within the regional lighthouse projects will be dependent upon availability of funding in council budgets in any given year, as well as funding and delivery partnerships with other governments and organisations.

8.1 Partnerships

The councils will engage with Public Health Partner Authorities and other relevant groups and organisations to deliver the regional lighthouse projects and to add value to existing efforts. The councils will engage to better understand community needs and partner activities so that actions delivered through this plan have the best impact and reach (within local government responsibilities).

Potential partners could include:

- Public Health Partner Authorities
- Heart Foundation
- Bike SA, Walking SA and local walking and cycling groups Walking SA' or 'Active Living Coalition'
- Disability advocacy or service providers
- Cultural groups
- Aboriginal groups and service providers
- Premiers Council for Suicide Prevention
- Suicide Prevention Networks
- Mental health support services
- Community Centres SA
- Volunteering SA
- Community groups
- Regional Development Australia Barossa Gawler Light Adelaide Plains
- Northern and Yorke Landscape SA Board.

Public Health Partner Authorities

The State Public Health Plan and the Public Health Act introduced the establishment of Public Health Partner Authorities to improve population health and wellbeing through collaboration.

Public Health Partner Authorities are agencies which:

- Contribute to key priority areas within the State Public Health Plan, and those emerging through regional public health planning
- Operate or impact at a state-wide or regional population level
- Are a key stakeholder for addressing significant public policy issues that impact on population level health and wellbeing.

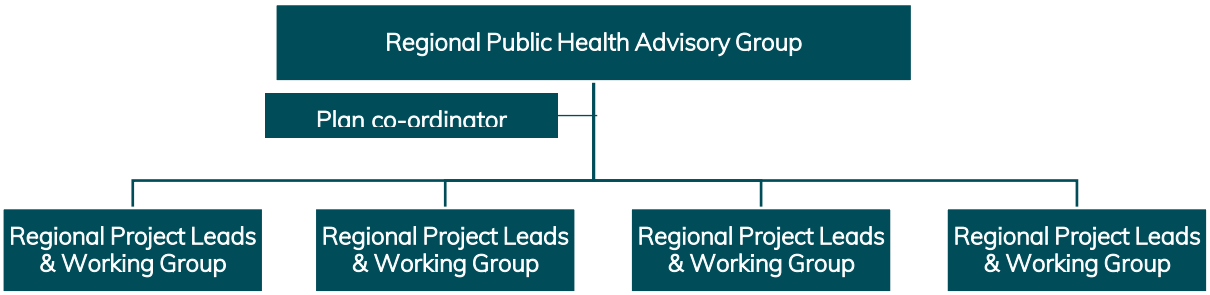
Current Public Health Partner Authorities are:

- Alcohol and Drug Foundation
- Biosecurity SA
- Council on the Ageing SA
- Department of Correctional Services
- Department of Education
- Department of Human Services (DHSSA)
- Department for Environment and Water
- Department for Transport
- Kidsafe SA
- Primary Health Networks (eg Country SA PHN)
- Renewal SA
- SafeWork SA and ReturnToWork SA
- South Australian Health and Medical Research Institute – Wellbeing and Resilience Centre
- SA Council of Social Services
- University of South Australia.

The councils will engage with relevant Public Health Authorities as required to support understanding and a strengthened response of the Regional Lighthouse Projects as well as the individual services and programs of each council.

(Source: sahealth.sa.gov.au)

8.2 Collaboration structure

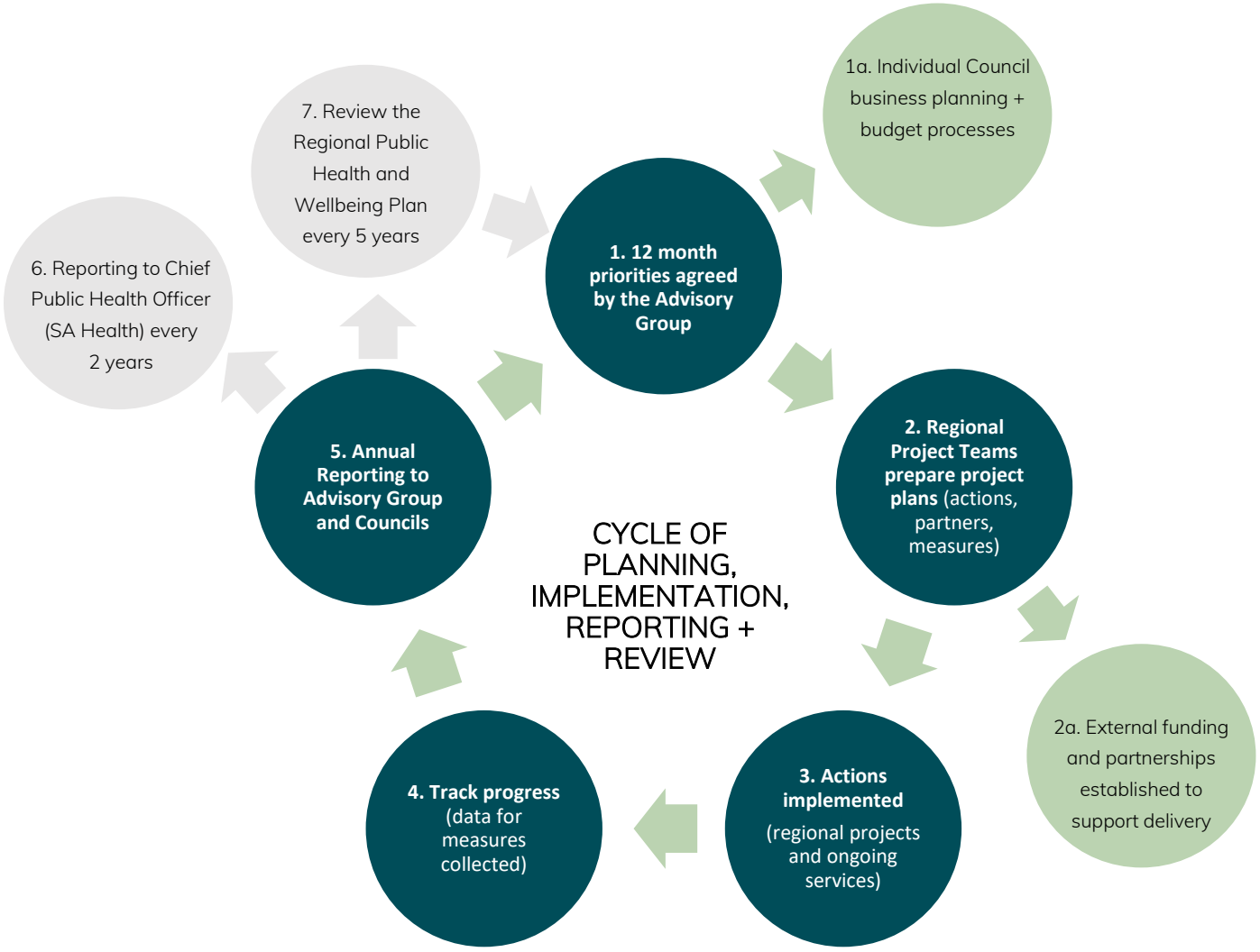


	Role	Membership
Regional Public Health Advisory Group	To oversee the preparation, implementation, reporting and review of the Plan. Rotating chair by a CEO or senior staff member of one of the constituent councils (eg. one per year) and supported by the Plan Coordinator. Meet quarterly.	A senior manager from the community services/planning or environmental health portfolios. One Elected Member from each constituent council- appointing one as the Chairperson for the Advisory Group or having an independent Chairperson.
Plan Coordinator	To project manage the development, review and reporting for the Plan. Assist with the delivery of regional projects, collaboration and advocacy. Collation and reporting of regional projects and associated data to the Advisory Group and SA Health. Responsible for calling Advisory Group meetings and managing their agendas and minutes.	<u>Option A</u> A rotating position between the councils. Suggest annual rotation. <u>Option B</u> New co-funded position (full or part time) to be explored. Councils to agree on level of funding to help support preparation, implementation, reporting and review of the Plan.
Regional Project Leads	To project manage delivery of a nominated regional project. To call, chair and minute actions from project working group meetings. To document project plans and ensure accountability of action delivery by project working group members.	A senior Council Manager to act as Project Sponsor to provide guidance and assist in any operational or political barriers. An operational staff member to act as the Regional Project Manager.
Regional Project Working Groups	To work collaboratively to plan and deliver regional “lighthouse” projects identified in this Plan. To gather and provide data relevant to the project to the Plan Coordinator for the purpose of regional reporting.	An operational staff member from each of the partnering constituent councils, and external regional stakeholders or service providers who provide services for people associated with a lighthouse project Led by the Regional Project Lead (see above).

8.3 Delivery cycle: delivering the plan and tracking our progress

The plan will need to be delivered through a cycle of planning, implementation, reporting and review.

A description of each of the steps below is provided in the table on the following page.



Cycle step	Description	Who	How	When
1. 12 month priorities agreed by the Advisory Group	Advisory Group meets to collaborate and prioritise on directions for the coming year. Most notably relating to the regional projects but other directions may be discussed relating to the Goals of this Plan or other emerging issues	Advisory Group	Workshop	Annually
1a. Individual Council business planning + budget processes	Each council secures council support for the activities for the year through its own business plan and budget processes	Each Council	As per council business plan and budget process	Annually
2. Regional Project Teams prepare project plans	Regional Project Teams convene to identify stakeholders, plan actions and measures of success (data collection requirements) Plan prepared by Project Lead	Regional Project Teams	Initiation meeting	Annually
2a. External funding and partnerships established to support delivery	Partnerships and external funding (where appropriate) established to support delivery of project actions	Regional Project Teams	Meetings with partners Funding applications	Annually
3. Actions implemented	Regional Project actions and other actions implemented across the year	Regional Project Teams Plan Coordinator Individual Councils	As per project plans	Throughout the year
4. Track progress	Data collected (based on measures agreed to at 2.) and regional project progress evaluated and reported to Advisory Group. Approaches adjusted as required to improve outcomes	Plan Coordinator (with Project Leads)	Collected as per project plans Project meetings to adjust approach Report tabled to Advisory Group meeting	Every 6 months
5. Annual reporting to Advisory Group and Councils	Prepare annual reports of progress for each regional project. Outcomes measured and considerations for following year identified.	Plan Coordinator (with Project Leads)	Report tabled to Advisory Group meetings and distributed to councils	Annually

Cycle step	Description	Who	How	When
6. Reporting to Chief Public Health Officer (SA Health)	Prepare a report to the Chief Public Health Officer (SA Health), as required by the Public Health Act, that collates the regional projects' evaluations from the annual reports	Plan Coordinator	Report emailed to SA Health	Every two years
7. Review the Regional Public Health and Wellbeing Plan	Review the Plan in light of what has gone well, gaps, emerging trends or new opportunities. Plan approved by constituent councils and the Chief Public Health Officer (SA Health)	Led by the Advisory Group and the Plan Coordinator	Research and engagement with Advisory Group, Project Teams, councils, stakeholders and community	Every five years

9. Further information and contacts

Further information on public health planning, regional trends and community and stakeholder engagement undertaken to prepare the plan can be found in the following documents:

- Review Report: Barossa, Light and Lower Northern Region Public Health and Wellbeing Plan (available from the constituent councils)
- Early Engagement Summary Report: Barossa, Light and Lower Northern Region Public Health and Wellbeing Plan (available from the constituent councils)
- Population Health Profile: Barossa, Light and Lower Northern Regions. Comprising of Adelaide Plains (DC), Barossa (DC), Gawler (T), and Light (RegC). (PHIDU, 2019)
- State Public Health Plan 2019-2024 (SA Health, 2019) sahealth.sa.gov.au/statepublichealthplan

Adelaide Plains Council

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Barossa Council

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barossa@barossa.sa.gov.au

08 8563 8444

Light Regional Council

light.sa.gov.au

light@light.sa.gov.au

08 8525 3200

The councils acknowledge that some statistics may raise concern for people in our community. If the information raises concern for you, please contact one of the services below:

- lifeline – 13 11 14 www.lifeline.org.au
- Kids Helpline (5-25 years) – 1800 55 1800 www.kidshelpline.com.au