



CITY OF
TEA TREE GULLY
Naturally Better

2021 - 2026

PUBLIC HEALTH ACTION PLAN



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Part 1

*Welcome to the
City of Tea Tree Gully*

PUBLIC HEALTH ACTION PLAN

2021 - 2026





The health and wellbeing of communities is shaped by how people live, work, study and play. When people are healthy and well, they can contribute to and enjoy, the social vibrancy and economic life of the community and the natural environment. Health and wellbeing are therefore central to Council's Vision within its Strategic Plan 2025, of "A thriving community with a quality lifestyle that values its people and natural environment".

In accordance with the aspirations and wellbeing pillars of The City of Tea Tree Gully Strategic Plan 2025, we are committed to working with the community, local business and partners to achieve our Vision. The Public Health Action Plan will guide the implementation of this strategic work over the next 5 years and satisfies our mandated accountabilities to the South Australian Public Health Act 2011¹, which requires Councils to prepare and maintain a regional public health plan (RPHP), reflecting state and local priorities for health and wellbeing. Our Action Plan highlights relevant priority themes for action in the City of Tea Tree Gully within four Focus Areas: physical health, mental health, wellbeing and safety; It also provides a framework for implementation.

Part 2

INTRODUCTION

2021 - 2026



2.1

Defining Public Health and Wellbeing

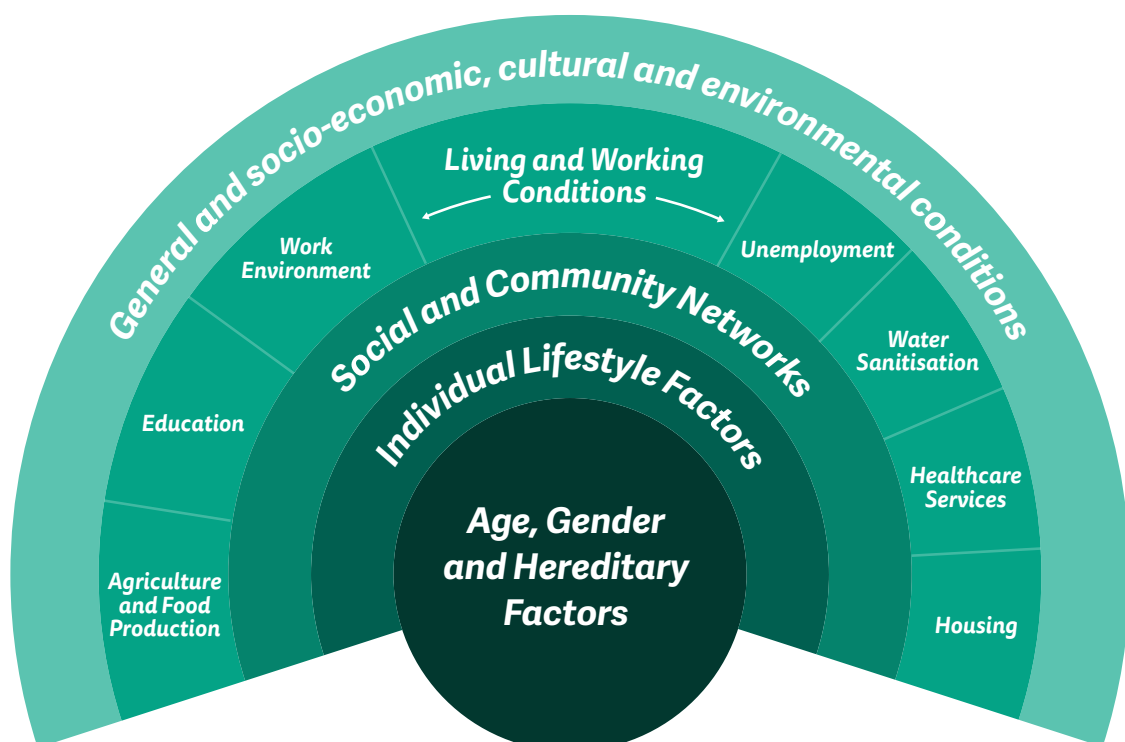
Public health work is concerned with what we do collectively to create the conditions and environments that enable good physical health, mental health and overall wellbeing of our communities. It provides the framework for us to effectively plan-for, prevent and respond to health and wellbeing challenges and opportunities.

There is not one universal definition of health and wellbeing; in the context of this Plan, the definition of health and wellbeing can be described as follows:

1. Health is a state of physical and mental wellness including the absence of disease, injury or illness.
2. Wellbeing relates to how satisfied we feel with aspects of ourself, our lives and our connection with other people and nature. Positive wellbeing is associated with a sense of safety and security, purpose, meaning and value in life. Wellbeing can be used in a collective sense to describe how well a society satisfies people's wants and needs.

There are many factors that impact on health and wellbeing commonly referred to as 'the determinants of health'.² These determinants include:

- **The person that we are:**
 - Our age, sex, cultural background and biological make-up
 - Our personal attitudes, beliefs and behaviours
 - Our personal relationships
 - Our lifestyle choices and habits
- **Our interactions and sense of belonging and connection with our broader community and society**
- **Our interactions and sense of belonging and connection with our built environment and nature**



2.2

The Public Health and Wellbeing Work of Councils in South Australia

Councils can have a significant positive influence on the determinants of health, and do so through work, that engages whole communities, and builds the capacity of individuals to improve their own health and wellbeing. The type of public health work Councils may do includes

4.

- Promoting personal skill development and knowledge that allows people to make informed and positive choices (e.g. awareness campaigns about chronic disease, cooking classes volunteer and civic opportunities)
- Influencing the attitudes and beliefs within the community that supports inclusion, access and equity for all people (e.g. celebrating cultural diversity and reducing stigma around mental ill-health)
- Influencing the broader social conditions that effects health and wellbeing (e.g. access to healthy food, local economic conditions, employment opportunities, transport and housing)
- Creating physical environments that enable people to be active and prevent ill-health from occurring (e.g. infrastructure, facilities and access to healthy green space)
- Protecting people from factors within our environment that challenge health and wellbeing (e.g. immunisation services, monitoring and compliance of food, water, pollution, climate change mitigation and waste services)
- Progressing the governance, systems and partnerships that will support people and communities to be healthy and well (e.g. policy, administration, communication and planning)



These actions are reflected in the priorities of the State Public Health Plan 2019 – 2024⁵, that seeks to guide Councils in their public health work. These state priorities include:

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

Part 3

DEVELOPING THE CITY OF TEA TREE GULLY PUBLIC HEALTH ACTION PLAN

2021 - 2026



3.1 The Planning Process

The Public Health Action Plan has been informed by:

- A review of previous and current work including a review of relevant Council policies, strategies, plans and reports
- Consultation with a dedicated staff reference group
- Review of relevant, prior community consultations
- Data analysis – a review of Tea Tree Gully’s community profile, to identify notable characteristics of the community and health priority areas
- Review of the policy context – local, state, regional and national, including alignment with the State Public Health Plan 2019-2024⁵ and the Wellbeing SA Strategic Plan 2020-2025⁶
- Planning Resources - The Community Health and Wellbeing Toolkit 2019⁷ and Guide to Regional Public Health Planning 2019⁴



3.2 Alignment with relevant Council Strategies and Plans

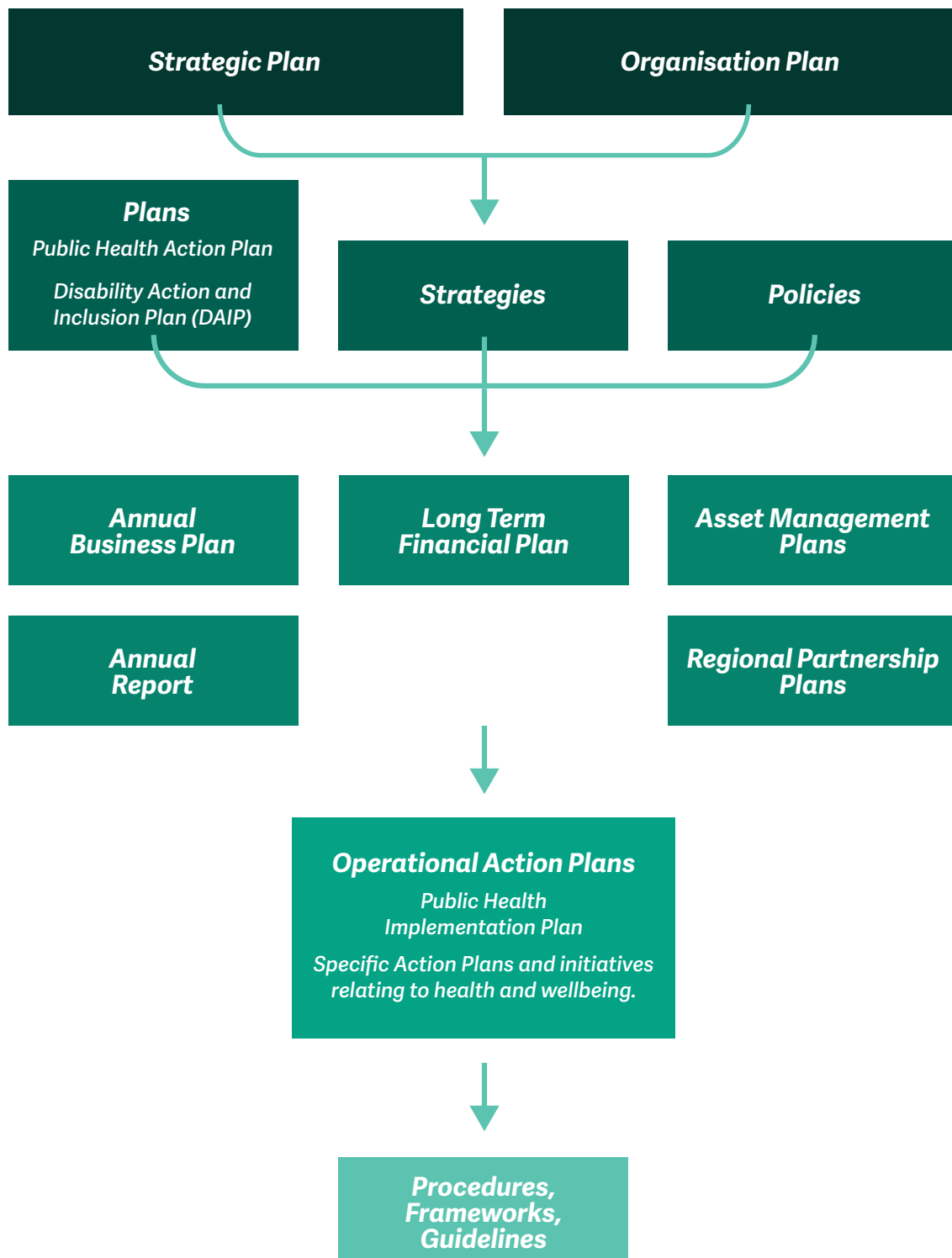
We believe that the health and wellbeing of people and the health of the environment is integral to our purpose, hence they are both reflected in the vision, aspirations, objectives, and pillars of wellbeing of our Strategic Plan 2025.

Pillars of Wellbeing: Healthy, Safe, Prosperous, Connected, Vibrant and Liveable

Aspirations: Community, Environment, Economy, Places and Leadership

The purpose of the Public Health Action Plan, is to provide a strategic, actionable focus to these pillars and aspirations, to address specific public health related issues and priorities. Figure 2 shows the alignment with our other key corporate documents.

Figure 2 - Corporate Document Framework



3.3

Structure of the City of Tea Tree Gully Public Health Action Plan 2021-2026

This Plan captures the work we are already doing to promote public health and wellbeing in the City, and build upon these current activities within four focus areas for strategic action:

Focus Areas

Wellbeing

Mental Health

Physical Health

Safety

These focus areas reflect our pillars of wellbeing and align with our aspirations⁸, as well as the priorities of the State Public Health Plan 2019 – 2024. We have aligned our Plan as follows:

Focus Areas of the TTG Public Health Action Plan 2025	Alignment to the City of TTG Strategic Plan 2025	Operational alignment to the State Public Health Plan 2019 – 2024
Wellbeing	Theme 1, 2, 3, 4, 5	Promote and Progress
Mental health	Theme 1, 4	Prevent and Progress
Physical Activity	Theme 1, 2, 4	Prevent and Progress
Safety	Theme 2, 4	Protect and Progress

Figure 3: Alignment between key documents

Under each focus area of the Plan, data is presented that reflects the local state of health relevant to each area and strategic aims, outcomes and objectives articulate the work (current and new) that will guide our programs and priorities over the next 5 years. A brief implementation guide is presented to guide the review and development of operational-level actions.

Note: The state of health relevant to each Focus Area is informed by various Council data sources, previous consultations and the City of Tea Tree Gully Population Health Profile. Council's population health profile data is based on Population Health Areas (PHAs) (geographical boundaries based on suburbs). For some PHAs only a portion of the suburb falls within the boundary of the City of Tea Tree Gully. In the 'Northgate - Oakden - Gilles Plains' PHA, 11.3% of the population falls within Tea Tree Gully. In the 'Para Hills/ Salisbury East' PHA, 6.6% of the population falls within the Tea Tree Gully Council Area.

Part 4

THE PLAN



Focus Area 1 - Wellbeing

Wellbeing relates to how satisfied we are with aspects of our life. Broadly these aspects include: our sense of self, our relationships with other people, and our sense of connection with our built and natural environment. If we are satisfied with life overall, we are more likely to actively participate in life and community in meaningful ways. We recognise, we have a role in providing opportunities for positive wellbeing for people of all backgrounds and cultures.

State of health for the City of Tea Tree Gully – Wellbeing

The state of health summarises how the Tea Tree Gully community is doing in relation to wellbeing, based on available data. ⁽⁹⁾⁽¹⁴⁾⁽¹⁷⁾

- **Overall wellbeing**
 - 61.5% of people are satisfied with their health over-all
 - Significantly higher numbers of people in the Hope Valley/Modbury and Northgate/Oakden/Gilles Plains areas self-identify their health as poor, as compared to other population health areas within TTG⁹
 - 94.4% of people feel they can get help in times of crisis
- **Feeling part of the community**
 - 49-66% community satisfaction, across ages, with feeling part of the community
 - 50-60% community satisfaction, with the opportunity to have a say in matters that affect them
 - 4.5% of people disagree/strongly disagree with acceptance of other cultures

- **Sense of contribution and participation**
 - High number of volunteers - 78% satisfaction with volunteering programs. Note people engaged in volunteering felt more part of the community than those who were not
- **Feeling connected to nature and the built environment**
 - The appearance of roadside verges is a top issue of concern for the community
- **Feeling engaged with places and spaces**
 - Satisfaction with opportunities to access arts and cultural programs was low
 - 83% of people are very satisfied with the library



Aim

Increase a sense of connection and belonging within the community and to the built and natural environment.

Wellbeing Outcomes

- 1.1 There are increased networks within the community
- 1.2 Places, spaces and services enable achievement of personal goals and life-long learning
- 1.3 The health and wellbeing needs of diverse communities (cultural and other diversity) are recognised and addressed
- 1.4 A diverse range of community members are engaged in civic participation, volunteering and placemaking
- 1.5 Places of environmental value and urban nature sites are flourishing and well cared for and people feel connected to nature



Some recent initiatives of Council in the area of wellbeing

- Neighbourhood days – including the neighbourhood-event grant program
- Community markets showcasing local artists, designers and crafters; Gallery 1855 exhibitions and workshops
- Annual ‘Reconciliation in the North’ morning tea and online arts activity with Aboriginal artist Thomas Readett
- Giving Back 2020, youth leadership and development program; Library work experience program
- Disability Access and Inclusion Plan (DAIP) completed

Current related plans and policies

- Disability Access and Inclusion Plan (DAIP)
- Reconciliation Action Plan 2016
- Precinct Plans
- Open Space Asset Management Plan
- Land Division Infrastructure & Open Space Continuity Plan
- Community Grants Policy
- Library Services Policy
- Citizenship Ceremony Policy
- Volunteers Policy
- Modbury Precinct Activation Policy



Focus Area 2 - Mental Health

Like physical health, everyone has mental health. It relates to the functioning of the mind and associated thoughts, emotions and behaviours. At a population level, the state of people's mental health (positive or ill-health) can have a significant impact on the state of local economies, the vibrancy of the community and overall community wellbeing. People young and old who face a greater level of disadvantage, discrimination and isolation in the community are more vulnerable to mental health challenges; people who have financial, employment, housing, and other insecurities or who are exposed to violence, are also particularly vulnerable¹⁰. Council can support individuals to seek help as well as influence the broader social and physical environment that impacts on mental health.

State of health for the City of Tea Tree Gully - Mental Health

The state of health summarises how the Tea Tree Gully community is doing in relation to mental health, based on available data.^{9 11}

- **Mental health and development of children and young people**
 - A significant number of children (1046) required the support of Child Adolescent Mental Health Services (CAMHS) in the 2015/16-2017/18 period
 - 18% of children are developmentally vulnerable in 1 or more domains
 - 16% of children are living in low income, welfare dependant families (highest proportion in the Hope Valley/Modbury area)
 - 89% of young people are earning or learning
- **Rates of mental health challenges in adults**
 - Significant levels of mental health challenges: 16.1% (females) and 18.6% (males). National average (15% and 19% respectively). Highest rates of people experience psychology distress are in the Hope Valley/Modbury areas and highest rates of suicide were in the St Agnes/ Ridgehaven areas
- **People in the community who may be more vulnerable to mental health challenges**

- 960 Aboriginal people living in the district
- 11% of population is of a Culturally and Linguistically Diverse (CALD) background. Highest diversity in Hope Valley/Modbury
- 4.4% of the population have a profound or severe disability with 6% living in the Hope Valley/Modbury areas
- 12% of the population provide unpaid assistance to others (caring)
- People with government support as main source of income: 27.9%; Hope Valley/Modbury: 33% (Adelaide 31%)
- A high number of eligible people are on the aged pension: 74.2%
- Homeless rate: 9.8 per 10 000 people
- 7.6% of rented housing stock in the Golden Grove/Greenwith areas is social housing. "These households are likely to have more people reporting their health as fair; relatively high rates of non-communicable diseases, and risk factors such as smoking and strong associations with children assessed in their first year of school as developmentally vulnerable in two or more domains under the Australian Early Development Census (AEDC)."⁹



Aim

To support help-seeking for mental health challenges, as well as influence the broader social and physical environment that impacts on mental health.

Mental Health Outcomes

- 2.1 The community knows where to seek help for mental health challenges
- 2.2 The design and development of Council buildings and places, has a positive impact on the mental health of the community



Some recent initiatives of Council in the area of mental health

- Mental Health First Aid training (Council staff)
- Self-help information and resources (Tea Tree Gully Library)
- Dementia services
- Wellbeing checks during COVID - Active Ageing Program
- Men's and Women's Sheds

Current related plans and policies

- Drug and Alcohol Policy
- Children and Vulnerable Persons Safe Environments Policy
- Disability Access and Inclusion Plan (DAIP)
- Management System and Recycled Water Customer Hardship Policy
- Land Division Infrastructure & Open Space Continuity Plan
- Integrated Transport Plan
- Modbury Precinct Activation Policy



Focus Area 3 - Physical Health

Physical health relates to the good functioning and wellness of our body. Exercising and moving, eating well, practicing good hand hygiene, and getting immunised are all examples of habits that enhance physical health and prevent chronic disease, illness and injury. This state of wellness reduces the burden on the health system and creates social and economic benefits to communities. The City of Tea Tree Gully has an abundance of recreation facilities and open spaces; we can help keep people mobile, active and engaged in daily life by promoting and enabling use of these spaces and places, and supporting access to nutritious food, clean water, and engagement with our immunisation programs.

State of health for the City of Tea Tree Gully – Physical Health

The state of health summarises how the Tea Tree Gully community is doing in relation to physical health, based on available data.^{9 11 12}

- **Movement and exercise**

- 67% of adults are inactive (highest in Hope Valley/Modbury and St Agnes/Ridgehaven (69%))
- Nearly 1/3 of females and just over 1/4 of males (31.1% and 27.5% respectively) are obese; rates are highest in Golden Grove/Greenwith areas: 33% and 29% respectively
- 5.5% of young females and 5.6% of young males are obese, with higher rates in Hope Valley/Modbury (6.5% and 6.6%)
- 81% community satisfaction with parks and playing fields
- 193 employed people cycled to work, and 439 walked only to work in 2016; whereas 32 475 people used a car only in 2016

- **Healthy eating**

- Rates of Type 2 diabetes are significant: 4.1%
- Nearly 2/3 of children are consuming recommended amounts of fruit 64.8%
- In Australia, only 7.5% of people consume the recommended 5 serves per day of vegetables



- **Immunisation**

- Immunisation rates are high at 1 year and 5 years 94.6%



Aim

Support positive choices and habits that increase physical health and prevent chronic disease and illness.

Physical Health Outcomes

- 3.3 A diverse range of indoor and outdoor physical activity, and active transport options, are available and accessible
- 3.4 The community understands healthy eating and has access to nutritious food
- 3.5 A high proportion of the community accesses immunisation and health check services

Some recent initiatives of Council in physical health

- The development and maintenance of parks, open spaces and infrastructure to meet the exercise and active transport needs of different ages and abilities
- Installation of fitness equipment at the Golden Fields Reserve, and water play at Civic Park
- The Active Ageing program delivered low cost, healthy meals, and shopping support throughout the COVID lockdown (2020)
- The provision of cooking classes for mums, men and culturally diverse members of the community
- Delivery of the National Immunisation Program for 0-4years and school aged children

Current related plans and policies

- Open Space Asset Management Plan
- Walking and Cycling Trails Plan
- Integrated Transport Plan
- Land Division Infrastructure & Open Space Continuity Plan
- Modbury Sporting Hub Master Plan
- Disability Access and Inclusion (DAIP)
- Waterworld Management Policy
- Public Toilets Policy
- Public Lighting Policy
- Sports Field Lighting Policy
- Sponsorship (sports) Policy
- Lease and Licences to Sporting and Community Organisations Policy
- Modbury Precinct Activation Policy



Focus Area 4 - Safety

Feeling safe and secure is fundamental to health and wellbeing; how safe we feel at home and in our neighbourhoods can impact on how we participate in our daily life and the life of the community. The safety of the community can be affected by several environmental and social factors. Council fulfils our legal responsibility to monitor and prevent incidence relating to a number of these factors, such as food hygiene and water sanitation, appropriate housing of pets, hazardous air, and protection from the transmission of a notifiable condition. We also have a role in improving safety and increasing perceptions of safety, relating to the built environment. We can do so by maintaining infrastructure, such as footpaths and roads, signage and lighting; hygiene of public facilities, and establishing non-smoking and alcohol-free areas.

Safety relating to the health of the natural environment is everyone's responsibility. We all need to play our part in limiting climate change by protecting the health of the air, land, waterways, plants and animals. We can do this through actions such as eliminating, re-purposing or recycling waste; reducing consumption of electricity and car use, and contributing to the protection of biodiversity. Council facilitates this action by leading effective planning, management and community engagement relating to the natural environment, and community education and emergency preparedness initiatives.

State of health for the City of Tea Tree Gully – Safety

The state of health summarises how the Tea Tree Gully community is doing in relation to safety, based on available data. ^{9 11 17 19}

- **Smoking**
 - 13.3% of people smoke (Adelaide 14%)
- **Most community complaints relating to environmental health included:**
 - Excessive vegetation- long grass etc., keeping animals, noise, rats or mice, wood heater smoke
- **Perceptions of safety**
 - 51% of people feel safe walking at night

- Maintenance of street trees and footpaths had low community satisfaction
- **Preparedness and recovery from natural and other emergencies**
 - Several significant regional and state partnerships are in place to prevent and plan for emergencies
 - No flood damage to private property was reported in the 2018-2019 financial year because of new storm water management approaches
- **Waste and carbon reduction efforts**
 - 93% community satisfaction with waste collection
 - Greenhouse gas emissions by Council increased by 3.9% on the previous year
 - 68% of Council's total water demand was from reclaimed water
 - 14 248 small scale solar panel installations (2018) - Increase in solar panel installations of 8.6% from 2017





Aim

To increase the capacity of the whole community to prevent, respond and recover from public and environmental health threats.

Safety Outcomes

- 4.1 A community that is protected from public and environmental health risks
- 4.2 Smoke-free environments are maintained and the potential for alcohol-related harm to the community is minimised
- 4.3 The community feels safe around the built environment and open spaces
- 4.4 The carbon footprint of our City and consumption of natural resources is reduced through the collective efforts of community, businesses and Council
- 4.5 Effective measures are in place to mitigate the impact of climate change on the community and the environment

Some recent initiatives of Council in safety

- 1829 children and 444 adults attended programs at the Road and Cycle Safety Centre (July-Dec 2019)
- Council, in partnership with SAPOL and local schools, implemented a program to improve awareness regarding community safety
- Several carbon reduction and climate change mitigation strategies were implemented:
 - Heat mapping project completed
 - New Bushfire Risk System established; ongoing fire track and grass cutting activities
 - 1026 new trees planted in the City
- Several waste removal, recycling and re-use initiatives were implemented in Council and in the community
 - 68% of Council's total water demand was sourced from reclaimed water
 - Council began use of recycled asphalt product "Reconophalt" in streets and car parks
 - In partnership with KESAB, we delivered 24 events/programs to promote ways to support a healthy environment
 - Optimised street sweeping operations resulted in a 26% increase in the amount of waste material removed from streets, compared with 2018-2019
- We provided an after-hours, call-out service for emergency incidence to minimise/eliminate damage to property and safeguard the community

Current related plans and policies

- Council Emergency Management Plan
- Northern Adelaide Zone Emergency Management Plan
- Animal Management Plan 2018-2022
- Cat Management Plan
- Open Space Asset Management Plan
- Building Fire Safety Plan
- Disability Access and Inclusion Plan (DAIP)
- Adelaide and Mount Lofty Ranges Bushfire Management Area Plan (BMAP)
- Stormwater Resilient East – Climate Ready Plan
- Integrated Transport Plan
- Safety and Wellbeing Plan 2023
- Smoke Free Zone Policy
- Waste Management Policy
- Building and Swimming Pools Inspection Policy
- Pest Plants & Animal Control Policy
- Management System and Recycled Water Infrastructure Management Policy
- Community Wastewater Policy
- Liquor Licensing Application Management
- Smoking Prohibited Areas – Local Government Land Policy
- Golden Grove Dry Zone
- Recycled Water Policy
- Tree Management Policy
- Public footpath, Signage and Public lighting Policies

Part 5

IMPLEMENTATION, MONITORING AND REPORTING



The Public Health Action Plan reflects Council's existing and ongoing work relating to health, safety and wellbeing, as well as areas of work that need further development. It is a high-level document that focuses on outcomes at a strategic level. The outcomes identified in this document will assist us with forward planning and to develop our Annual Business Plan and budget each year. To support the delivery of the Public Health Action Plan, Council staff will develop an agile implementation plan containing operational initiatives and measures for review, on a regular basis. These operational initiatives will be a combination of both existing and new initiatives to achieve the identified outcomes and will be informed by relevant action plans.



5.1 Implementation Approaches

Health and wellbeing issues are complex with multiple, interconnected factors and so require several different approaches to address them within the community. These approaches may include:

- Information provision and awareness raising
- Programs, services and supports
- Administrative/governance systems e.g. policy, procedures and staff training
- Community engagement
- Regulatory monitoring and compliance
- Provision of infrastructure and physical environments that support health and wellbeing
- Partnership

When delivered together these approaches provide an effective, systematic way of achieving positive outcomes as they focus on both the personal attitudes and behaviours and the environments and systems that support positive health and wellbeing.

What role will Council play?

We will continue to be flexible and responsive to changing and emerging needs over the life of the Plan. We will play several roles in implementation including:

- **Leader** - Leading by example or setting directions to meet community needs
- **Service Provider** - Delivering services
- **Coordinator** - Managing the community's assets and financial resources
- **Partner** - Contributing funds and/or other resources towards a service or initiative that is delivered with other partners
- **Facilitator** - Bringing other people or organisations together to achieve outcomes
- **Advocate** - Making representations on behalf of the community

- **Regulator** - Undertaking responsibilities pursuant to relevant legislation
- **Information Provider** - Providing information to the general community and stakeholders

Settings for health and wellbeing

The Public Health Action Plan will be implemented across settings within the community where people live, work, study and play including:

- Homes and neighbourhoods
- Community spaces, places and venues
- Businesses, organisational and education settings

Inclusive of all

The implementation of the Public Health Action Plan will consider the diverse needs of all members of the community who live, work, study and play in the City.

5.2 Monitoring and Reporting

The implementation of the Public Health Action Plan must be regularly reported to the Chief Public Health Officer in accordance with Section 52 of the Act, which is currently on a biennial basis.

“Reporting should support councils in addressing priorities and demonstrating strategies and actions that make a difference. They also publicise achievements and key issues to a broader audience of local, regional and state-wide stakeholders, and the South Australian Parliament.”¹³

To aid reporting and to measure the effectiveness of the Public Health Action Plan, relevant indicators will continue to be utilised and monitored as part of the annual Community Wellbeing Survey and Strategic Plan 2025. New indicators will also be developed where gaps are present or new initiatives are identified. There are many possible indicators that could be measured and reported, however those that may be most informative and relevant would seek to identify¹³:

- The positive benefit or effect of the implementation approach (and/or unexpected effect)
- The number of people who benefited
- The level of community satisfaction with the approach
- The partnerships that supported the positive benefit

Quality

Council is committed to the effective implementation of the Public Health Action Plan. We will ensure that:

- Council staff are supported through training and other means, to implement the Public Health Action Plan effectively
- Health and wellbeing planning is based on sound data and feedback and reflects the aspirations and needs of the community
- Council’s public health planning and documentation is streamlined with the planning, development and reporting of other Council documents



Part 6

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Prepared in accordance with
the requirements of the
SA Public Health Act, 2011