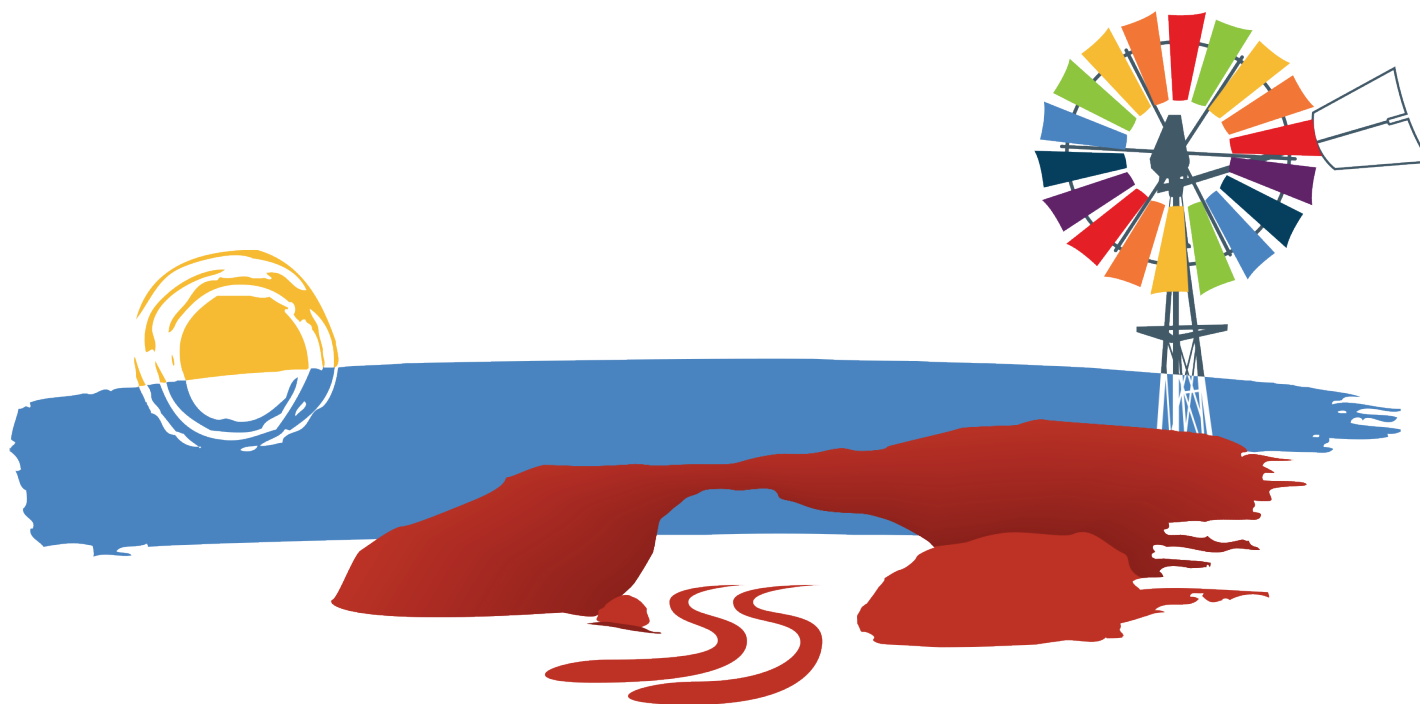




SHIRE OF SANDSTONE

OASIS OF THE MURCHISON

PUBLIC HEALTH PLAN 2026 - 2031

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ACKNOWLEDGEMENT OF COUNTRY

The Shire of Sandstone acknowledges the Wongi and Yamatji Peoples, the Traditional Owners of the country within the Council's boundaries

INTRODUCTION

We are proud to present the second Shire of Sandstone Public Health Plan following on from the first Plan in 2021. Public Health Plans are created under the State Public Health Plan to identify health issues in local population to improve the health, wellbeing and safety of all its citizens and align with the State Public Health Plan 2025 – 2030.

While the first Plan included the health of persons living across the Mid-West Health Region, the current Plan concentrates on persons living within the Shire boundaries. As there are no young persons living in the Shire nor aboriginal persons identified as shire residents, the health outcomes of the Plan are directed towards those conditions found in a middle age or aging population, notably insufficient exercise leading to poor health outcomes such as cancer (prostate, lung and melanoma), coronary heart disease, arthritis and diabetes.

The Shire of Sandstone has been actively sourcing medical services from the Mid West Regional Health Unit and encouraging allied health services to visit Sandstone on a regular basis. The Shire also provides a regular coach service for residents to travel to Mount Magnet to source other services.

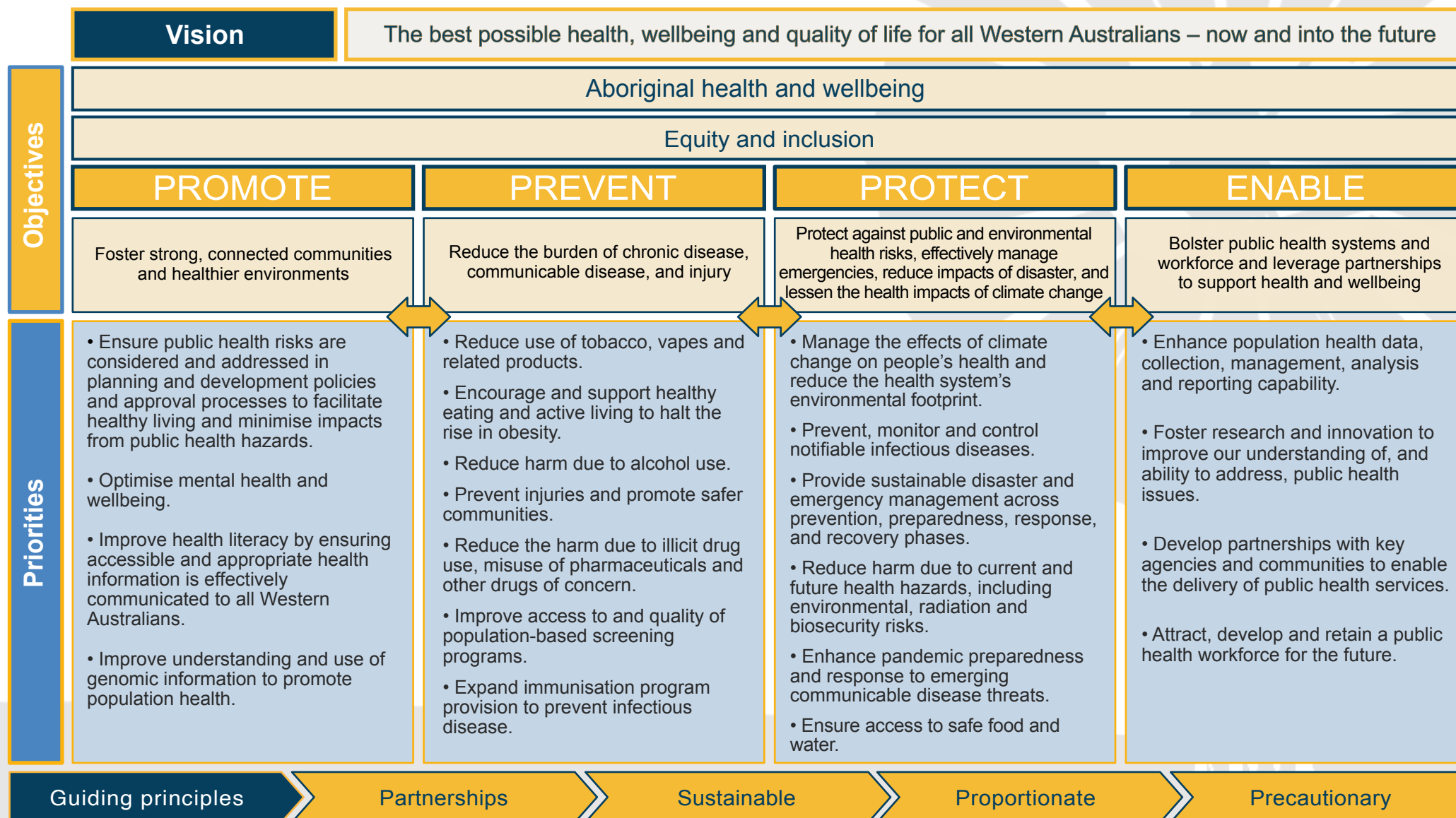
Beth Walton

Shire President
July 2026

Peter Money

Chief Executive Officer
July 2026

WESTERN AUSTRALIAN PUBLIC HEALTH PLAN 2025 – 2030



OUR CURRENT HEALTH ROLE

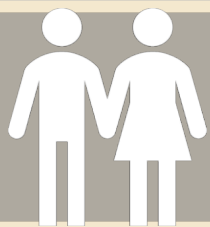
The Shire of Sandstone provides a range of funding to support the health of our community:



These are explained in more detail in the core business described here:

- Infrastructure and property services including provision of local roads, footpaths, drainage, waste collection and management, and publication of the Bush Telegraph newsletter covering all aspects of personal health care.
- Environmental Health Services to prevent and control health hazards, emissions, and communicable diseases. These include tobacco control, water and food safety, noise and air pollution, mosquito fogging, animal control, immunisation of Council workers for influenza, and free skin checks extended to all community members.
- Community Services such as provision of a nursing post for fortnightly clinic sessions and RFDS fortnightly clinic sessions, access to an optometrist and physiotherapist, and a community bus for medical services monthly and breast screening services (as arranged) in Mount Magnet. The Shire annually arranges the pickup & dropping off of the Dental Van from Mount Magnet for a weeklong clinic.
- Cultural facilities and services such as libraries, art galleries, places of historic importance, and museums.
- Provision of recreation facilities such as water spray park, golf course, sports centre, halls and bowling club.
- Building services, planning and development control including inspections, licensing, certification and enforcement, and maintenance of the health care building and the Ambulance Centre.
- Administration of facilities such as airport, cemetery, street parking, and waste collection and disposal.
- Local Government Health Law Enforcement, Ranger and Emergency Services.

SNAPSHOT OF THE HEALTH OF PEOPLE LIVING IN THE SHIRE OF SANDSTONE



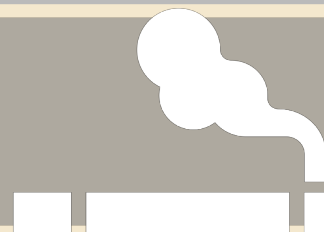
DEMOGRAPHICS:

- 65% males vs 35% females
- 2/3 of local population are aged over 45 years
- Median age of 60 years



OBESITY:

38% are overweight, & 43% are obese, both similar to WA avge



TOBACCO:

- 21.2% of residents smoke, much higher than WA avge
- Higher rate of hospitalisations & deaths from smoking than WA avge



ALCOHOL:

- Much higher levels of alcohol consumption than WA avge
- Higher level of alcohol hospitalisations than WA avge



MEDIAN INCOME:

Median weekly income \$675
Source: 2021 Census



FAST FOOD:

Residents eat less fast food per week, better than WA average



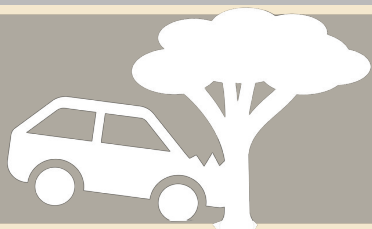
PHYSICAL ACTIVITY:

Residents undertook less physical activity than recommended in WA



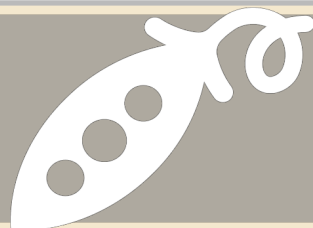
MENTAL HEALTH:

Lower mental health indices for anxiety & depression, better than WA average



TRANSPORT:

Injuries from transport accidents much higher than WA average



NUTRITION:

Residents eat more veges than WA average



SEDENTARY ACTIVITIES:

Screen-based sedentary activities similar to WA average



STRESS LEVELS:

Much lower stress levels than WA average

Source: 2024 Health Department WA data, unless otherwise identified.

THE PEOPLE OF SANDSTONE SPEAK - RESULTS FROM THE SURVEY

AS THINGS ARE NOW

We think the five most serious health risks in our community are:

- Not enough regular medical checks 77%
- Not enough dental & optical checks 69%
- Not enough exercise 69%
- Not enough fruit & veg 69%
- Being overweight 67%

Our top three volunteering activities are:

- Volunteer Bush Fire Brigade
- Community groups & services
- Arts & culture
- St John's Ambulance

We believe the three most serious mental & social health issues in our community are:

- Anxiety 54%
- Stress 42%
- Alcoholism 36%

The four sport & recreation facilities we use the most are:

- Sandstone Community Recreation Centre
- Sandstone Water Park
- Sandstone Bowling Club
- Sandstone Community Hall Craft Days

I know where to get help when I need it (80%)

I am proud of the community where I live (73%)

I feel the Shire cares about our welfare (60%)

I enjoy interacting with my neighbours (45%)

I feel like my life has a sense of purpose (80%)

I feel like I belong in my local community (64%)

There is strong community spirit in our Shire (77%)

The words we used to describe what we like best about living in the Shire of Sandstone:

friendly
quiet
natural beauty
community
peace & quiet
relaxed lifestyle
lack of crime

CHANGE FOR THE FUTURE

Our top four programs to improve the health of our community are:

- Community events for residents 85%
- Routine screening for health issues 85%
- Healthy living programs 62%
- Programs for seniors/aged people 58%

Our top five facilities or resources for good community health are:

- Safe roads 92%
- Parks and public open spaces 92%
- Recreation Centres 92%
- Community meeting facilities/CRC 85%
- Affordable housing 83%

Our top program or resource which would help us to be more physically active is:

- Public exercise equipment that is free to use 88%

Our top three initiatives which would encourage us to eat healthier food are:

- Healthy food options at sporting & community clubs & events 57%
- Healthy foods being easier to identify in the shops 57%
- If I knew more about quick ways to prepare healthy meals 57%

THE INTEGRATED STRATEGIC PLAN

Incorporating the Strategic Community Plan 2022 – 2032

OUR VISION

To build a vibrant and sustainable community with shared social values, in which we can live and work in harmony with our environment.

OUR VALUES

We will conduct business and gain reputation for:

- Being a community that is friendly, approachable, fair minded and responsive
- Being good stewards of our environment and heritage
- Having a strong sense of and identification with our community
- Acting with honesty and integrity

OUR STRATEGIC PRIORITIES

- **Our Community**
- **Our Economy**
- **Our Environment**
- **Our Organisation**

PUBLIC HEALTH PLAN - PRIORITIES

The Shire of Sandstone supports the wider health and wellbeing outcomes of the Sandstone Community by supporting and strengthening public health objectives, being:

PROMOTE	Foster strong, connected communities and healthier environments.
PREVENT	Reduce the burden of chronic disease, communicable disease, and injury.
PROTECT	Protect against public and environmental health risks, effectively manage emergencies, reduce impacts of disaster, and lessen the health impacts of climate change.
ENABLE	Bolster public health systems and workforce and leverage partnerships to support health and wellbeing.

PUBLIC HEALTH PLAN - ACTIONS

PROMOTE	PREVENT	PROTECT	ENABLE
Foster strong connected communities and healthier environments	Reduce the burden of chronic disease, communicable disease and injury	Protect against public and environmental health risks, manage emergencies, reduce impacts of disaster	Bolster public systems and workforce and leverage partnerships to support health and well being
Support the Bush Telegraph as a primary communication tool to promote healthy lifestyle choices	Work with allied health professionals to provide regular dental, podiatry, pharmaceutical & disability services for vulnerable shire residents	Conduct regular inspections of food premises & food preparation on licensed food premises	Continue to fund the regular travel of residents to Mount Magnet on the coaster bus to access essential pharmaceuticals through the GRAMS program
Use events to seek sponsorship (such as HealthWay) to support community recreational activities	Reduce road trauma by upgrading safety road signage on all main and minor roads	Conduct water sampling for chemical & microbiological indices for the water playground	Engage with the Mid West Regional Health Service and participate in Livelighter health promotion initiatives
Encourage low alcohol & alcohol free and healthy nutritional options in public events	Prevent poor lifestyle choices by encouraging the use of low fat, low sugar nutritional food options when supplying Council events	Monitor the effects of climate change (heat exhaustion, mental health anxiety) on local residents	Address potential loneliness by providing targeted community events
Provide smoke free and vape free public spaces	Participate in quad bike and PPE safety programs for road and off-road users		

