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Health Promoting Council Policy	1.0.1	September 2024
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Purpose

The purpose of this policy is to describe how Greater Hume Shire Council is a role model for the community implementing an inclusive culture and initiatives, policies, actions and activities that have the potential to impact positively on the health and wellbeing of the community. Council recognises that health and wellbeing can be enhanced by addressing the social determinants of health and health inequality in the community.

Council also has a role in considering how planning the built environment can be undertaken in a way that promotes health recognising that the impact of Australia's major preventable health issues can be mitigated by planning for an ageing community, social connectedness, access to services, inclusiveness and workplace practices that support good mental health and physical activity.

Scope

The Health Promoting Council Policy and Health and Wellbeing Plan will apply to all Councillors, Council officers, contractors and Consultants engaged by Greater Hume Shire Council. It will also influence all strategies, plans and activities developed or conducted by Greater Hume Shire Council.

Definitions

Health is a state of physical, mental and social wellbeing and not merely the absence of disease or infirmity.

Wellbeing is defined as a state in which a person is able to realise their potential, cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to the community.

Social Determinants: The social determinants of health (SDH) are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. These forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems.

Inclusive organisation: a learning-centred organization that values the perspectives and contributions of all people, and incorporates the needs and perspectives of the community into policy, activities and initiatives and programs. Inclusive organizations recruit and retain diverse staff and volunteers to reflect the racial and ethnic composition of the community it serves.

Accessible: equal access to social, political, and economic life which includes not only physical access but access to the same resources, services, organizations and facilities for all people.

Diversity: encompasses acceptance and respect, understanding that each individual is unique, and recognizing our individual differences- race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious beliefs, political beliefs, or other ideologies.

Social connectedness: Social connectedness refers to the relationships people have with others and the benefits these relationships can bring to the individual as well as the community.

It includes relationships with family, friends, colleagues and neighbours, as well as connections people make through paid work, sport and other leisure activities, or through voluntary work or community service.

Health inequality: Health inequalities can be defined as differences in health status or in the distribution of health determinants between different population groups. For example, differences in mobility between elderly people and younger populations or differences in mortality rates between people from different social classes.

Policy Content

As a health promoting council, Greater Hume Shire Council will develop and promote an inclusive culture and implement initiatives, policies, actions and activities that have the potential to impact positively on the health and wellbeing of the community. Council will recognise and monitor the relationship between health status and corresponding council activities for example, the link between the natural and built environments, land use planning, public and open space, transport and physical activity, chronic disease, obesity and mental health and wellbeing.

Links to Policy

Greater Hume Shire Community Health and Wellbeing Plan

Links to Procedure

Nil

Links to Forms

Nil

References

Nil

Responsibility

Director Corporate & Community Services

Document Author

Director Corporate & Community Services

Relevant Legislation

- NSW Public Health Act 2010
- NSW Carer's Strategy
- NSW Disability Implementation Plan
- NSW 2021 Regional Action Plans (released December 2012).
- NSW Long Term Transport Master Plan
- NSW State Infrastructure Strategy
- NSW Ageing Strategy: Department of Family and Community Services, Office for Ageing 2012
- Regional Ageing Strategies 2014 developed under Regional Action Plans –
- NSW Carers (Recognition) Act 2010
- NSW Carers Strategy 2014 - 2019
- NSW Disability Inclusion Act 2014
- NSW Implementation Plan of the National Disability Strategy
- NSW State Health Plan (Towards 2021)
- NSW Healthy Eating and Active Living Strategy: Preventing Overweight and Obesity in New South Wales 2013 – 2018
- NSW Economic Development Framework

Associated Records

Nil