



## Community Health and Wellbeing Survey

**Why are we conducting this survey?** The Shire of Upper Gascoyne is developing a Local Government Public Health Plan as required by the WA Public Health Act 206. This plan will guide our efforts to improve health and wellbeing in our community over the next 5 years.

**Your voice matters!** We want to hear from you about health and wellbeing priorities in our Shire. Your feedback will directly inform our plan.

### Your privacy is protected.

- This survey is completely anonymous
- No names or identifying information will be collected
- Responses will be reported in aggregate only
- All data will be stored securely

**Time Required:** Approximately 10 to 15 minutes

**Questions?** Contact Ainsley Hardie – Tourism & Community Development Officer on 08 9943 0988 or [tcdo@uppergascoyne.wa.gov.au](mailto:tcdo@uppergascoyne.wa.gov.au)

**Consent:** By completing this survey, you consent to participate in this anonymous community feedback process.



I am 18 years or older and consent to participate.

Thank you for helping shape the health and wellbeing of our community.

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## Section 1: Demographic Information

What is your age group?

- ☐ ☐ Under 18
- ☐ ☐ 18-24
- ☐ ☐ 25-44
- ☐ ☐ 45-64
- ☐ ☐ 65 and over
- ☐ ☐ Prefer not to say

How long have you lived in the Shire of Upper Gascoyne?

- ☐ ☐ Less than 1 year
- ☐ ☐ 1-5 years
- ☐ ☐ 6-10 years
- ☐ ☐ More than 10 years

Do you identify as Aboriginal or Torres Strait Islander?

- ☐ ☐ Yes
- ☐ ☐ No
- ☐ ☐ Prefer not to say

What is your current employment status?

- ☐ ☐ Employed full-time
- ☐ ☐ Employed part-time
- ☐ ☐ Unemployed
- ☐ ☐ Retired
- ☐ ☐ Student
- ☐ ☐ Unable to work
- ☐ ☐ Prefer not to say

## **Section 2: Overall Health & Wellbeing**

**1. Overall, how would you rate your current physical health?**

- ☐ ☐ Excellent
- ☐ ☐ Very good
- ☐ ☐ Good
- ☐ ☐ Fair
- ☐ ☐ Poor

**2. Overall, how would you rate your current mental and emotional wellbeing?**

- ☐ ☐ Excellent
- ☐ ☐ Very good
- ☐ ☐ Good
- ☐ ☐ Fair
- ☐ ☐ Poor

**3. What are the THREE most important health and wellbeing issues in our community?**

(Select up to 3)

- ☐ ☐ Access to healthcare services
- ☐ ☐ Mental health support
- ☐ ☐ Substance use (alcohol, tobacco, drugs)
- ☐ ☐ Healthy food access
- ☐ ☐ Physical activity opportunities
- ☐ ☐ Road safety
- ☐ ☐ Chronic disease management
- ☐ ☐ Social isolation/loneliness
- ☐ ☐ Aged care services
- ☐ ☐ Youth health services
- ☐ ☐ Dental health services
- ☐ ☐ Emergency services access
- ☐ ☐ Environmental health (water, waste, air quality)
- ☐ ☐ Other (please specify): \_\_\_\_\_

**Section 3: Access to Healthcare**

**1. Do you have a regular place or provider you go to when you are sick or need health advice?**

- ☐ ☐ Yes, locally within the shire (Monthly GP and Nursing Clinic)
- ☐ ☐ Yes, locally within the shire (Burringurrah Nursing Post)
- ☐ ☐ Yes, but I have to travel outside the shire
- ☐ ☐ No
- ☐ ☐ I use telehealth services

**2. What are the main barriers preventing you from accessing healthcare when you need it?**

(Select all that apply)

- ☐ ☐ Distance/travel required
- ☐ ☐ Cost
- ☐ ☐ No local services
- ☐ ☐ Lack of transport
- ☐ ☐ Waiting times
- ☐ ☐ Limited appointment availability
- ☐ ☐ Services not culturally appropriate
- ☐ ☐ Privacy concerns in small community
- ☐ ☐ No barriers
- ☐ ☐ Other (please specify): \_\_\_\_\_

**Section 4: Healthy Behaviours & Lifestyle**

**1. On how many days in the past week did you engage in at least 30 minutes of moderate physical activity?**

- ☐ ☐ 0 days
- ☐ ☐ 1-2 days
- ☐ ☐ 3-4 days
- ☐ ☐ 5-7 days

**2. How satisfied are you with opportunities for physical activity and recreation in our shire?**

- ☐ ☐ Very satisfied
- ☐ ☐ Satisfied
- ☐ ☐ Neither satisfied nor dissatisfied
- ☐ ☐ Dissatisfied
- ☐ ☐ Very dissatisfied

**3. How easy is it to access fresh, healthy, affordable food in our community?**

- ☐ ☐ Very easy
- ☐ ☐ Easy
- ☐ ☐ Neither easy nor difficult
- ☐ ☐ Difficult
- ☐ ☐ Very difficult

## Section 5: Social & Environmental Factors

### 1. How would you rate your sense of connection to others in the community?

- ☐ ☐ Very connected
- ☐ ☐ Connected
- ☐ ☐ Somewhat connected
- ☐ ☐ Not very connected
- ☐ ☐ Not at all connected

### 2. How safe do you feel in your neighbourhood?

- ☐ ☐ Very safe
- ☐ ☐ Safe
- ☐ ☐ Neither safe nor unsafe
- ☐ ☐ Unsafe
- ☐ ☐ Very unsafe

### 3. How satisfied are you with the following in our shire? (Rate each)

**Rate 1: Very Dissatisfied**

**Rate 2: Dissatisfied**

**Rate 3: Neither**

**Rate 4: Satisfied**

**Rate 5: Very Satisfied**

	1	2	3	4	5	N/A
Water Quality						
Waste Management Services						
Road Conditions						
Public Spaces (Parks, Facilities)						
Community Events/Programs						

## Section 6: Mental Health & Wellbeing

### 1. In the past month, how often have you felt lonely or isolated?

- ☐ ☐ Never
- ☐ ☐ Rarely
- ☐ ☐ Sometimes
- ☐ ☐ Often
- ☐ ☐ Always

**2. How satisfied are you with mental health support services available to you?**

- ☐ ☐ Very satisfied
- ☐ ☐ Satisfied
- ☐ ☐ Neither satisfied nor dissatisfied
- ☐ ☐ Dissatisfied
- ☐ ☐ Very dissatisfied
- ☐ ☐ Not applicable/Haven't used

**Section 7: Priorities for Action**

**1. If you could improve THREE things about health and wellbeing in our shire, what would they be?**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**2. What health and wellbeing programs or services would you like to see in our community?**  
(Select all that apply)

- ☐ ☐ Mental health counselling
- ☐ ☐ Exercise/fitness classes
- ☐ ☐ Chronic disease support groups
- ☐ ☐ Healthy cooking workshops
- ☐ ☐ Youth programs
- ☐ ☐ Seniors programs
- ☐ ☐ Community gardens
- ☐ ☐ Walking/cycling paths
- ☐ ☐ Telehealth expansion
- ☐ ☐ Health education events
- ☐ ☐ Men's/women's health programs
- ☐ ☐ Other (please specify): \_\_\_\_\_

**3. Is there anything else you'd like to tell us about health and wellbeing in our community?**

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