



Shire of
Wongan-Ballidu

SHIRE OF WONGAN-BALLIDU COMMUNITY HEALTH OVERVIEW



2. OUR COMMUNITY

2.1 A SNAPSHOT OF OUR COMMUNITY

The Shire of Wongan-Ballidu is a rural local government area located in the central Wheatbelt of Western Australia, approximately 180 kilometres north-east of Perth. Centred on the town of Wongan Hills, the Shire covers a broad geographic area characterised by agricultural landscapes, natural bushland and close-knit communities.

Established in the early twentieth century, the Shire has a strong agricultural heritage and a long-standing sense of community identity. Residents value the Shire's open spaces, rural lifestyle and strong local networks, which play an important role in supporting health, wellbeing and social connection.

The Shire provides a range of community infrastructure and public spaces, including sporting facilities, recreation areas, community halls and shared open spaces that support active living and community participation. These assets, together with the surrounding natural environment, contribute to the physical and mental wellbeing of residents and help foster a connected and resilient rural community.

As a small and dispersed population, the Shire of Wongan-Ballidu faces unique challenges relating to access to services, ageing demographics and distance from major centres. This context makes local planning for health and wellbeing especially important, ensuring that community facilities, services and environments continue to support safe, healthy and inclusive living for residents now and into the future.





Population 1, 297
(ABS, 2021) of which
5.9% are Aboriginal or
Torres Strait Islander



1 Hospital
1 Medical Facility



184km to Perth



1 Airfield



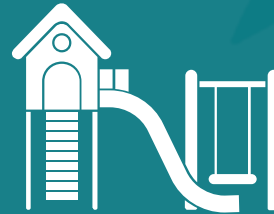
1 Primary School
(Cadoux)
1 District High School
(Wongan Hills)



1 Community Garden



5 Churches



6 Playgrounds



3 Parks



3 Golf Courses



74 Community Groups



7 Community Facilities

2.2 POPULATION SNAPSHOT

Data from the 2021 ABS Census highlights the Shire of Wongan-Ballidu as a small rural community with a strong sense of stability and local identity, shaped by agricultural livelihoods and long-term residency. Compared to metropolitan areas, the Shire has a more modest socioeconomic profile, with income levels and housing values reflecting its regional context. Home ownership is common, contributing to community continuity and a strong attachment to place.

The population of Wongan-Ballidu is generally older than the State average, with many residents choosing to remain in the community as they age. This pattern of ageing in place is supported by close social networks, but it also presents challenges related to access to healthcare, mobility, housing suitability and service availability. Single-person households are also a notable feature, particularly among older residents, reinforcing the importance of social connection and community support.

Housing in the Shire is predominantly low-density and detached, aligning with the rural lifestyle valued by residents. However, the census data indicates a need to plan for a greater diversity of housing options over time to support changing household structures, including older residents and smaller households.

While the overall population is characterised by resilience and strong community ties, there are residents who may experience disadvantage related to age, health, isolation, transport access or limited local services. These factors can create barriers to health and wellbeing and highlight the need for targeted, place-based initiatives that ensure equitable access to support.

With slow population growth and an increasing median age, future planning in the Shire of Wongan-Ballidu must balance maintaining services for long-term residents, with adapting to changing health and wellbeing needs. This population profile underscores the importance of flexible and forward-looking strategies that promote healthy ageing, social inclusion and quality of life for all members of the community.



2.3 DEMOGRAPHIC SNAPSHOT

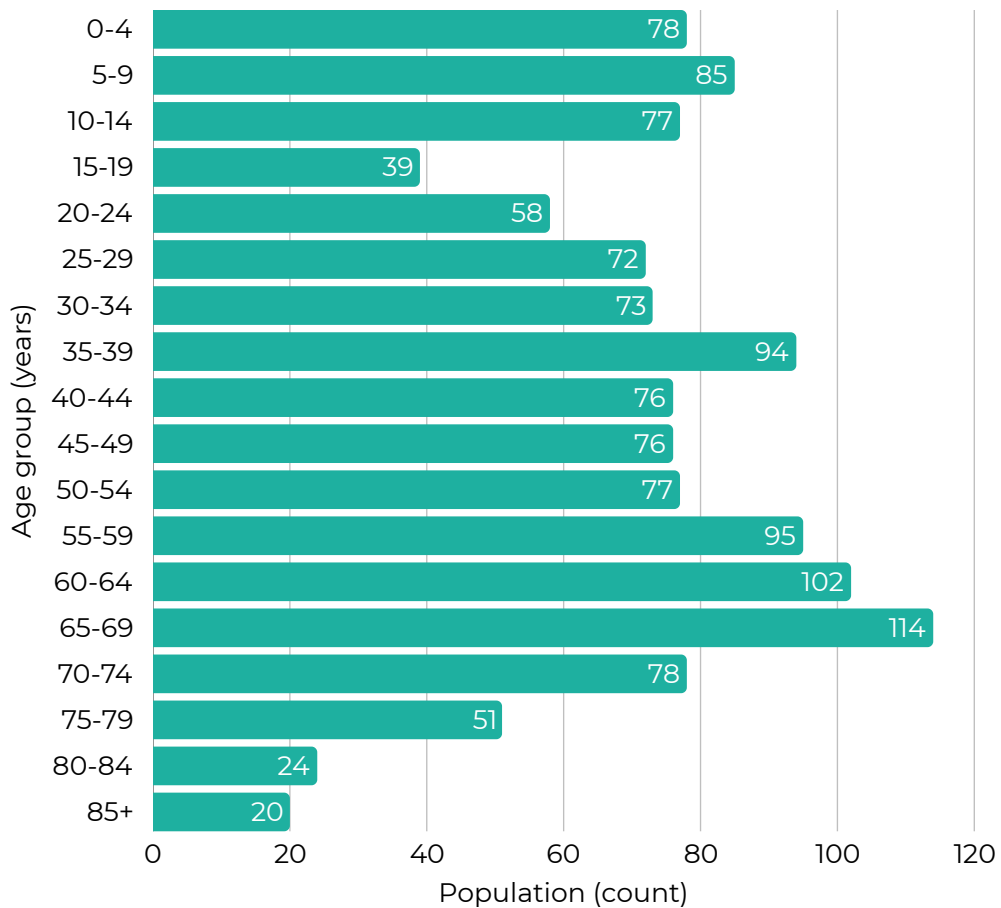


Male
53.7% of population



Female
46.3% of population

Shire of Wongan-Ballidu population by age group.



2.4 SOCIO-ECONOMIC SNAPSHOT

The Shire of Wongan-Ballidu has a distinctive demographic and socio-economic profile that reflects both the strengths of a resilient rural community and the challenges common to regional areas. Understanding these characteristics is essential to identifying priorities for public health planning and ensuring that actions are targeted, equitable and responsive to local needs.

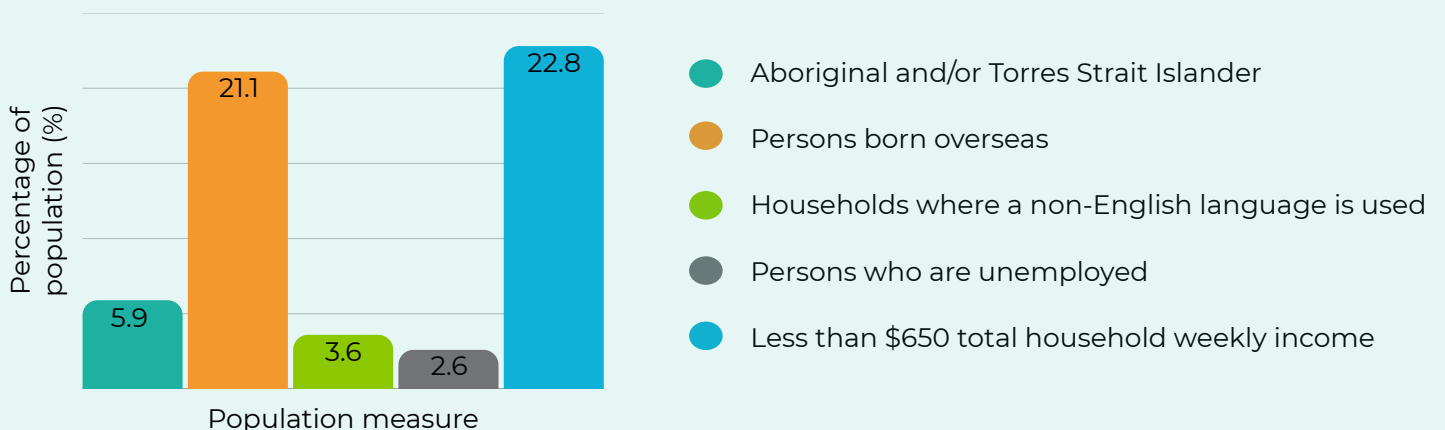
Compared with metropolitan areas, the Shire's socio-economic profile reflects its agricultural foundation and small, dispersed population. Home ownership rates are relatively high, contributing to long-term residency and community stability. Many residents have established strong social networks and a deep connection to place, which are important protective factors for health and wellbeing.

However, income levels and employment opportunities are generally more limited than in urban centres, and access to services can be constrained by distance and availability. Educational attainment and workforce participation vary across the community, influencing health literacy, economic security and access to opportunities. These factors can shape health outcomes over time, particularly for people experiencing isolation or disadvantage.

Aboriginal people make up a smaller proportion of the Shire's population compared to the State average, but it remains important that health and community services are culturally safe, inclusive and accessible to all residents. At the same time, certain groups, including older residents, single-person households, and those with limited access to transport or services, may face additional barriers to health and wellbeing. Overall, Wongan-Ballidu is a community with a strong foundation of social cohesion and resilience, yet with clear areas where targeted, place-based public health initiatives are needed. These include improving access to services, supporting healthy ageing, strengthening social connection, and ensuring that vulnerable residents are not left behind.

In summary, the Shire's socio-economic profile highlights the importance of flexible, locally tailored public health strategies. These insights will inform decision-making, service delivery and the allocation of resources, helping to build a future where all residents of Wongan-Ballidu have the opportunity to achieve and maintain good health and wellbeing.

SHIRE OF WONGAN-BALLIDU 2021 POPULATION MEASURES



2.5 HEALTH AND WELLBEING SNAPSHOT

Long-term health conditions such as cardiovascular disease, diabetes and obesity are strongly influenced by lifestyle-related factors that can be prevented or improved, including tobacco use, alcohol consumption, nutrition and levels of physical activity. Local governments have an important role in creating environments that make healthy choices easier. Through planning, placemaking, community programs and partnerships, councils can support active lifestyles, encourage healthier behaviours and contribute to reducing the long-term impact of preventable disease within their communities.

NUTRITION IN 2024

ADULTS AGED 16 YEARS AND OVER IN THE SHIRE OF WONGAN-BALLIDU



DAILY VEGETABLE INTAKE

8.1%

ate the recommended serves of daily vegetables.

This was higher than the state prevalence of 4.7%.



DAILY FRUIT INTAKE

35.3%

ate the recommended serves of daily fruit.

This was similar to the state prevalence of 33.4%.

CHILDREN AGED 2-15 YEARS IN THE SHIRE OF WONGAN-BALLIDU

DAILY VEGETABLE INTAKE



14.3% ate the recommended serves of daily vegetables.
This was higher than the state prevalence.

85.7% ate less than the recommended serves of daily vegetables.
This was lower than the state prevalence of 89.1%.

DAILY FRUIT INTAKE



72.8% ate the recommended serves of daily fruit.
This was lower than the state prevalence of 75.4%.

17.2% ate less than the recommended serves of daily fruit.
This was higher than the state prevalence.

SUGARY DRINK INTAKE



7.4% drank sugary/sweetened drinks or energy drinks more than twice per week.

This was similar to the state prevalence.

PHYSICAL INACTIVITY AND SEDENTARY BEHAVIOUR IN 2024



CHILDREN AGED 5-15 YEARS

62.4% did not complete the recommended amount of weekly physical activity.

This was similar to the state prevalence of 62.3%.

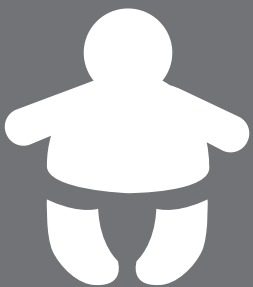


ADULTS 16 YEARS AND ABOVE

39.8% did not complete the recommended amount of weekly physical activity.

This was similar to the state prevalence of 39.1%.

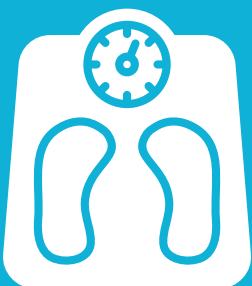
OVERWEIGHT AND OBESITY IN 2024



CHILDREN AGED 5-15 YEARS

17.8% were estimated to be overweight.

This was higher than the state prevalence of 15%.



ADULTS 16 YEARS AND ABOVE

40.2% were estimated to be overweight.

This was higher than the state prevalence of 37.4%.

TOBACCO SMOKING IN 2024



ADULTS 18 YEARS AND ABOVE

17.7% smoked.

This was higher than the state prevalence of 13.5%.

4.6% vaped.

This was lower than the state prevalence of 7.9%.

ALCOHOL RELATED HARM IN 2023



ADULTS 16 YEARS AND ABOVE

38%

drank alcohol at levels considered to be high risk for long-term harm.

This was higher than the state prevalence of 29.1%.



ADULTS 16 YEARS AND ABOVE

22.1%

were told by a doctor that they had a mental health condition in the past 12 months.

This was lower than the state prevalence of 25%.

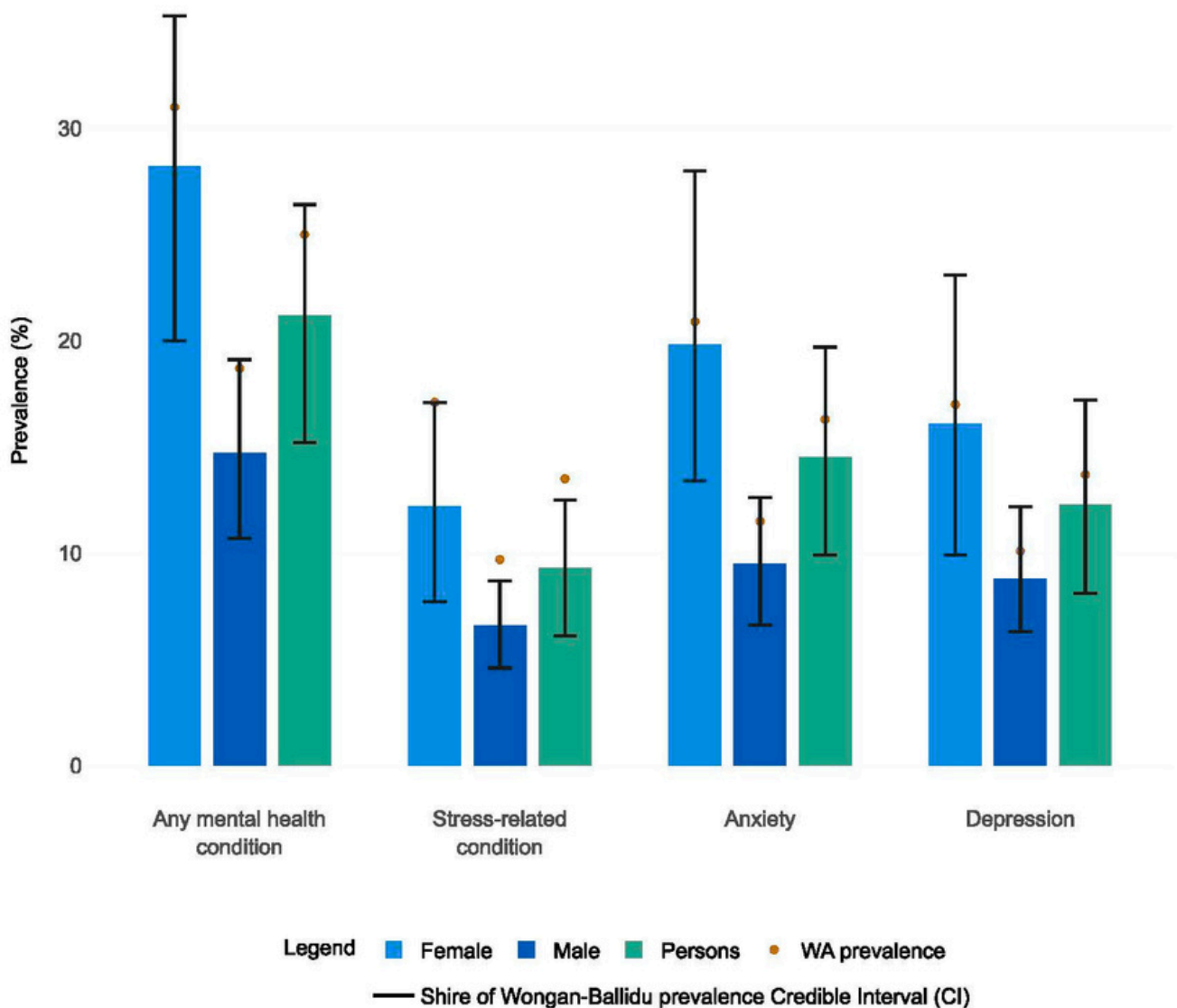


Figure 27. Prevalence (%) of mental health conditions (16 years and above) by sex, Shire of Wongan-Ballidu, 2024.

Source: WA Health and Wellbeing Surveillance System, Epidemiology Directorate, DOH WA.

Note: Prevalence estimates with RSEs between 25%–50% should be used with caution (marked with *). Estimates with RSEs above 50% are considered unreliable for general use and not published (n.p.).



CONTACT US

(08) 9671 2500

shire@wongan.wa.gov.au

The Shire of Wongan-Ballidu
and Wongan Hills CRC
Customer Service Centre

1 Wongan Road (PO Box 84)
WONGAN HILLS WA 6603

Monday to Friday
9.00am - 4.30pm

Shire of Wongan-Ballidu

