



Healthy Communities Northern Rivers Action Plan



Healthy Communities Northern Rivers
A collective partnership for a healthier future

We acknowledge the traditional custodians across the Northern Rivers region and pay our respects to the Bundjalung, Yaegl, Gumbaynggirr and Githabul Nations. We acknowledge their living culture and unique role in the life of this region. We acknowledge and pay our respects to the Elders of those Nations, past, present and emerging.

Healthy Communities Northern Rivers

An initiative of Northern NSW LHD

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Healthy Communities Northern Rivers Action Plan

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downloaded from the Health Promotion website

<https://nswlhd.health.nsw.gov.au/health-promotion>



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Our Region



Covers over **20,732** square kilometres.



Seven Local Government Areas from Tweed in the north, to Richmond Valley and Kyogle in the west, and to Clarence Valley in the south.



Five out of seven LGAs ranked more **disadvantaged** than NSW average.



Fast growing **population** of 300,000+.



Large and growing population of people **aged 65 years and over**.



Smaller proportions of young adults **aged 20 to 39 years** compared to NSW.



High Aboriginal population representing **5.4%** of population compared to **3.4%** of NSW population.



Foreword



The Healthy Communities Northern Rivers Action Plan presents a whole of community approach to preventing chronic disease by promoting healthy eating and active living.

In Australia, two thirds of the adult population are overweight or obese, which means it is becoming normal to be overweight.

This rise in overweight and obesity is causing unprecedented levels of heart disease, diabetes, and liver disease and increased risk of stroke, respiratory disease and cancer.

There are multiple factors influencing the rise in overweight including our increasingly sedentary car-based, screen-based lives and easy access to unhealthy, high sugar foods. This calls for a multi-pronged strategy to help us change direction, and the problem cannot be solved by the health system alone.

If we are to turn this around, we need a whole of community effort to make 'healthy' normal.

This plan builds on our existing preventive health measures to address healthy eating and active living across the community, where people live, work and play.

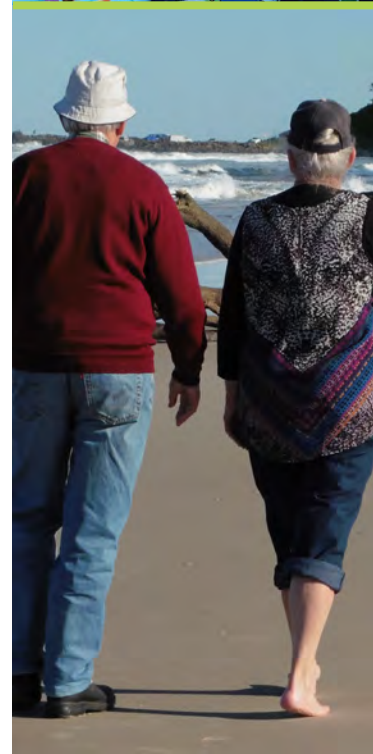
The Healthy Communities Northern Rivers Action Plan is a collaborative effort with key community partners, under the guidance of the Healthy Communities Advisory Committee.

Together we can make it easier for people in the Northern Rivers to be active and make the healthy choices that will benefit them now and in the future.

Wayne Jones Chief Executive

Northern NSW Local Health District

Healthy Communities Advisory Committee
Foundation Chair



Purpose

Healthy Communities Northern Rivers is a whole-of-community approach to healthy eating and active living in the community, particularly targeting disadvantaged populations at high risk of developing chronic disease.

The disease burden in Australia would be significantly lower if people were a healthy weight and exercised.

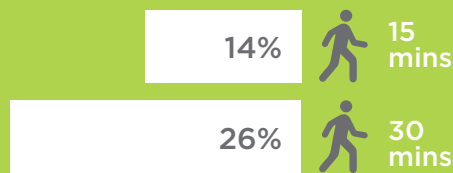
More than 90 percent of Australians are not eating enough vegetables or doing the recommended amount of exercise for their age. Our young people are a significant area of concern with studies showing 92 percent of 13 to 17 years olds don't get enough exercise.

By working together, we can help build communities that make it easier for people to make healthy choices, be physically active and eat a healthy diet through every age and stage of life.

Small personal lifestyle changes could have big health gains for the population at risk of disease due to these factors:

An extra 15 minutes of brisk walking by each person 5 days a week could cut Australia's disease burden due to insufficient physical activity by about **14%**

If this time rose to 30 minutes, the burden could be reduced by **26%**



Source: Australia's health 2018, Australian Institute of Health and Welfare

Prevention of disease is about more than keeping people out of hospital, it is about helping them to enjoy the pleasures of healthy living.

The Healthy Communities Northern Rivers Action plan is designed around HEAL (Healthy Eating Active Living) objectives.

This plan provides an opportunity for agencies and communities across the region to collaborate on a broader range of actions than previously possible and contributes to the strategic objectives of partners to varying degrees.

Healthy Eating Active Living objectives

 <p>Reduce intake of energy-dense nutrient-poor food and drinks</p>	 <p>Increase consumption of fruit and vegetables</p>	 <p>Increase incidental, moderate and vigorous physical activity</p>
 <p>Reduce time spent in sedentary behaviours</p>	 <p>Increase community awareness of healthy eating and physical activity as protective factors against chronic disease</p>	 <p>Increase intake of water in preference to sugar-sweetened drinks</p>

Healthy Communities Northern Rivers

Healthy Communities Northern Rivers is an initiative of the Northern NSW Local Health District to build community partnerships for preventive health in the region.

The Advisory Committee

The Healthy Communities Northern Rivers Advisory Committee (HCAC) was established in late 2018 to oversee the development and implementation of the Healthy Communities Northern Rivers Action Plan 2019-2021 with the following founding members:

- Northern NSW Local Health District (Secretariat)
- Solid Mob
- North Coast Primary Health Network
- University Centre for Rural Health
- Department of Family and Community Services
- NSW Department of Premier and Cabinet
- NSW Department of Sport and Recreation
- NSW Department of Education
- TAFE NSW
- Catholic Schools Office Diocese of Lismore
- Regional Development Australia
- Lismore City Council
- Kyogle Council
- Clarence Valley Council
- Ballina Shire Council
- Byron Shire Council
- Tweed Shire Council
- Northern Rivers Joint Organisation (NRJO)
- Consortium of Neighbourhood Centres
- Cancer Council
- Gurehlgam Corporation

Healthy Communities Summit Ballina, December 2018

A regional summit was held in late 2018 to raise the profile of the Healthy Communities initiative and encourage commitment to local actions. The summit brought together leaders and community members from more than 40 organisations across the seven Local Government Areas from Clarence to Tweed, to collaborate on strategies for a healthier and fitter Northern Rivers population.

The summit program covered the Premier's Priority on reducing childhood obesity, the NSW Healthy Eating Active Living (HEAL) Strategy, local examples of successful HEAL collaborations, and population health as part of city and town planning.

The afternoon workshop sessions were designed to prompt people to consider what they could do in their sector and come up with creative solutions for building healthier communities. The collated suggestions from the workshops have informed the development of this plan.



Action plan overview

The Actions in the plan have been divided into five focus areas. A number of the items outlined in the strategy could potentially fit into more than one area. For simplicity, they are listed under the area where they most closely align.

Children and Families	<p>The objective is to reduce overweight and obesity rates of children and promote healthy growth and development by making it easier for them to eat healthy food and be physically active. A healthy start for children begins in pregnancy. Family, community and education settings play a key role in the healthy development of 0 to 12 year olds.</p>
Young People	<p>To maintain the benefits of investing in maternal and child health, we need to address the second decade of life.</p> <p>There are a number of healthy weight and active lifestyle programs for 0-12 year olds, but there is a recognised gap for young people 13 year and over.</p> <p>This is significant because the prominent risk factors linked to non-communicable disease – smoking, harmful use of alcohol, unhealthy diet and lack of physical activity- often start in adolescence.</p> <p>The objective is to engage and motivate young people to choose actions that support their health and wellbeing.</p>
Older People	<p>Regular physical activity is important for everyone, especially as we get older. Regular physical activity can help people stay fit and independent as long as possible, reduce the risk of falls and help prevent chronic disease.</p> <p>The objective is to support older people to stay on their feet and stay active and engaged in the community.</p>
Workplaces	<p>Healthy workers are fitter, more aware and alert, more resilient against illness, and less likely to suffer manual handling injuries and strains.</p> <p>Australians spend about one third of their lives at work, so the workplace is a key environment for introducing changes that make it easier for people to make healthy choices. The move to healthier eating and more physical activity at work may flow on to the home environment.</p>
Liveable Communities	<p>Healthy communities are places where it is easy for people to be active and eat healthy food. These include walkable neighbourhoods, safe bike transport, farmers' markets and community gardens, sporting facilities and outdoor recreation.</p> <p>From council planning to service delivery, there are many ways we can work together to support more liveable communities.</p>

Developing the plan

Consultation

The draft proposals from the summit were developed further during the consultation process in March/April 2019. More than 30 consultations were held with community partners, from within and outside the Healthy Communities Advisory Committee.

The consultations addressed:

- How current Health Promotion programs could be more effective or extend their reach;
- Identifying possible collaborations for new programs;
- How organisations can incorporate HEAL initiatives in the workplace, and/or for their clients and the community;
- Identifying gaps in services, areas of specific need and possible programs to address these gaps.

The summit and consultations identified a range of programs offered by organisations across the region that support or promote exercise and healthy eating.

There is great potential for Healthy Communities Northern Rivers to be a hub for sharing of ideas, skills and knowledge across communities.

Focus on Youth

One of the significant gaps that became clear during the consultations was the lack of programs for young people over 13 years. The Premier's Priority to tackle childhood overweight and obesity includes children from 5-16 years

While there are a number of existing, successful programs for children from birth to the end of primary school, there is a gap in programs specifically for young people 13 years and over.

This is significant because:

- There is a marked drop-off in physical activity at 13 years;
- For girls the drop off in activity is about twice the rate as it is for boys;
- Teenage boys have higher levels of obesity as they have a higher level of junk food consumption compared to girls.

This plan specifically addresses 13-18 year olds because of the significant youth population in the Northern Rivers, and the identified gap in programs and services. The NSW Youth Health Framework will also inform and support future work with this cohort.

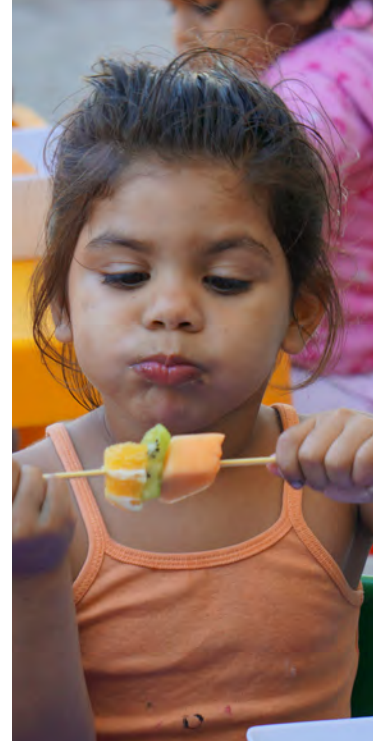
Funding

The Plan will be supported by grants under a Healthy Communities Fund. The funding will support community-initiated preventive health innovations to address key gaps and priorities identified in this plan. Northern NSW Local Health District has pledged \$50,000 in 2019/20 and will invite additional appropriate contributions from key partners during the life of the plan.

Evaluation

The Northern NSW Local Health District's Health Promotion Unit will monitor progress against the plan and coordinate annual progress reports, through its secretariat support of Healthy Communities Northern Rivers. The reports will include population data on measures for healthy behaviour (adequate fruit and vegetable intake, adequate physical activity) and health impacts (overweight and obesity).

Reports will be made available to representatives of all partner agencies. A consumer-friendly version of the plan and reports of key achievements will be made available on a dedicated Healthy Communities Northern Rivers web page.





MOVE YOUR BODY
FAMILY
GO4FUN

Go4Fun
Healthy • Active • Happy

GET THE WHOLE FAMILY INVOLVED
REACH YOUR GOALS
WHAT STARTS TO A CHANGE? LIFESTYLE, AND
POSITIVE CHANGES, VERY SUPPORTIVE, AND
LOTS OF GOOD MATERIAL IN HANDOUTS
FANTASTIC PROGRAM, TAKE HOME
YOU GET WHAT YOU PUT INTO IT
HEL YOUR BODY RIGHT
ITTA MOVE IT MAKE IT!
GO4FUN

Early childhood is a key time for promoting and establishing healthy eating and physical activity habits.

There has been excellent achievement of healthy practices across most school and childcare settings, and these are now expanding further into Family Day Care settings and playgroups. These programs will continue to ensure childhood education settings support teaching, learning and role modelling of healthy eating and active lifestyle behaviours.

1 Children and families

1. CHILDREN AND FAMILIES

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
1.1 Support pregnant women to maintain good health throughout their pregnancy.	Get Healthy in Pregnancy (GHIP) is a telephone coaching service focused on healthy eating, active living, alcohol avoidance and achieving a healthy weight gain in pregnancy.	Encourage health professionals to refer all pregnant women to GHIP (currently only 15% of pregnant women in NSW are using GHIP).	NNSWLHD NCPHN
		PROPOSED ACTIONS	PARTNERS
		Develop and implement marketing plans to promote GHIP to: *medical and allied health students *clinicians in private clinics *pregnant women in workplaces and community settings.	NNSWLHD-HP UCRH NCPHN
	Encourage parent/carer groups to include physical activity in their meeting models.	Advocate for a culturally appropriate Aboriginal GHIP Service and Mobile App. Promote initiatives such as Walking and Talking groups for parents with prams.	NNSWLHD-HP AMSS Solid Mob NGO Community Sector NNSWLHD-HP

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
1.2 Improve children's nutrition and physical activity ages 0-5.	Munch and Move is a healthy eating and active living program for Early Learning Services.	Munch and Move is currently run in 85% (119/140) of NSW Early Learning Centres, including preschools at primary schools and 50% of Family Day Care organisations.	NNSWLHD-HP Early Learning Centres DOE CSO
		PROPOSED ACTIONS	PARTNERS
		Extend reach to more Early Learning Centres, Family Day Care.	NNSWLHD-HP Family Day Care service managers DOE CSO

1. CHILDREN AND FAMILIES

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS	
1.3 Improve children's nutrition choices and participation in physical activity 5-12 years.	Live Life Well at School (LLW@S) is a healthy eating and active living program for primary schools.	LLW@S is currently running in 82% (136/166) primary schools in NNSWLHD.	NNSWLHD-HP DOE CSO	
		PROPOSED ACTIONS	PARTNERS	
		Develop programs that promote healthy eating and reduce food waste at school and home.	NNSWLHD-HP NE Waste	
	Promote active travel to school.	All LLW@S schools promote active travel.		NNSWLHD-HP DOE CSO TfNSW
			PROPOSED ACTIONS	PARTNERS
			Where safe walking and cycling routes are identified, trial new strategies to increase number of children actively travelling to school. (e.g. Grafton Public School Friday bike bus).	DOE TfNSW
	Increase children's physical activity levels at school.		Government primary schools require 150 minutes of programed physical activity each week.	DOE
			PROPOSED ACTIONS	PARTNERS
			Expand successful initiatives that incorporate daily physical activity into the school program (e.g. kilometre club where children walk or run a kilometre at school before school starts see Grafton Public school).	DOE CSO
	Roll out of Healthy Canteen Strategy in primary schools.		Encourage implementation in all primary school canteens that are participating in LLW@S (currently 59 primary schools are compliant with the NSW Healthy Canteen Strategy).	NNSWLHD-HP DOE CSO School Canteens
			PROPOSED ACTIONS	PARTNERS
			All government schools compliant with NSW Healthy Canteen Strategy by end of 2019. Encourage implementation in non-government school canteens.	DOE CSO NNSWLHD-HP

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
1.4 Children's height and weight is routinely measured when receiving health care.	Support health practitioners to conduct routine screening, provide brief advice and referrals to parents if their child is above a healthy weight (Growth4kids).	50% of children are currently having their height/length and weight recorded in NNSWLHD facilities.	NNSWLHD-HP
		PROPOSED ACTIONS	PARTNERS
		Promote routine height and weight measurements and referrals in LHD (increase to 70% in 19/20) and increase the number of children who are referred to appropriate programs if they are above a healthy weight.	NNSWLHD-HP AMs
		Increase the awareness within the Primary Care sector of the role clinicians can play in the prevention and management of childhood obesity and the importance of routine height and weight measurement.	NNSWLHD-HP NCPHN
		Provide quality improvement support to General Practices to increase recording of children's height and weight measurement and encourage evidence-based responses.	NCPHN
		Consolidate and actively promote referral programs such as Go4Fun.	NNSWLHD-HP NCPHN

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
1.5 Children above a healthy weight (and their families) are supported to improve nutrition and physical activity.	Go4Fun is an evidence-based free program to help children who are above a healthy weight and their families to move to a healthier diet and more active lifestyle.	Currently 7 programs are offered each year plus an additional 4 Aboriginal specific programs in NSW through partnerships between NSW LHD and Aboriginal controlled health organisations.	NNSWLHD-HP Solid Mob UCRH AMs
		PROPOSED ACTIONS	PARTNERS
		Develop and deliver marketing plan to raise awareness of Go4Fun and Aboriginal Go4Fun programs for clinicians and the general community.	NNSWLHD-HP Solid Mob AMs UCRH

1. CHILDREN AND FAMILIES

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
1.6 Increased participation by children in physical activity outside of school hours.	Active Kids vouchers - \$100 per school-enrolled child to cover registration, participation and membership costs for sport, fitness and active recreation.	By LGA, the current uptake of Active Kids vouchers ranges from 35-40 percent of children in Kyogle, to more than 50 percent in Ballina. Ballina Shire is one of the top ten LGAs in NSW for take up of the vouchers. Active kids vouchers are promoted through social media.	NNSWLHD HP Office of Sport Councils
		PROPOSED ACTIONS	PARTNERS
	Promote Active Kids vouchers for sport/dance/physical activity through marketing and events such as coordinated sign up days.	Office of Sport Councils DOE CSO NGO Community Sector	
	DADEE program - Dads and daughters exercising and empowered.	Roll out of DADEE program across Northern Rivers. Evidence based program proven to improve girls exercise and wellbeing.	OOS

OBJECTIVES	KEY ELEMENTS	PROPOSED ACTIONS	PARTNERS
1.7 Parents and carers are physically active.	Encourage parents and carers to be physically active while their children are training or playing sport.	Develop Get Off The Couch Together program.	Office of Sport



A current Premier's Priority includes reducing overweight and obesity levels of children aged 5-16 years. While there are a number of HEAL programs for young children, a gap in programs aimed at young people 13 - 24 has been identified.

This action plan is about Health Eating and Active Living and not about weight loss programs. It is particularly important in the youth space, when body image is a critical issue, that the focus is on healthy lifestyles, not weight.

Youth projects are a priority for the Healthy Communities Fund Grants. High priority will be given to evidence-based strategies.

2 Young people

2. YOUNG PEOPLE

OBJECTIVES	KEY ELEMENTS	PROPOSED ACTIONS	PARTNERS
2.1 Make healthy food and drink choices the easy choice at schools and TAFE.	NSW Health has launched a Secondary School Support Service to provide information and support to help NSW secondary schools to meet the NSW Healthy School Canteen Strategy.	Promote Secondary School Canteen support service to all high schools.	NNSWLHD-HP DOE CSO School Canteens
	Support a review of food outlets at TAFE to assess healthy food and drink options available.	Assess healthy options at food outlets at selected North Coast TAFE campuses.	TAFE NNSW LHD-HP

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
2.2 High school students receive current nutrition and physical activity education at school.	High Schools deliver new PDHPE curriculum.	Full implementation of new PDHPE syllabus for K-10 from 2020.	DOE CSO

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
2.3 Increased service options for young people 13 and over above a healthy weight.	Get Healthy is a free service for young people 16 and over provides information and telephone coaching to help people eat a more healthy diet, increase physical activity and achieve a healthy weight.	Promote Get Healthy to teenagers.	NNSWLHD-HP DOE CSO
	Thinkeatandmove is an online healthy lifestyle program for young people being piloted in the Sydney region.	PROPOSED ACTIONS If pilot is successful, investigate possibility of offering Thinkeatandmove to young people in NNSW LHD. Seek partnership to fund/pilot the program.	PARTNERS NNSWLHD-HP

OBJECTIVES	KEY ELEMENTS	PROPOSED ACTIONS	PARTNERS
2.4 High school students choose water as their preferred drink.	Check results of chilled water trials and installation of filtered water stations at schools in other parts of NSW.	#Promote the results of the trials and encourage chilled water trial/filtered water stations at local high schools.	NNSWLHD-HP DOE CSO

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
2.5 More young people, 13 and over, engaging in physical activity.	The Active Kids vouchers provide \$100 to school and TAFE students up to 18 years, for sport, dance, recreation. From July 2019, each child will be able to get 2x\$100 vouchers.	Promote Active Kids vouchers to 13-18 year olds through social media/ media/other networks	Office of Sport DOE CSO NNSWLHD-HP Solid Mob Councils
		PROPOSED ACTIONS	PARTNERS
		Research best methods of engagement ahead of a targeted promotion of Active Kids vouchers to young people 13-18 years.	Office of Sport NNSWLHD-HP
	Her Sport Her Way aims to remove barriers and improve participation of women and girls across all levels and roles in sport in NSW.	Roll out in Northern Rivers of four year strategy that aims to increase women's and girls' participation as players, leaders and coaches, improve facilities, and attract more investment and recognition for women's sport.	OOS
	Programs that combine social, educational and physical activity particularly targeting at risk/ disadvantaged young people.	Rebound 2460 program for 12-18 years olds in Grafton combining basketball, healthy eating and free transport. Rise Up strategy including Fit for Life and Fit Together programs.	NGO community sector Gurehlgam PCYC
		PROPOSED ACTIONS	PARTNERS
	Investigate Rebound 2460 model being adopted in other areas. Provide advice and resources for nutrition component of Rise Up programs.	NGO community sector AMSS NNSWLHD-HP	

OBJECTIVES	KEY ELEMENTS	PROPOSED ACTIONS	PARTNERS
2.6 More young people, 13 and over, engaging in physical activity and healthy eating.	Community and government agencies actively engage young people from the region in developing healthy lifestyle initiatives.	Northern Rivers forum to generate ideas for youth programs to increase healthy eating and active living. Showcase past successful initiatives or those trialed in other parts of the state e.g.: Physical Activity 4 Everyone and Burn 2 Learn aimed at increasing physical activity levels of secondary students. Peer education program, such as Sydney-based Students as Lifestyle Activists (SALSA). YHunger a past program developed to improve food access and physical activity options for young people, aged 12-24 who are experiencing or at risk of homelessness. Prioritise youth initiatives by providing healthy communities seeding grants which may support piloting the above programs or new initiatives.	DPC NNSWLHD-HP HCAC working group DOE CSO NGO Community Sector UCRH



3 Older people

Regular physical activity is important everyone. For older people it is a key to staying fit, reducing the risk of falls and helping prevent chronic disease. Being physically active helps people stay independent and engaged in the community.

3. OLDER PEOPLE

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS	
3.1 Increase age-appropriate physical activity options for older people.	Provide free or low cost physical activity classes for older people in major towns in NNSW.	Community Health Education Groups (CHEGS) provides weekly low cost exercise classes in the following towns and cities: Alstonville, Ballina, Bangalow, Byron Bay, Casino, Coraki, Evans Head, Grafton, Kyogle, Lennox Head, Lismore, Maclean, Mullumbimby, Nimbin, Ocean Shores, Yamba.	NNSWLHD Aged Care Providers	
		PROPOSED ACTIONS	PARTNERS	
		Start CHEGS exercise programs in towns which don't have good access to appropriate exercise programs.	NNSWLHD Aged Care Providers	
	Provide falls prevention exercise programs for older people.	22 free Stepping On programs are offered across NNSW each year. Programs run for 7 weeks and are for people aged 65+.		NNSWLHD
			PROPOSED ACTIONS	PARTNERS
		Provide Aboriginal specific Stepping On programs for people aged 40+.	NNSWLHD AMSS	
		Standing Tall - free online falls prevention exercise program for people aged 60 plus will be offered from July 2019.	NNSWLHD Aged Care Providers	
		Provide free group-based physical activity and falls prevention programs for people aged 60+.		



4 Workplaces

Northern NSW Local Health District has undertaken significant work to support staff make healthy lifestyle changes and improve the food environment for staff, patients and visitors. Other public and private sector employers can get on board for a healthier workforce in our region, with a flow on effect to families.

4. WORKPLACES

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
4.1 Healthy and fit employees.	Get Healthy at Work is a NSW government program that provides businesses with free support and resources to promote better health in the workplace and support workers in achieving their personal health goals.	104 businesses with a worksite in NNSW have registered with the program with a potential reach of 13,122 workers across 192 worksites.	NNSWLHD-HP
		PROPOSED ACTIONS	PARTNERS
		Extend the reach/local participation in Get Healthy At Work.	NNSWLHD-HP NRNSW Bus. Chamber AMSS Councils Government departments
	Promotion of the benefits of healthy workplaces to employers and staff, including providing easy to use guides for making it easier to make healthy choices at work. E.g. Heart Foundation Workplace Wellness.	Encourage more workplaces to adopt policies/measures that support healthy eating and active living at work.	Heart Foundation Cancer Council NE Waste NNSWLHD-HP
		Organise Northern Rivers Healthy Workplaces forum to showcase opportunities for promoting healthy lifestyles through workplaces.	NNSWLHD-HP HCAC working group
	Businesses recognised for making changes that support staff health and wellbeing.	Healthy workplace measures to be included as criteria in business awards.	NRNSW Bus. Chamber NNSWLHD-HP
	The Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework provides best practice guidelines to increase the availability of healthy options to make the healthy choice an easy choice for our staff and visitors.	All NNSWLHD facilities have removed sugary drinks with no nutritional value from sale.	NNSWLHD-HP NSW Health
		PROPOSED ACTIONS	PARTNERS
		Increase the proportion of healthy food and reduce the proportion of unhealthy foods sold in health facilities.	NNSWLHD-HP NSW Health



5 Liveable communities

How we design and build our communities can have a strong impact on healthy and active living. Our physical environments influence our behaviours - the sort of food that is readily available, the opportunities for physical activity, active transport and recreation.

Planning that supports active transport and encourages physical activity, use of outdoor space and healthy eating is a key factor in improving the health of communities.

5. LIVEABLE COMMUNITIES

5.1 PHYSICAL ENVIRONMENT:

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
5.1.1 Plan healthy built environments that support increased physical activity and healthy eating.	Liveable communities are places where people can live healthy active lives and participate in their communities.	Local government LGNSW and local councils in NSW are implementing many programs and creating infrastructure to create more inclusive and liveable communities. The following guides are used to help plan for more liveable communities: Walkability Community Assessment Tool Active Living Integrated Planning and Reporting Resource for Councils Heart Foundation Good for Business- The Benefits of Making Streets more Walking and Cycling Friendly.	Councils
		Healthy Urban Development Checklist is used to provide feedback to local councils, and other relevant organisations, on health issues in relation to urban development plans and proposals.	NNSWLHD-HP
		PROPOSED ACTIONS	PARTNERS
		Active Living forum for staff from NSW councils and other relevant organisations to showcase liveable communities programs and infrastructure and adopt practices that are shown to work.	Active Living NSW NNSWLHD-HP HCAC working group

5. LIVEABLE COMMUNITIES

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
5.1.2 Increase options for physically active recreation.	Provide, maintain and encourage increased use of public infrastructure and social groups for physical activity.	Infrastructure and social supports to increase access to opportunities for physical activity and outdoor recreation. Current parkruns, walking routes, cycle maps and outdoor gym equipment are mapped. Parks and skate parks are mapped on councils' websites. National parks walking guides are listed here. Heart foundation walking groups are run in 13 towns.	Councils NNSWLHD-HP Heart Foundation parkrun Australia
		PROPOSED ACTIONS	PARTNERS
		Increase the number of parkrun events across NSW.	NNSWLHD-HP Councils parkrun Australia
		Increase the number of regular walking groups in NSW.	Heart Foundation NNSWLHD-HP Councils
		Increase access to off road cycling facilities such as Northern Rivers Rail Trail development.	NR Rail Trail Councils NSW LHD
Local schools encouraged to open their ovals, playgrounds and sport courts for community use during school holidays, under the NSW Government Share our Space program. Schools can apply for grants to upgrade facilities.	DOE CSO Office of Sport Councils		

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
5.1.3 Environments that support safe and active transport.	Support cycling for transport.	Provide community information about existing cycleways and their safe use for cyclists and pedestrians such as Ballina Council cycleway map.	Councils TfNSW NNSWLHD-HP
		PROPOSED ACTIONS	PARTNERS
		Advocate for carriage of bicycles on local buses. Advocate for protected cycleways.	Bicycle clubs Transport working groups in LGAs

OBJECTIVES	KEY ELEMENTS	PROPOSED ACTIONS	PARTNERS
5.1.4 More accredited fitness instructors.	More skilled fitness leaders.	TAFE Certificate III in Fitness offered at more campuses. Support Aboriginal participation in Certificate III in Fitness.	TAFE Gurehlgam Solid Mob

OBJECTIVES	KEY ELEMENTS	PROPOSED ACTIONS	PARTNERS
5.1.5 Community-led healthy choices.	Community-led programs to boost healthy eating and active living.	Support small towns to apply for the Healthy Town Challenge - communities decide on programs and changes that will make it easier to be active and eat healthier food.	NNSWLHD-HP Heart Foundation Councils
		Incorporate healthy eating and active living initiatives in Goonellabah Place Plan.	Rekindling the Spirit NGO community sector NNSW LHD HP
		Promote participation in the Koori Knockout Health Challenge - a healthy lifestyle and weight-loss challenge for Aboriginal communities across NSW.	Solid Mob Gurehlgam AMSS NNSWLHD

5.2 FOOD ENVIRONMENT:

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
5.2.1 Increase food literacy and security.	Implement community-based programs for growing fruit and vegetables and/or food preparation for targeted groups including disadvantaged, youth, people in crisis. Promote reduction of food waste.	Cooking and nutrition classes for targeted groups. E.g. Red Cross FoodRedi program.	NGO Community Sector NE Waste AMSS
		PROPOSED ACTIONS	PARTNERS
		Provide Bush tucker food preparation demonstrations at community events (see Heart Foundation Koori Cook Off example).	Rekindling The Spirit Gurehlgam Solid Mob
		Create media resources to promote healthy eating and reduce food waste for diverse ages and cultural groups.	NE Waste NNSWLHD-HP

OBJECTIVES	KEY ELEMENTS	PROPOSED ACTIONS	PARTNERS
5.2.2 Increase healthy food options at work and at public events.	Make Healthy Catering normal.	Support organisations to adopt Cancer Council guidelines for catering at meetings, public events.	Cancer Council NNSWLHD-HP Govt departments Councils

OBJECTIVES	KEY ELEMENTS	PROPOSED ACTIONS	PARTNERS
5.2.3 Increase healthy food options at emergency relief centres.	Healthy food options provided at emergency relief centres.	Investigate barriers to aid agencies providing fresh, nutritious food at relief centres.	NGO Community Sector

5. LIVEABLE COMMUNITIES

OBJECTIVES	KEY ELEMENTS	PROPOSED ACTIONS	PARTNERS
5.2.4 Healthy food and drink options provided at sport and recreation venues.	Finish with the Right Stuff program for healthy options at sport canteens.	More sport clubs joining the program.	Office of Sport NNSWLHD-HP
	Council support for healthy food and drink options at council-run venues.	Councils to encourage healthy food and drink options to be available at food outlets of council-run venues.	NNSWLHD-HP Councils

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
5.2.5 Increase access to healthy local food.	Community gardens and farmers' markets provide people with an opportunity to grow and buy healthy local food.	Support existing local farmers' markets and community gardens. (Current community gardens and farmers markets are mapped here).	Councils NNSWLHD-HP Sustain Food
		PROPOSED ACTIONS	PARTNERS
		Investigate barriers to community gardens being established.	NNSWLHD-HP Councils
	Maintain up to date maps of farmers' markets and community gardens Promote maps on social media.	NNSWLHD-HP	
	The Sustain Food Working Group is a collective of interested Industry bodies, University, NGOs, Government Agencies and others working to address food issues across the Northern Rivers Region, NSW.	Investigate possibilities for grant funding to increase growing and eating healthy local food in NNSW.	Sustain Food working group NNSWLHD-HP

OBJECTIVES	KEY ELEMENTS	CURRENT/ONGOING ACTIONS	PARTNERS
5.2.6 People choose water as their preferred drink.	Water bottle refilling stations, taps and bubblers in public spaces and sports venues.	Maintain map of water stations.	Councils NNSWLHD-HP
		PROPOSED ACTIONS	PARTNERS
		More water taps and bubblers available, particularly in sporting fields and at public events.	Councils OOS

Glossary of Acronyms

AMS	Aboriginal Medical Service(s)
CHEGS	Community Health Education Groups
CSO	Catholic Schools Office Lismore Diocese
DADEE	Dads and Daughters Exercising and Empowered
DOE	Department of School Education
DPC	Department of Premier and Cabinet
HEAL	Healthy Eating Active Living
FACS	Family and Community Services
GHIP	Get Healthy In Pregnancy
LGA	Local Government Area
LLW@S	Live Life Well At School
NCPHN	North Coast Primary Health Network
NE WASTE	North East Waste
NGO	Non-Government Organisation(s)
NNSWLHD	Northern NSW Local Health District
NNSWLHD-HP	Northern NSW Local Health District Health Promotion
NRNSWBusChamber	Northern Rivers NSW Business Chamber
NR Rail Trail	Northern Rivers Rail Trail
OOS	Office of Sport
PCYC	Police Citizens Youth Clubs NSW
SALSA	Students As LifeStyle Activists
TfNSW	Transport for NSW
UCRH	University Centre for Rural Health



Healthy Communities Northern Rivers
A collective partnership for a healthier future