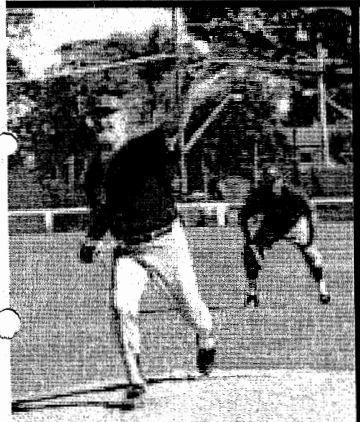


# CREATING ACTIVE COMMUNITIES

Physical Activity Guidelines for Local Councils



**NSW HEALTH**  
Better Health Good Health Care

Department of Local Government

Health  
**Working as a Team**  
The Way Forward



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The Guidelines are also available on the internet at [www.dlg.nsw.gov.au](http://www.dlg.nsw.gov.au) under Publications and Documents. This version does not include Attachment 2.

Special arrangements can be made for the publication to be provided in large print or in an alternative media format. If you require this service please contact the Publications Section on (02) 9793 0711.

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NSW Sport and Recreation photo library  
Cobar Council – Copper City Challenge Triathlon

A web search indicates that this edition was superseded by a 2008 edition, but both seem to have disappeared from the public web.



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# 1. INTRODUCTION

## 1.1 Why Produce Guidelines for Local Councils?

Local councils are responsible for contributing to the health and well-being of their communities through the provision of facilities and services. They have the potential to increase physical activity within their communities more than any other body due to their key role in providing and managing environments, facilities and services. The provision of footpaths and walking and cycle tracks, the provision of safe and appealing environments, the availability of sporting facilities and recreation activities are just a few ways that councils encourage physical activity. This includes encouraging incidental physical activity, that is, people walking or cycling for a purpose other than recreation, such as to get to the local shops, schools or their workplace.

A number of local councils already provide a range of physical activity opportunities and continually seek innovative ideas and activities to enhance the health and well-being of their communities. There are other local councils that would provide a greater range of physical activity opportunities if they had the resources and more information.

The purpose of the Guidelines is to provide local councils with a practical resource that will assist them to encourage local communities to be more physically active. Research has found that more than half of adult Australians<sup>1</sup> and about half of NSW adults<sup>2</sup> do not adequately participate in physical activity, and that local councils can and do play a critical role in encouraging participation in physical activity.

These Guidelines aim to assist all local councils, regardless of their current level of involvement in encouraging physical activity in the community. In particular, the Guidelines:

- ♦ Provide additional ideas and information for those local councils that are already committed to encouraging physical activity.
- ♦ Highlight opportunities for all local councils to obtain resources and establish partnerships for physical activity initiatives.
- ♦ Encourage all councils to integrate the concept of physical activity within their existing activities and resource allocation.

The implementation of the Guidelines by councils is not a legislative requirement. However, councils are encouraged to use the document. It is not expected that every council will adopt every guideline because councils vary in terms of the needs of their communities and their capacity to meet these needs. However, councils are encouraged to support physical activity however they can, and to incorporate the guidelines that are most relevant and achievable for them. The Guidelines can largely be implemented through changing day-to-day work practices and using existing resources rather than through the allocation of significant new resources.

<sup>1</sup> Armstrong, T., Bauman, A. & Davies, J. Physical Activity Patterns of Australian Adults. Results of the 1999 National Physical Activity Survey, Australian Institute of Health and Welfare, Canberra, 2000.

<sup>2</sup> Bauman, A., Bellew, B., Booth, M., Hahn, A., Stoker, L. & Thomas, M. NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW, National Centre for Health Promotion and NSW Health, 1996.

The role of councils and the benefits to councils of encouraging participation in physical activity are covered in more detail in Section 5 of the document.

## **1.2 Aims of the Guidelines**

The aims of *Creating Active Communities. Physical Activity Guidelines for Local Councils* are:

### ***Promote the Philosophy of Physical Activity***

- ♦ To encourage an overall philosophy of planning and providing for increased physical activity, as part of the strategic directions and day-to-day operations of local councils.

### ***Recognise Existing Initiatives***

- ♦ To raise the profile of and give recognition to existing physical activity initiatives undertaken by local councils in NSW and the benefits of these initiatives.

### ***Provide Practical Guidance***

- ♦ To provide practical guidance on how local councils can increase the opportunities for their communities to participate in physical activity.

### ***Encourage Provision of Opportunities for Specific Population Groups***

- ♦ To provide information and examples that will assist local councils to provide opportunities for specific population groups, ie groups that are known to participate less in physical activity.

### ***Identify Key Principles and Strategies***

- ♦ To identify principles and strategies that are most likely to contribute to increased physical activity, giving consideration to the findings of other studies and the available resources.

### ***Encourage Integrated Planning***

- ♦ To encourage a 'whole of council' and integrated planning approach, recognising the links between urban design, facility and area management, and facility and activity provision.

### ***Provide Information about Partnership and Funding Opportunities***

- ♦ To provide information to local councils about partnership and funding opportunities to assist in implementing initiatives.

### ***Encourage Effective Use of Resources***

- ♦ To highlight how local councils can better utilise available resources to achieve increased physical activity and well-being, ie without necessarily increasing the resource commitment.

### ***Encourage Monitoring and Evaluation***

- ♦ To encourage and provide a framework for ongoing monitoring and evaluation.

## **1.3 Use of this Publication**

### **1.3.1 Who Should Use It**

This publication has been developed specifically for local councils in NSW, although it will also be of benefit to local councils across Australia. It provides a resource document for local council staff, elected members and their communities who are interested in increasing physical activity within communities.

Physical activity relates to a number of work areas within local councils, including planning for infrastructure and urban design, the design and management of parks and gardens, the provision of sport and recreation facilities, the provision of recreation and community programs, environmental management, risk management, and involvement in community events. This document is therefore relevant to a range of positions within local councils, and councils are encouraged to adopt a 'whole of council' approach in implementing the Guidelines.

### **1.3.2 Presentation**

The sections in the Guidelines (indicated by divider cards in the hard copy version) have been written so that they can 'stand alone' in recognition that readers are likely to find some sections of greater interest than others. The purpose of each section and how each might be used is set out on the following page.



Purpose	Section	Use
Outlines relevance of physical activity to local councils and the aims of the guidelines.	<b>Introduction</b>	Background information and justification for strategic directions.
Outlines key principles and guidelines for achieving physical activity.	<b>The Principles and Guidelines</b>	Guiding strategies and activities within council.
Provides a framework and specific opportunities for achieving the principles and guidelines.	<b>Implementation and Review</b>	Guiding implementation and evaluation.
Provides information on physical activity initiatives, e.g. Active Australia, role of NSW and health focus.	<b>The Policy Context</b>	Background information.
Highlights the link between physical activity objectives and initiatives, and the role of local councils.	<b>Basis for Local Council Involvement</b>	Justification for undertaking physical activity initiatives.
Outlines obstacles and opportunities for achieving physical activity.	<b>Increasing Physical Activity</b>	Developing an understanding of the potential for initiatives.
Outlines obstacles and opportunities for specific population groups, giving examples of initiatives across NSW.	<b>Catering for Specific Population Groups</b>	Gaining ideas for specific population groups.
Provides information on partnership and funding opportunities.	<b>Resources for Increasing Physical Activity</b>	Resource to enable the implementation of initiatives.

## **2. THE PRINCIPLES AND GUIDELINES**

### **2.1 Key Principles for Increasing Physical Activity**

Eight key principles have been identified to reflect the priorities and the opportunities that have been consistently identified in the preparation of this document. Where possible, these principles should be incorporated within the strategic directions of local councils and provide the framework for contributing towards achieving increased physical activity within local communities.

#### **2.1.1 'Whole of Council' Approach**

Achieving physical activity in local communities should not just relate to one or two work areas in local councils. It should be a philosophy that is incorporated within the strategic directions of the council and the operations of all relevant work areas. A 'whole of council' approach will ensure that the required facilities and environments are provided for physical activity, and initiatives will consider all aspects of council services and responsibilities.

#### **2.1.2 Integrated Planning**

In line with the 'whole of council' approach, an integrated approach to planning for physical activity is recommended to ensure the most effective use of local council resources. There are three aspects to integrated planning proposed in these Guidelines. The first is that of using physical activity initiatives to address other council objectives such as reduced crime or vandalism. The second is to incorporate opportunities for physical activity within a range of council projects. The final aspect is to look beyond the local council area and develop initiatives that achieve regional or even higher level objectives. In general, it is important to adopt a strategic approach to planning and this includes planning for ongoing monitoring and evaluation at the commencement of a project or initiative.

#### **2.1.3 Safe and Supportive Environments**

The concept of 'supportive environments' broadly relates to providing facilities and areas that are safe, accessible and pleasant, with the aim to support a range of activities within local communities, including incidental activity such as walking to the local shops, schools and other local facilities. If areas are appealing and enable an activity, such as a well designed walking or cycle pathway, then people are more likely to get 'out and about' and utilise these areas. The provision of safe and supportive environments will achieve 'sustainable physical activity'. In addition, safe and supportive environments contribute to addressing other council objectives such as the improved economic viability of commercial areas, risk management and injury prevention, and crime prevention.

### **2.1.4 Activities, Events and Programs**

There is a need for specific activity opportunities as well as the provision of facilities and supportive environments. Some groups in the community require motivation or support, and larger activity initiatives such as events and festivals attract community participation and create a stronger sense of community pride. Some facilities require the co-ordination of activities in order to be well used and viable. Local councils can adopt a provider role, or they can use their expertise and capacity to facilitate, guide and/or support activities that are provided by other groups. The emphasis for local councils should be to ensure that a range of activity opportunities are available for their community, to complement the provision of existing facilities and contribute to their use and viability.

### **2.1.5 Special Needs and Groups**

A number of specific population groups have been identified as participating less in physical activities due to various obstacles. The groups include women, middle aged men, parents and carers of young children, older adults, young people, Indigenous people, people from culturally and linguistically diverse backgrounds, people living in rural and remote areas, people with disabilities and their carers, and socially disadvantaged people. Each of these groups represents a diversity of individuals and varying needs and a large proportion of people are within more than one group. The emphasis for local councils should be on achieving equity and providing or facilitating the environments and activities that encourage these groups to undertake adequate physical activity.

### **2.1.6 Community Involvement**

Any community facility or activity is likely to be better used and valued if the community is consulted and where appropriate involved in the process of planning. The community offers a rich resource in identifying community needs, gaining feedback on facilities and activities, obtaining support through volunteers, obtaining other contributions (e.g. funding or products from the business community), or in deciding strategies and actions for specific projects. Strategies for consulting and involving the community should be developed at the commencement of any physical activity initiative to ensure this resource is not overlooked.

### **2.1.7 Partnerships**

The development of partnerships with other spheres of government, other councils, local businesses and community groups will enable local councils to place a greater emphasis on achieving physical activity within their communities. Whilst physical activity initiatives can be incorporated within other planning and provision, and does not necessarily require the additional allocation of resources, local councils will be able to achieve more if they can obtain other resources and funding to contribute to initiatives. The development of partnerships for physical activity initiatives will also assist councils to develop stronger relationships with other agencies and their community, which will contribute to the long term effectiveness of the council in meeting the needs of its community.



### **2.1.8 Ongoing Monitoring and Evaluation**

It is important to continually review directions and services and ensure that initiatives relating to physical activity are appropriate in relation to community needs and the achievement of council objectives. A clear process of monitoring and evaluation is required in line with council resources. This includes assessing the changing needs of the community, and assessing the appropriateness of facilities and initiatives. In particular, local councils should assess and review their current strategic directions, facilities and activities to identify how physical activity opportunities can be increased. It is important to plan for and allocate resources for monitoring and evaluation at the commencement of a project or initiative.

## **2.2 The Guidelines**

The following chart presents guidelines for implementing each of the principles for increasing physical activity. These guidelines are based on the research and examples that are outlined within this document. Expected outcomes for each guideline are also provided to highlight the value of the guideline from a local council perspective.

The Principle	The Guidelines	The Outcomes
<b>1.</b> <b>'Whole of Council'</b> <b>Approach</b>	1.1 Incorporate physical activity into council Management Plans and other key strategic planning documents.	<ul style="list-style-type: none"> <li>• Will result in a council wide commitment to community health and well-being.</li> <li>• Ensures physical activity initiatives link with the council's strategic directions.</li> <li>• Highlights the relevance of physical activity to all work areas.</li> </ul>
	1.2 Involve all related areas of council in planning for physical activity, for example, strategic planning, recreation, community services, parks and gardens, road safety, urban planning, economic development, tourism, environmental education and management, cultural development and risk management.	<ul style="list-style-type: none"> <li>• Will contribute to across council agreement and support on the main priorities.</li> <li>• Will increase people and funding resources where it is appropriate to combine resources, e.g. where various work area objectives are being achieved.</li> <li>• Ensures a range of potential impacts and opportunities are taken into consideration, e.g. traffic impacts of an event, aesthetic design and integration of sports centre, accessibility of walking/ cycle pathways.</li> </ul>
	1.3 Establish across council working groups to plan and/or implement physical activity initiatives.	<ul style="list-style-type: none"> <li>• Formalises the communications and commitment to physical activity strategies.</li> <li>• Ensures documented and agreed strategies and actions.</li> </ul>
	1.4 Involve and inform Councillors of physical activity initiatives and their outcomes. Councillors could be involved in the launch of facilities or activity/ event initiatives, and ideally be informed of positive feedback from the community.	<ul style="list-style-type: none"> <li>• Greater Council support for physical activity initiatives.</li> <li>• Direct community recognition of Councillor support and involvement.</li> </ul>

The Principle	The Guidelines	The Outcomes
<b>2. Integrated Planning</b>	<p><b>2.1</b> Develop physical activity initiatives that will address other council objectives, such as reducing crime, risk management and injury prevention, improving the economic value of a commercial area, developing a sense of community, reducing pollution, enhancing the livability of an area.</p> <p><b>2.2</b> Incorporate physical activity and supportive environments into other council planning and projects. For example, ensure zonings and development controls provide opportunities for physical activity, develop open space to cater for a range of organised and informal activities, and ensure buildings and facilities are accessible to all people in the community.</p> <p>This will contribute to meeting obligations under the NSW Government's Disability Policy Framework, as well as other council strategies and objectives.</p>	<ul style="list-style-type: none"> <li>• Council area will become more livable and appealing, resulting in people wanting to live in the area which can increase or maintain land values, or people visiting the area which has an economic value to local businesses.</li> <li>• Reduced crime and vandalism, which has a direct economic benefit to councils through less maintenance.</li> <li>• Contributes to national and world objectives of reduced greenhouse gas emissions, by encouraging walking and cycling in local areas rather than use of motor vehicle.</li> <li>• An effective use of resources, with a number of issues being addressed through one or two initiatives.</li> </ul> <ul style="list-style-type: none"> <li>• Well designed areas and facilities that cater for a range of uses and groups in the community.</li> <li>• A stronger sense of community pride and belonging, including a community that feels safer and enjoys living in an area.</li> <li>• Assists councils to meet legislative requirements.</li> </ul>

The Principle	The Guidelines	The Outcomes
<b>Integrated Planning (cont)</b>	<p>2.3 Link with other councils and regional organisations to establish initiatives that benefit the region or ensure complementary facilities and initiatives across council areas. Examples include the strategic location of major regional facilities, and the establishment of integrated walking and cycle pathways.</p> <p>2.4 Draw on 'good practices' and research, including the information in this document, to determine the most appropriate initiatives for increasing participation in physical activity. This will ensure directions are 'evidence based', ie knowing that resources will be allocated to what is likely to work based on practical experience and research.</p>	<ul style="list-style-type: none"> <li>• Combines people and funding resources where appropriate, resulting in more achievable provision.</li> <li>• Ensures there is not duplication of facilities and/ or unnecessary provision and competition, resulting in more viable facilities.</li> <li>• Enables 'big picture' planning, such as the provision of a trail that also provides a transport route and reduces motor vehicle use.</li> <li>• Enables links to businesses and commercial areas, which has economic value.</li> <li>• Reduced time in researching and planning appropriate initiatives.</li> <li>• The effective allocation of resources.</li> </ul>
<b>3. Safe and Supportive Environments</b>	<p>3.1 Ensure that all public places are designed and constructed to be safe*, accessible and appealing to the community. This includes:</p> <ul style="list-style-type: none"> <li>• Landscaped and treed open space and public spaces.</li> <li>• Quality amenities, including picnic areas, seating, shelters, toilet and change rooms.</li> <li>• Level playing fields and quality structures (e.g. goal posts, cricket pitches, cricket nets) that contribute to injury prevention.</li> <li>• Level and well lit footpaths.</li> <li>• Accessible walking and cycle pathways, with links to residential areas and/ or other facilities.</li> <li>• Safely located play facilities and areas for children and young people.</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced risk of vandalism and crime, ie a more active area discouraging inappropriate activity.</li> <li>• Potential to enhance the economic value of commercial areas, ie more people 'out and about' spending money and increased visitors to areas.</li> <li>• Reduced liability risks, ie higher quality facilities resulting in less risk of accident (injury prevention).</li> <li>• Contribution to risk management and injury prevention strategies.</li> <li>• Greater appreciation of an area and community well-being in general.</li> </ul>

The Principle	The Guidelines	The Outcomes
<b>Safe and Supportive Environments (cont)</b>	<ul style="list-style-type: none"> <li>• Good lighting and 'uncluttered' design and development.</li> <li>• Traffic management and safe road crossings.</li> <li>• Appropriate signage e.g. warning and prohibition signs at public swimming pools and beaches.</li> </ul> <p>* Note – creating safe places has two aspects, ie:</p> <ul style="list-style-type: none"> <li>• Discouraging crime and vandalism.</li> <li>• Reducing the risk of personal accident (injury prevention).<sup>3</sup></li> </ul> <p>3.2 Guide private and commercial developments to incorporate opportunities for physical activity. This includes:</p> <ul style="list-style-type: none"> <li>• Requiring safe and supportive environments through planning instruments such as Development Control Plans.</li> <li>• Encouraging and guiding the provision of affordable and appropriately located commercial facilities, such as indoor sports centres, fitness centres, community clubs.</li> </ul> <p>3.3 Establish an integrated network of footpaths and walking and cycle tracks, to provide opportunities for physical activity as well as encouraging alternative transport and reduced use of motor vehicles.</p>	<ul style="list-style-type: none"> <li>• Higher levels of access for older adults, people reliant on a wheelchair, parents with young children and prams, young people, and women in general, resulting in increased use of an area and improved economics.</li> <li>• Wider range of sporting and recreation facilities, encouraging increased physical activity and health.</li> </ul> <ul style="list-style-type: none"> <li>• Reduced risk of accident, with separation of vehicles and cyclists and less road crossings.</li> <li>• Reduced reliance on motor vehicles, resulting in reduced greenhouse gas emissions.</li> </ul>

<sup>3</sup> Refer 'Supportive Environments for Physical Activity. Guidelines for local councils' for more strategies (Attachment 2)

The Principle	The Guidelines	The Outcomes
<b>Safe and Supportive Environments (cont)</b>	<p data-bbox="561 335 1291 458">3.4 Provide or facilitate a range of sport and recreation facilities, ensuring that all groups in the community have the choice to participate in physical activity. This could include:</p> <ul data-bbox="561 489 1291 805" style="list-style-type: none"> <li>• Informal recreation areas, ie picnic or grassed and landscaped areas.</li> <li>• Walking, cycle and other types of tracks such as horse riding.</li> <li>• Playground facilities for children and young people.</li> <li>• Facilities for young people, such as skate facility, rollerblade area, BMX area.</li> <li>• Sporting fields and related facilities.</li> <li>• Outdoor courts.</li> <li>• Indoor and/ or outdoor aquatic facilities.</li> <li>• Indoor sport and recreation facilities, including courts, gyms, social areas.</li> </ul> <p data-bbox="561 874 1291 1159">3.5 Involve the community in planning for and achieving safe and supportive environments, including:</p> <ul data-bbox="561 974 1291 1159" style="list-style-type: none"> <li>• Consulting with the community and user groups on the appropriate design and location of facilities.</li> <li>• Involving the community in determining the priorities and developing strategies for achieving funding and initiatives.</li> <li>• Involving the community in specific projects such as bush regeneration projects, safety watch programs, 'clean up' initiatives.</li> </ul>	<ul data-bbox="1322 335 1993 420" style="list-style-type: none"> <li>• Increased equity and choice.</li> <li>• Increased participation in physical activity, resulting in improved health and reduced social and economic costs.</li> </ul> <ul data-bbox="1322 882 2019 1005" style="list-style-type: none"> <li>• Ensures activities and facilities are valuable to the community, and therefore increases potential viability and benefits.</li> <li>• Reduces the cost of programs and initiatives, with the community providing a valuable resource.</li> </ul>



The Principle	The Guidelines	The Outcomes
<b>4.</b> <b>Activities, Events and Programs</b>	<p>4.1  Recognise the provision or facilitation of activities that achieve physical activity as a priority, and allocate the people resources where required. This could include:</p> <ul style="list-style-type: none"> <li>• Designating the role of developing or facilitating physical activity initiatives such as events or specific activities to a work area or individual, providing that the area/ person liaises with other areas of council, or</li> <li>• Establishing a core group of people from across council to determine opportunities and plan for events and activities, or</li> <li>• Encouraging work areas that already provide or facilitate activities to incorporate the objectives of physical activity. There should also be liaison across council to consider opportunities for combining activities or resources, achieving other council objectives, or ensuring a range of planning aspects are addressed.</li> </ul>	<ul style="list-style-type: none"> <li>• Ensures activities achieve a range of council objectives.</li> <li>• Enables sharing of resources where appropriate.</li> <li>• Reduces the risk of duplicating resource allocation.</li> </ul>
	<p>4.2  Plan for or facilitate key activity and event initiatives that encourage physical activity and also achieve other council objectives. This could include:</p> <ul style="list-style-type: none"> <li>• Sporting or community events and festivals.</li> <li>• Sports development programs, through clubs and associations.</li> <li>• The establishment of walking groups, drawing on 'Just Walk It' or 'Walking for Pleasure' programs.</li> <li>• Activity programs for children and young people, where equipment and guidance is provided, e.g. a skate or surf program that provides the skate or surf boards.</li> </ul>	<ul style="list-style-type: none"> <li>• Increases opportunities for physical activity, which has significant social and community development benefits.</li> <li>• Creates a sense of community involvement and positive attitudes.</li> <li>• Provides an opportunity for council recognition, ie the community directly experiencing and valuing the work of council, and the council being seen as a leader in providing for their community.</li> </ul>

The Principle	The Guidelines	The Outcomes
<b>Activities, Events and Programs (cont)</b>	<ul style="list-style-type: none"> <li>• Programs provided through council facilities, such as a learn to swim or skills development program through an aquatic centre.</li> <li>• Whilst local councils do not need to be the 'provider' of activities and events, ideally they will play a lead role in the planning and/ or facilitation.</li> </ul> <p>4.3 Ensure affordable areas and facilities are available for sporting clubs, community groups and schools, to provide activities for the community. This could include:</p> <ul style="list-style-type: none"> <li>• Offering the use of low or no cost facilities and resources to specific groups to run programs and activities that have been identified as a priority.</li> <li>• Promoting the activities provided by community and sporting groups to the wide community through the local papers, newsletters, community facilities.</li> </ul> <p>4.4 Widely promote physical activity opportunities, including:</p> <ul style="list-style-type: none"> <li>• The availability and location of walking and cycle pathways and other informal recreation areas and facilities.</li> <li>• The provision of activities by other agencies and groups such as Area Health Services, sporting groups, schools, community social groups.</li> <li>• The physical accessibility of areas and buildings, ensuring people are aware of opportunities for people who are reliant on a wheelchair.</li> <li>• Initiatives relating to specific population groups, for example facilities that incorporate child care, programs for older adults.</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced pressure on council to directly provide activities, resulting in a more effective use of resources.</li> <li>• Will contribute to the development and viability of sporting and community groups.</li> <li>• Establishes a sense of well-being between council and the community.</li> </ul> <ul style="list-style-type: none"> <li>• Increased awareness of the opportunities for physical activity.</li> <li>• Improved use and viability of recreation and sport facilities.</li> </ul>

The Principle	The Guidelines	The Outcomes
<b>Activities, Events and Programs (cont)</b>	<p>4.5 Encourage and demonstrate a workplace commitment to physical activity. This could include:</p> <ul style="list-style-type: none"> <li>• Coordinating or supporting physical activity initiatives for council staff, such as a walking or jogging program or a fitness program linked to a council facility.</li> <li>• Promoting the concept of physical activity to businesses and representative bodies such as Chambers of Commerce.</li> <li>• Offering gym, aquatic or fitness activity incentives to work places (e.g. discounts based on numbers attending).</li> <li>• Supporting events and activities undertaken by work places, e.g. grant funding or availability of low cost facilities.</li> <li>• Working with the business sector to provide work place events, e.g. similar to Corporate Cup although including less intensive and less competitive activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Improved health and productivity within the council workplace.</li> <li>• Highlighting a strong commitment to health and physical activity, ie being a role model.</li> <li>• Involvement in activity by people who generally have 'little time' (reaching a more difficult target market).</li> <li>• Opportunity to strengthen partnership with the business sector, including Chambers of Commerce.</li> </ul>
<b>5. Special Needs and Groups</b>	<p>5.1 Understand the diversity of the community and the specific needs of various groups. This could include:</p> <ul style="list-style-type: none"> <li>• Assessing the demographics of the population through Australian Bureau of Statistics data, and the implications for activity, drawing on the Section 'Catering for Specific Population Groups' of this document.</li> <li>• Consulting with specific groups in the community, such as young people or people from culturally and linguistically diverse backgrounds, to determine the issues and opportunities.</li> <li>• Liaising with other agencies involved in catering for specific groups, to determine opportunities for partnerships, and encouraging these groups to incorporate physical activity within their objectives.</li> </ul>	<ul style="list-style-type: none"> <li>• Ensures activities and facilities are appropriately targeted to different groups.</li> <li>• Highlights opportunities for partnerships.</li> </ul>

The Principle	The Guidelines	The Outcomes
<b>Special Needs and Groups (cont)</b>	<p>5.2 Ensure physical activity programs are offered which meet the needs of specific population groups. Examples include:</p> <ul style="list-style-type: none"> <li>• Unique opportunities for sports and skills development for girls and women, e.g. surfing, martial arts, soccer programs, as well as the more traditional sports.</li> <li>• Social sports for more sedentary men, such as touch football, cycling, lawn bowling.</li> <li>• Walking activities and opportunities to experience natural settings, such as photography and bird watching linked to walking, for older adults and all other groups.</li> <li>• Cultural events and activities, including sports programs that appeal to various cultural groups.</li> <li>• Other more specific strategies and examples are included in the Section 'Catering for Specific Population Groups' of this document.</li> </ul> <p>5.3 Design facilities and/or ensure facilities designed by others meet the needs of specific population groups. Examples include:</p> <ul style="list-style-type: none"> <li>• Incorporating childcare within major recreation and sporting facilities such as indoor sports centres and aquatic facilities, and within community and neighbourhood centres.</li> <li>• Designing areas that feel safe to women, older people, young people and other groups, with lighting, open landscaping, nearby car parking, and links to other facilities and active areas.</li> <li>• Establishing informal recreation facilities for young people, such as skate facilities and trail bike areas.</li> <li>• Providing areas such as play spaces that engage different senses, e.g. touch and sound for people who are sight impaired.</li> </ul>	<ul style="list-style-type: none"> <li>• Ensures equitable access to physical activity opportunities.</li> <li>• Increases the health and well-being of a range of groups in the community.</li> <li>• Increases the potential for cultural and social diversity, which can result in a more interesting and sought after council area.</li> </ul> <ul style="list-style-type: none"> <li>• Ensures equitable access to facilities and public areas.</li> <li>• Increases the opportunities for physical activity for various groups.</li> </ul>

The Principle	The Guidelines	The Outcomes
<b>Special Needs and Groups (cont)</b>	<ul style="list-style-type: none"> <li>• Ensuring buildings and outdoor areas are accessible to people reliant on a wheelchair and other people with disabilities, including the frail aged.</li> <li>• Other more specific strategies and examples are included in the Section 'Catering for Specific Population Groups' of this document</li> </ul>	
<b>6. Community Involvement</b>	<p>6.1 At the commencement of planning for a facility, service or activity, develop a consultation strategy. This would include:</p> <ul style="list-style-type: none"> <li>• Identifying key groups and individuals that should be involved.</li> <li>• Determining how the community is to be consulted. This will require a range of methods to reflect the different characteristics of groups, particularly those groups that have been identified as being less active. Methods could include telephone interviews, targeted surveys, workshops, focus groups, and the inclusion of community representatives on committees involved in planning physical activity initiatives.</li> <li>• Developing a timeframe for consultation.</li> <li>• Developing a strategy for ongoing community feedback.</li> </ul> <p>Consultation with the community should be considered as a priority. It is also included in a number of the other principles and guidelines.</p> <p>Councils may find the Department of Local Government's Youth Consultation Checklist (April 1999) useful. It provides a consultation framework, which is relevant to other groups. The Checklist is available on the Department's website at <a href="http://www.dlg.nsw.gov.au">www.dlg.nsw.gov.au</a>.</p>	<ul style="list-style-type: none"> <li>• Greater awareness of community issues and needs, and the potential to better target facilities and activities.</li> <li>• Increased use and viability of facilities and services.</li> <li>• Use of a valuable resource (involvement of the community) in achieving physical activity initiatives.</li> <li>• Greater community awareness of the council's commitment to physical activity and the well-being of the community.</li> </ul>

The Principle	The Guidelines	The Outcomes
<b>Community Involvement (cont)</b>	<p>6.2 Consult with the community, other agencies and other councils to gain information and identify opportunities for physical activity. This could include:</p> <ul style="list-style-type: none"> <li>• Determining the specific activity needs of the community, and the related health and social issues.</li> <li>• Identifying partnership opportunities (see 'Partnerships' below).</li> <li>• Obtaining further information on the 'good practices' relating to activities, outlined in this document.</li> </ul>	<ul style="list-style-type: none"> <li>• Ensures resources are effectively allocated, ie facilities and activities adequately meet the needs of the community.</li> <li>• Increases the range of initiatives that can be undertaken, due to additional available resources.</li> <li>• Provides ideas on initiatives.</li> </ul>
	<p>6.3 Identify opportunities for the community to play a lead role in coordinating or planning for activities, events or programs, such as 'Just Walk It' or sports development programs. This could involve individuals, sporting clubs, schools or other community groups.</p>	<ul style="list-style-type: none"> <li>• There is less expectation that council will directly provide all activities and programs.</li> <li>• The community takes ownership and is more committed to the success of activities and programs.</li> <li>• A wider range of activities and programs can be provided within the community.</li> </ul>
	<p>6.4 Involve the community in specific projects, such as a committee established to raise funds for a project (refer Partnerships below).</p>	<p>Refer 'Partnerships' below.</p>

The Principle	The Guidelines	The Outcomes
<b>7. Partnerships</b>	<p>7.1 Make formal application to key government departments and other agencies for resource and funding contributions towards physical activity initiatives. The main opportunities include:</p> <ul style="list-style-type: none"> <li>• NSW Sport and Recreation (Active Australia Local Government Network, Capital Assistance Program, Regional Sports Facility Program, Women in Sport and Recreation Sports Administration Scholarship, Walking for Pleasure, and Active Kids Grants Program).</li> <li>• National Heart Foundation (Local Government Awards, 'Just Walk It' program)</li> <li>• NSW Health (NSW Health Physical Activity Demonstration Project Grant Scheme)</li> <li>• Roads and Traffic Authority (Local Bikeplans and Bicycle Promotion, Pedestrian Amenity Project).</li> <li>• Australian Sports Foundation (Community Benefits Grant Program).</li> </ul> <p>Details of these and other resource and funding programs, including contact details are provided in Section 8 'Resources for Increasing Physical Activity'.</p> <p>7.2 Adopt a regional approach to developing and implementing physical activity initiatives and seeking funding and resources. This includes linking with the regional offices of the NSW Sport and Recreation, other councils, other agencies such as Area Health Services, and community groups such as schools, sport and recreation clubs and organisations.</p>	<ul style="list-style-type: none"> <li>• Increases the resources to contribute to facilities and activities, making provision more achievable.</li> <li>• Provides opportunities for local councils to raise their profile and receive recognition within the council area and across the state.</li> <li>• Enables more significant initiatives.</li> </ul> <ul style="list-style-type: none"> <li>• Increased possibility of obtaining funding, with a number of funding bodies supporting regional initiatives.</li> <li>• Enables the sharing of resources, with less financial and resource commitment required by the one council.</li> <li>• Provides opportunities for networking and developing contacts for future initiatives.</li> <li>• Provides a greater awareness of the directions of adjoining councils, the state government and other agencies.</li> </ul>

The Principle	The Guidelines	The Outcomes
<b>Partnerships (cont)</b>	<p>7.3 Develop partnerships with the community such as through involvement on working parties and input to decision making; co-ordination of events and activities; contribution of funding, time and other resources by sporting and community groups; and assistance in monitoring areas to ensure a safe environment. The community would include all individuals and groups residing or operating within local council areas.</p>	<ul style="list-style-type: none"> <li>• Results in a resource contribution from the community, requiring less staff involvement (potential for a facilitation rather than provider role) and/ or less funding.</li> <li>• Develops a more positive relationship with the community and potential for support of other initiatives.</li> </ul>
<b>8. Ongoing Monitoring and Evaluation</b>	<p>8.1 Review the Council's strategic directions to determine whether they support physical activity and whether there is potential for physical activity initiatives to address other council issues and objectives.</p> <p>8.2 Gain feedback from the community, particular user groups and other service agencies on the appropriateness of facilities, services and activities, and any obstacles relating to physical activity. A range of consultation methods could be used, including telephone or written surveys, meetings, workshops, participation on committees and advisory groups and/ or personal contact with individuals and user groups.</p> <p>8.3 Review existing facilities and services to determine whether they are meeting physical activity needs and council objectives. In particular, consider the requirements for achieving physical activity outlined in this document, such as:</p> <ul style="list-style-type: none"> <li>• Affordability and accessibility.</li> </ul>	<ul style="list-style-type: none"> <li>• Provides the framework for achieving physical activity across the Council.</li> <li>• Enables an accurate review of the performance of facilities, services and activities, and ensures council resources are appropriately allocated.</li> <li>• Will ensure the best use of resources within local councils.</li> <li>• Will ensure facilities and services appropriately cater for the community.</li> </ul>



The Principle	The Guidelines	The Outcomes
<b>Ongoing Monitoring and Evaluation (cont)</b>	<ul style="list-style-type: none"> <li>• Safe and appealing settings. A safe setting relates to injury prevention as well as crime prevention.</li> <li>• The provision of services such as child care.</li> <li>• The provision of activities targeted at specific population groups.</li> <li>• The promotion of initiatives and levels of community awareness.</li> </ul> <p>8.4 Evaluate physical activity initiatives in relation to the number and/or type of people that are benefiting from them; their social, health, environmental and economic benefits; and whether they are meeting council objectives. A process of evaluation could include:</p> <ul style="list-style-type: none"> <li>• Obtaining feedback from the community and participants.</li> <li>• Researching the indirect benefits, such as reduced use of motor vehicles.</li> <li>• Assessing participation and benefits in relation to the costs.</li> </ul>	<ul style="list-style-type: none"> <li>• Enables re-design of initiatives to better achieve the philosophy and principles of physical activity.</li> </ul>

## **3. IMPLEMENTATION AND REVIEW**

### **3.1 A Strategic Approach to Implementation**

As set out in Section 2 of this document, there are eight key principles, which are broad directions that should be integrated within the strategic planning of local councils to enhance their capacity to increase participation in physical activity in their local communities. A number of guidelines underpin each principle to provide more specific actions that might be incorporated into the day-to-day activities of councils. Some councils may not have the financial or people resources to implement all the principles and guidelines, or their commitments to other priorities will constrain them from doing so. The emphasis for these councils should be on adopting and integrating those principles and guidelines that are considered to be realistic and of greatest value to the organisation and the community. Any level of commitment has the potential to increase participation in physical activity.

The suggested approach to adopting the principles and guidelines is:

- ◆ Obtain Council's in principle support for its involvement in physical activity initiatives.
- ◆ Obtain Council's commitment to as many of the principles as possible, identifying which principles are of greater priority.
- ◆ Determine which guidelines can realistically be implemented in order to achieve the principles.
- ◆ Determine the priorities and allocate resources.

The development and implementation of initiatives that encourage more people in the community to be physically active should be incorporated into the strategic directions and functions of local councils. Physical activity initiatives can achieve other council objectives, and other council objectives can contribute to encouraging physical activity. As such an integrated 'whole of council' approach is important in the implementation of these guidelines. A framework to guide implementation is provided below, highlighting the links to other planning processes and the strategic importance that should be placed on physical activity in general.

The integration of physical activity into the work of councils does not have to require significant new resources or effort, although this may need to be considered depending on community need. Physical activity can be integrated as part of regular reviews of strategic directions, and initiatives can be developed and implemented within existing resources. The main emphasis should be on ensuring that opportunities for physical activity are incorporated within strategic directions and day-to-day operations wherever possible, and that a range of options for achieving physical activity are pursued.

A framework for achieving a 'whole of council' approach to implementing the guidelines is as follows:

1. As part of any review of existing council strategic and statutory planning, for example, the Council Management Plan, Strategic Plans, Plans of Management in relation to community land, Environmental Planning Instruments (e.g. Local Environment Plan, Development Control Plans), assess the following:
  - The degree to which strategic directions and actions currently support physical activity.

- Whether strategic directions can be modified to further encourage physical activity in the community.
  - The potential to integrate opportunities for physical activity in the range of existing functions and initiatives undertaken by the council.
2. Understand the specific physical activity needs and obstacles relating to the community through demographic analysis, consultations with groups in the community, and quantitative research, e.g. surveys. Ensure these needs and obstacles are addressed within strategic and operational plans.
  3. Determine the gaps in relation to providing physical activity opportunities. This includes examining the level of provision, quality, location and accessibility of existing facilities and services; and the extent to which the physical environment supports physical activity, particularly incidental activity such as walking to shops and schools.
  4. Develop strategies and initiatives that aim to address the gaps and the physical activity needs of the community. Incorporate these within the council's strategic directions and operational plans.
  5. Develop strategies and initiatives that target specific population groups that are significant in the community in relation to size or degree of disadvantage.
  6. Review strategies and initiatives on an ongoing basis, and obtain data on activity participation and the benefits, to assess their effectiveness in increasing physical activity, and to identify improvements.

## **3.2 Relevance to Work Areas**

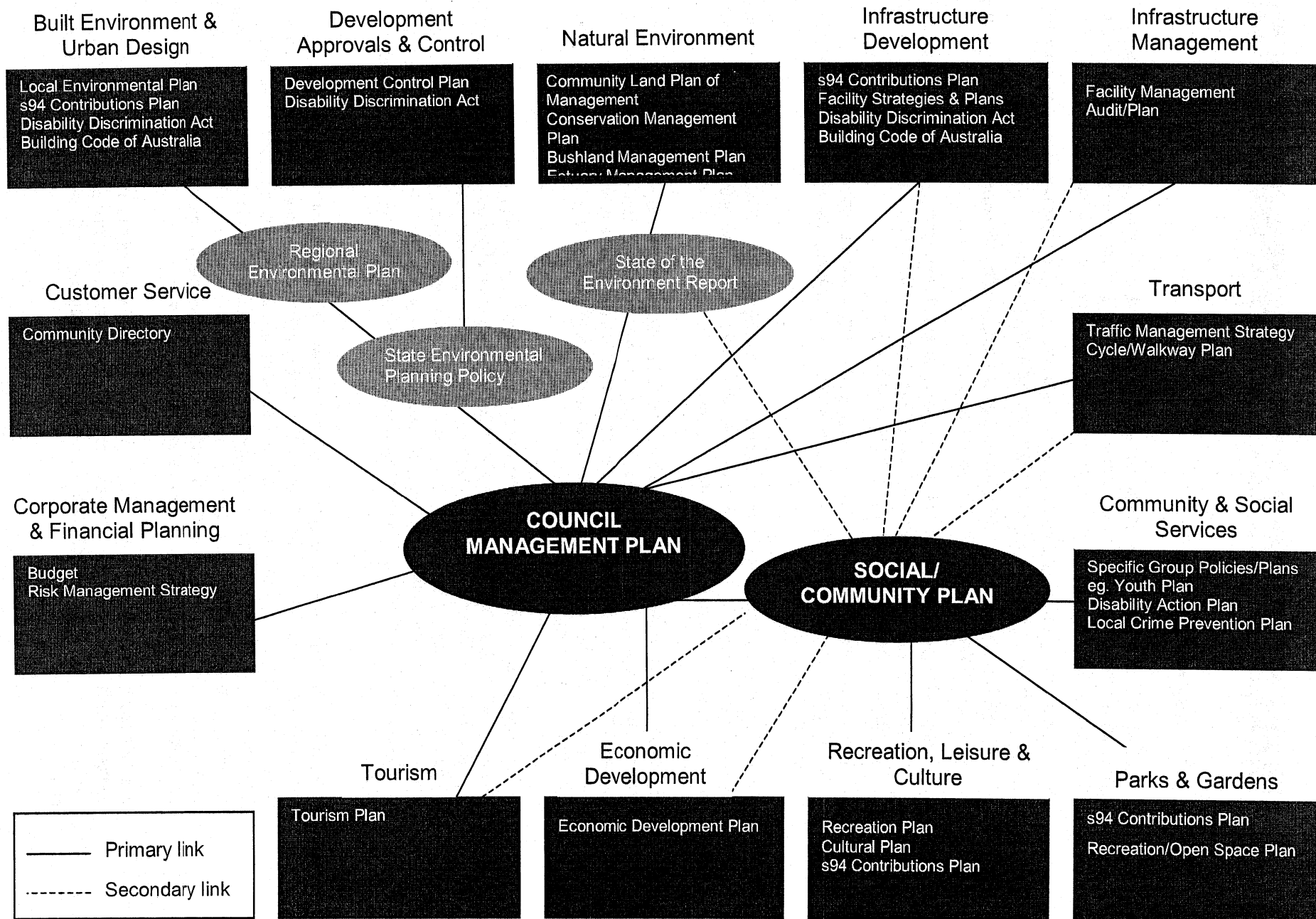
This section provides some examples of how the principles and guidelines are relevant to a range of council work areas. Each work area should review all of the principles and guidelines to identify others that are relevant. This section also shows diagrammatically the relationship between the main planning mechanisms used by councils which are most relevant to physical activity.

<b>Work Area</b>	<b>Related Physical Activity Principles and Guidelines</b>	<b>Examples of Links to Statutory and Strategic Planning</b>
<b>Natural Environment</b>	1.2, 1.3 (Whole of Council Approach) 2.1, 2.2, 2.3, 2.4 (Integrated Planning) 3.1, 3.3, 3.5 (Safe & Supportive Environment) 4.1, 4.2 (Activities, Events & Programs) 5.2, 5.3 (Special Needs and Groups) 6.1, 6.2, 6.3, 6.4 (Community Involvement) 7.1, 7.2, 7.3 (Partnerships) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Community Land Plan of Management Conservation Plan Catchment Management Plan Bushland Management Plan Estuary Management Plan State of Environment Report
<b>Built Environment &amp; Urban Design</b>	1.2, 1.3 (Whole of Council Approach) 2.1, 2.2, 2.3, 2.4 (Integrated Planning) 3.1, 3.2, 3.3, 3.5 (Safe & Supportive Environment) 4.1, (Activities, Events & Programs) 5.3 (Special Needs and Groups) 6.1, 6.2, 6.4 (Community Involvement) 7.1 (Partnerships) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Local Environmental Plan Regional Environmental Plan State Environmental Planning Policy Urban Development/ Design Strategy Section 94 Contributions Plan Disability Discrimination Act and NSW Government Disability Policy Framework Building Code of Australia Heritage Act
<b>Development Approvals &amp; Control</b>	2.2, (Integrated Planning) 3.1, 3.2 (Safe & Supportive Environment) 5.3 (Special Needs and Groups) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Development Control Plans Disability Discrimination Act and NSW Government Disability Policy Framework
<b>Infrastructure Development</b>	1.2, 1.3 (Whole of Council Approach) 2.1, 2.2, 2.3, 2.4 (Integrated Planning) 3.1, 3.2, 3.3, 3.5 (Safe & Supportive Environment) 4.1 (Activities, Events & Programs) 5.3 (Special Needs and Groups) 6.1, 6.2, 6.4 (Community Involvement) 7.1, 7.2, 7.3 (Partnerships) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Section 94 Contributions Plan Facility Strategies and Plans Disability Discrimination Act and NSW Government Disability Policy Framework Building Code of Australia
<b>Infrastructure Management</b>	1.2, 1.3 (Whole of Council Approach) 2.1 (Integrated Planning) 3.1 (Safe & Supportive Environment) 4.1, 4.2 (Activities, Events & Programs) 6.3, 6.4 (Community Involvement) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Facility Management Audit/Plan

Work Area	Related Physical Activity Principles and Guidelines	Examples of Links to Statutory and Strategic Planning
<b>Transport</b>	1.2, 1.3 (Whole of Council Approach) 2.2, 2.3, 2.4 (Integrated Planning) 3.1, 3.2, 3.3, 3.5 (Safe & Supportive Environment) 4.1, 4.2 (Activities, Events & Programs) 5.1, 5.3 (Special Needs and Groups) 6.1, 6.2 (Community Involvement) 7.1, 7.2 (Partnerships) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Traffic Management Strategy Cycle/ Walkway Plan
<b>Community &amp; Social Services</b>	1.2, 1.3 (Whole of Council Approach) 2.1, 2.2, 2.3, 2.4 (Integrated Planning) 3.1, 3.2, 3.5 (Safe & Supportive Environment) 4.1, 4.2, 4.3, 4.4, 4.5 (Activities, Events & Programs) 5.1, 5.2, 5.3 (Special Needs and Groups) 6.1, 6.2, 6.3, 6.4 (Community Involvement) 7.1, 7.2, 7.3 (Partnerships) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Social/Community Plan Disability Action Plan Local Crime Prevention Plan Specific Group Policies/Plans, e.g.: <ul style="list-style-type: none"> <li>• Young People</li> <li>• Older People</li> <li>• Children</li> <li>• Culturally and Linguistically Diverse Communities</li> <li>• Indigenous People</li> </ul>
<b>Parks &amp; Gardens</b>	1.2, 1.3 (Whole of Council Approach) 2.1, 2.2, 2.4 (Integrated Planning) 3.1, 3.3, 3.4, 3.5 (Safe & Supportive Environment) 4.1, 4.2, 4.3, 4.4 (Activities, Events & Programs) 5.3 (Special Needs and Groups) 6.1, 6.2, 6.3, 6.4 (Community Involvement) 7.1 7.3 (Partnerships) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Recreation/Open Space Plan Section 94 Contributions Plan
<b>Recreation, Leisure and Culture</b>	1.2, 1.3 (Whole of Council Approach) 2.1, 2.2, 2.3, 2.4 (Integrated Planning) 3.1, 3.2, 3.3, 3.4, 3.5 (Safe & Supportive Environment) 4.1, 4.2, 4.3, 4.4, 4.5 (Activities, Events & Programs) 5.1, 5.2, 5.3 (Special Needs and Groups) 6.1, 6.2, 6.3, 6.4 (Community Involvement) 7.1, 7.2, 7.3 (Partnerships) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Recreation Plan Cultural Plan Section 94 Contributions Plan

<b>Work Area</b>	<b>Related Physical Activity Principles and Guidelines</b>	<b>Examples of Links to Statutory and Strategic Planning</b>
<b>Economic Development</b>	1.2, 1.3 (Whole of Council Approach) 2.1, 2.2, 2.3, 2.4 (Integrated Planning) 3.1, 3.2, 3.3, 3.4, 3.5 (Safe & Supportive Environment) 4.1, 4.2, 4.3 (Activities, Events & Programs) 6.4 (Community Involvement) 7.1, 7.2, 7.3 (Partnerships) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Economic Development Plan
<b>Tourism</b>	1.2, 1.3 (Whole of Council Approach) 2.1, 2.2, 2.3, 2.4 (Integrated Planning) 3.1, 3.2, 3.3, 3.4, 3.5 (Safe & Supportive Environment) 4.1, 4.2, 4.4 (Activities, Events & Programs) 5.3 (Special Needs and Groups) 6.1, 6.2 (Community Involvement) 7.1, 7.2, 7.3 (Partnerships) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Tourism Plan
<b>Customer Services</b>	1.2, 1.3 (Whole of Council Approach) 2.1, 2.2, 2.4 (Integrated Planning) 3.5 (Safe & Supportive Environment) 4.1, 4.2, 4.4 (Activities, Events & Programs) 5.1 (Special Needs and Groups) 6.2 (Community Involvement) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Community Directory
<b>Corporate Management &amp; Financial Planning</b>	1.2, 1.3 (Whole of Council Approach) 2.1, 2.2, 2.3, 2.4 (Integrated Planning) 3.1, 3.2, 3.3, 3.4, 3.5 (Safe & Supportive Environment) 4.1, 4.2, 4.3, 4.5 (Activities, Events & Programs) 5.3 (Special Needs and Groups) 6.4 (Community Involvement) 7.1, 7.2, 7.3 (Partnerships) 8.1, 8.2, 8.3, 8.4 (Monitoring and Evaluation)	Council Management Plan Financial Planning and Budgeting Risk Management Strategy

The relationship between the main planning and other documents used and produced by councils which are most relevant to physical activity are shown in the diagram below.





## **3.3 Monitoring and Evaluation**

### **3.3.1 Key Areas of Focus**

The evaluation of strategies and initiatives is essential to ensure that resources are appropriately allocated and that the needs of the community are being met. Evaluation and monitoring should be undertaken in relation to the following different levels of planning and implementation:

- ♦ The strategic directions of the council, ensuring that encouraging participation in physical activity is reflected within the council's overall vision and strategic planning.
- ♦ The needs and expectations of the community, ensuring existing strategies and actions support the level of demand for physical activity opportunities.
- ♦ The provision and management of facilities, services and environments, ensuring there is adequate support of physical activity opportunities and that council resources are being appropriately allocated in relation to the needs and well-being of the community.
- ♦ The appropriateness and effectiveness of physical activity initiatives, including changes in participation in physical activity and other effects on the community, use of resources, and improvements.

Monitoring will show whether the implementation of a physical activity initiative is occurring as planned. It will also allow any changes in circumstances affecting the implementation of the initiative to be identified, including how these changes are affecting implementation.

Evaluation will show whether the initiative is achieving the intended outcomes. Evaluation may cover process, which looks at how the initiative is being implemented; and/or outcomes, which looks at the effects, which can include unintended as well as intended effects, of the initiative. For effective evaluation, information is needed on the situation before the physical activity initiative is implemented, against which any changes can be compared.

In interpreting data for evaluation purposes, care must be taken to avoid simple assumptions about cause and effect. If physical activity increases after the introduction of physical activity initiatives, it may not necessarily be directly as a result of those initiatives. Other factors may have been operating independently to increase participation in physical activity, such as the opening of a new fitness centre operated by the private sector or sporting programs broadcast on television. Evaluations, therefore, need to take account of other related developments which may have an impact on participation in physical activity.

Evaluations can vary considerably in scope, scale and cost. An independent or external evaluation, carried out by an organisation not involved in the planning and implementation of the initiative, is likely to be more objective and may carry more weight. Internal or "in-house" evaluations can be valid and informative if they are carefully planned and carried out. Evaluations should not be seen as a test of the council's or individual staff's ability. They are a means of showing whether a physical activity initiative is working and having the desired results. As such, evaluation becomes an important tool in further planning for the encouragement of participation in physical activity.

It is important to ensure that monitoring and evaluation of initiatives involving two or more partners are properly coordinated so that data collected is compatible and measuring the same or comparable items. It may also be important to provide support and training for evaluation, particularly if it is being conducted in-house.



### 3.3.2 A Monitoring and Evaluation Framework

A suggested framework for monitoring and evaluating physical activity initiatives is provided below.

Evaluating Strategic Directions	Assessing Community Needs	Reviewing Facilities, Services, Environments	Monitoring and Evaluating Physical Activity Initiatives
<ul style="list-style-type: none"> <li>• Develop an across council working party to evaluate council directions.</li> <li>• Consider whether physical activity is reflected in Management Plan and Strategic Plans.</li> <li>• Re-write vision statements, strategies and key performance areas to include physical activity opportunities if required.</li> <li>• Consider the allocation of resources to initiatives that could support physical activity (such as urban re-design projects) and the potential to modify actions to better achieve physical activity opportunities.</li> </ul>	<ul style="list-style-type: none"> <li>• Analyse the demographics of the community, to ensure an appropriate understanding of specific population groups and related needs.</li> <li>• Consult with communities on an ongoing basis through workshops, committees and surveys. Draw on the consultation to identify needs, obstacles and gaps in provision.</li> <li>• Consult with agencies representing specific population groups to determine changing needs and obstacles to physical activity.</li> <li>• Gain feedback from users of facilities and services through surveys and in person, to assess their value and opportunities for improvement.</li> </ul>	<ul style="list-style-type: none"> <li>• Assess the design, safety and accessibility of environments. This could involve audits of parks, foreshores, amenities.</li> <li>• Assess the design, management and viability of existing facilities, highlighting issues with quality and service.</li> <li>• Identify gaps in facility provision, relative to the demand. This would involve an initial detailed assessment, with ongoing reviews of activity trends and demand, population change/ growth.</li> <li>• Observe the use of areas, and identify the types of facilities and environments that are in greater demand, e.g. a foreshore area, bushland or walking/ cycle tracks. Draw on research that has been undertaken by other councils and agencies.</li> </ul>	<ul style="list-style-type: none"> <li>• Document the involvement of participating organisations, including the allocation of resources.</li> <li>• Measure progress against pre-determined milestones or target dates.</li> <li>• Record the use pattern of areas, where there have been initiatives such as tracks/pathways, paved areas, tree planting and landscaping, signage or information. Use this data to justify other initiatives within the council area.</li> <li>• Gain feedback on the personal benefits of physical activity initiatives, through personal contact with participants or surveys.</li> </ul>

<b>Evaluating Strategic Directions</b>	<b>Assessing Community Needs</b>	<b>Reviewing Facilities, Services, Environments</b>	<b>Monitoring and Evaluating Physical Activity Initiatives</b>
--	----------------------------------	---	--

- Include senior management and councillors in the review process.

- Assess the benefits of initiatives compared to the resources allocated, and further identify low cost means of achieving physical activity.
- Assess the value of promotions and information regarding physical activity initiatives, by assessing participation levels and feedback.
- Obtain the views of participating organisations about the effects of the initiative.

The above framework suggests a number of surveys and other research projects. Because many local councils have limited resources for such activities, councils should consider one or more of the following:

- ♦ Including questions about physical activity in an existing regular council survey, such as community needs or resident satisfaction survey.
- ♦ Establishing a partnership with universities, TAFE colleges or schools to involve students in conducting research.
- ♦ Gaining feedback through users of activities and facilities, for example, asking them to complete a short questionnaire or participate in a quick informal interview, and through providing a suggestion box.

Some questions that have been used in other surveys<sup>4</sup> that councils might ask residents to assess the effectiveness of initiatives which aim to increase participation in physical activity are:

1. In the last week, not including today, how many times have you walked for at least 10 minutes continuously? This includes for exercise, recreation or to get to places such as your workplace, your children's school or the shops.
2. In the last week, not including today, what do you estimate was the total time that you spent walking in this way?

<sup>4</sup> Armstrong, T., Bauman A. & Davies, J. *Physical Activity Patterns of Australian Adults. Results of the 1999 National Physical Activity Survey* Australian Institute of Health and Welfare, Canberra, 2000

3. In the last week, not including today, how many times did you do any vigorous physical activity which made you breathe harder or puff and pant? (e.g. gardening, jogging, cycling, aerobics, competitive tennis)
4. In the last week, not including today, what do you estimate was the total time that you spent doing this vigorous activity?
5. In the last week, not including today, how many times did you do any other moderate physical activity that you haven't already covered in answering the previous questions? (e.g. gentle swimming, social tennis, golf)
6. In the last week, not including today, what do you estimate was the total time that you spent doing this moderate activity?

### 3.3.3 The Timing of Evaluation and Monitoring

Planning for evaluation and monitoring should occur at the same time as planning for the activity, program or facility, to ensure that relevant data will be available and adequate resources are allocated to collecting and analysing this data. Evaluation and monitoring should occur on a regular, rather than one-off basis. Suggested timings for evaluation are set out below.

Evaluating Strategic Directions	Assessing Community Needs	Reviewing Facilities, Services, Environments	Evaluating Physical Activity Initiatives
As plans are being reviewed.  Preferably on an annual basis, linked to the management planning and budget cycle.	At least every 5 years, for example, as part of the social planning process.	At least on an annual basis, linked to the management planning and budget cycle.	During (process) and at the completion (outcomes) of individual initiatives.  At least on an annual basis, linked to the management planning and budget cycle.

If surveying residents about participation in physical activity, it is important to remember that participation can be seasonal in that it can vary depending on the time of the year, particularly in areas which have highly variable or extremes of climate. In order to make comparisons over time, surveys will need to be carried out at about the same time of the year.

## **4. THE POLICY CONTEXT**

### **4.1 Active Australia**

#### **4.1.1 The Purpose of Active Australia**

Active Australia is a 'national participation framework' aimed at encouraging more Australians to become involved in 'quality physical activity'. It is a concept and a long term approach to promoting physical activity that involves a range of government and non-government groups at the national, state and local level.

Active Australia was launched in December 1996 as a joint portfolio strategy, with Commonwealth endorsement from the Minister for Sport, Territories and Local Government, and also the Minister for Health and Family.<sup>5</sup>

Active Australia has two main areas of focus:

- ♦ Encouraging people to be more physically active.
- ♦ Working to improve the places where people can be active.

Active Australia aims to achieve healthier communities through people participating in 30 minutes of regular moderate exercise on most days, which can be made up of 'three 10 minute bursts'.

The vision is:

"All Australians actively involved in sport, community recreation, fitness, outdoor recreation and other physical activities."

Three goals have been identified as "critical to achieve the Active Australia vision". These are:

- ♦ To increase and enhance lifelong participation.
- ♦ To realise the social, health and economic benefits of participation.
- ♦ To develop quality infrastructure, opportunities and services to support participation.

#### **4.1.2 A Partnership Approach**

The stakeholder groups involved in Active Australia are linked to a range of areas, including:

- |              |                    |
|--------------|--------------------|
| ♦ Recreation | ♦ Local Government |
| ♦ Sport      | ♦ Health           |

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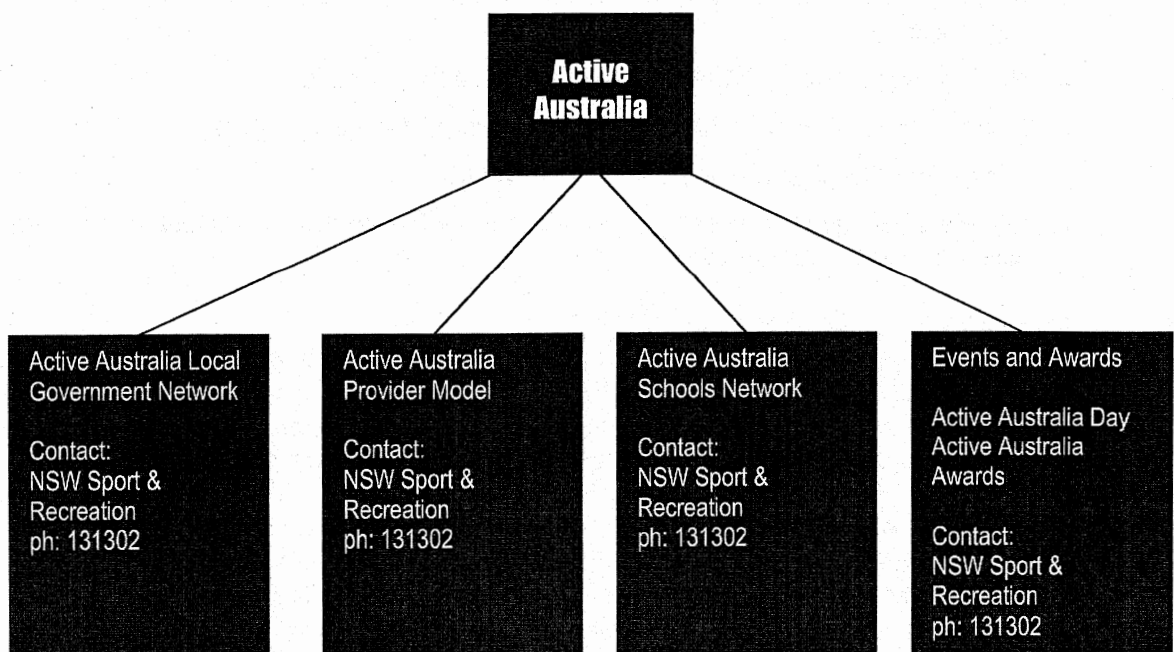
<sup>5</sup> Active Australia in Local Councils Resource Kit, Australian Sports Commission, 1998.

- ♦ Fitness
- ♦ Education
- ♦ Family services
- ♦ The natural environment
- ♦ Urban design
- ♦ Tourism
- ♦ Economic development
- ♦ Resource provision and management
- ♦ Specific population groups (e.g. aged, youth, women)

Active Australia relies on the promotion of physical activity and achieving environments that encourage participation in physical activity through a range of government and non-government organisations, including local councils.

#### 4.1.3 Key Initiatives

Active Australia comprises a number of key initiatives, which are managed in NSW by NSW Sport and Recreation. These initiatives, along with contact details for more information, are set out below.



##### **Active Australia Local Government Network**

The Active Australia Local Government Network involves local councils applying to join a network of councils that are committed to, and demonstrate a recognition of, the Active Australia vision and goals in their policies and practices. There is no fee involved, and the emphasis is on being committed to Active Australia. In return, local councils receive the following:

- ♦ Use of the Active Australia logo for various activities (as specified in the Active Australia in Local Councils Resource Kit).
- ♦ Access to resources and information relating to the promotion of Active Australia, pilot studies and other Active Australia related initiatives.

- ♦ Opportunities for networking with other local councils registered on the data base, including invitations to related seminars and workshops.
- ♦ Public recognition of involvement in the network.
- ♦ Ability to nominate for Active Australia Awards.

As at June 2000, almost half of NSW councils were members of the Active Australia Local Government Network.

#### ***Active Australia Provider Model***

The Active Australia Provider Model involves clubs and organisations undertaking a development process that enables them to improve management practices, demonstrate their commitment to the ideals of Active Australia, display the Active Australia logo and promote the fact that they are recognised as well managed physical activity providers.

The Active Australia Provider Model aims to assist clubs and organisations to 'enhance their flexibility and responsiveness to customer needs'. The focus is for clubs and organisations to:

- ♦ Improve the management of their activities.
- ♦ Assess themselves against criteria based on current best practices of management and performance.
- ♦ Plan activities so that products and services are of a higher quality.
- ♦ Help people in the club or organisation to apply principles of good practice.
- ♦ Add value to their clients, members and stakeholders.
- ♦ Receive a nationally recognised acknowledgement of development, continuous improvement and commitment to Active Australia.

#### ***Active Australia Schools Network***

The Schools Network encourages schools to commit to developing the skills and habits of children and adolescents with regard to lifelong physical activity. It is a development model, which enables schools to be recognised for good physical activity practices. The model aims to add value to the curriculum frameworks and materials, and draw on a range of other programs such as Aussie Sport.

#### ***Events and Awards***

In 1999, a national participation day called Active Australia Day was held within the context of Active Australia, with the idea of this becoming an annual event. The event 'calls Australians to action' for the day and aims to encourage longer term changes in people's activity patterns. Local councils, clubs, organisations, schools and a range of community groups are invited to play a lead role in the day, by holding individual events or making facilities available to the broad community. These events and activities are then supported by a national Active Australia advertising campaign to promote the events and the concept of participation. The day provides an opportunity for councils and other groups to promote their facilities and services, while also supporting activity within their community.

Organisations and clubs involved in Active Australia, including local councils, can register for recognition through the annual National Active Australia Awards. The awards are open to sport, recreation and fitness groups, local government and schools.

## **4.2 The NSW Strategic Plan "Simply Active Everyday"**

### **4.2.1 Background**

The NSW Government's "Simply Active Everyday, A plan to promote physical activity in NSW 1998-2002" was developed at the same time as the Active Australia initiative. In May 1996, the Premier established the NSW Physical Activity Task Force to develop a strategic plan aimed at promoting physical activity in NSW. It responded to research findings that almost half the adult population is inadequately active, and that major health benefits result from moderate intensity physical activity totalling 30 minutes per day.

The development of the strategic plan involved a partnership approach. The NSW Physical Activity Task Force included representatives from NSW Government Departments of Health, Local Government, School Education, Sport and Recreation, and Urban Affairs and Planning, as well as non-government organisations such as the National Heart Foundation, Australian Council for Health, Physical Education and Recreation, and Fitness NSW. The strategic plan provided specific directions and strategies that complemented the Active Australia initiative.

### **4.2.2 Strategic Directions**

The strategic vision of the plan is:

"All people of NSW actively participating in regular physical activity, including incidental activity, outdoor and community recreation, sport and fitness programs."

The strategic goals are to:

- ♦ Increase safe and ongoing participation in physical activity, particularly among less active people.
- ♦ Develop quality infrastructure, opportunities, programs and services to support participation.
- ♦ Realise the social, health, environmental and economic benefits of participation.

The Plan identifies a number of special populations or groups that are more likely to miss out on the benefits of participation and require increased efforts. These groups include:

- ♦ Women
- ♦ Parents and carers of young children
- ♦ Older people
- ♦ Aboriginal and Torres Strait Islander people
- ♦ People from non-English speaking backgrounds
- ♦ People with disabilities
- ♦ People in rural and remote areas
- ♦ Young people
- ♦ Socially disadvantaged people



### **4.2.3 Key Strategic Themes**

Four key strategic themes are used to frame the plan, and three areas are considered within each theme. The three areas covered within each theme are:

- ♦ People
- ♦ Organisations
- ♦ Environments

The four key strategic themes are listed below along with their strategic objectives.

#### ***Program Development and Implementation***

- 1.1 Describe participation rates for local, regional and special populations and identify physical activity preferences and other factors which may determine participation.
- 1.2 Strengthen the capacity of organisations to develop and implement high quality statewide programs and services.
- 1.3 Identify features of the physical environment and facilities which influence participation in physical activity, including incidental activity, in order to further develop and implement effective programs.

#### ***Education and Information***

- 2.1 Increase community knowledge of the benefits of participation in moderate intensity physical activity, including incidental activity, and awareness of the availability of appropriate programs and facilities.
- 2.2 Increase awareness of the evidence and recommendations for moderate intensity physical activity, including incidental activity, among service providers, decision makers and others in positions of influence.
- 2.3 Increase awareness of opportunities for participation in physical activity, including incidental activity, in the local environment.

#### ***Policy and Guideline Development***

- 3.1 Develop policies and guidelines to increase participation in physical activity, particularly among special populations.
- 3.2 Develop policies and guidelines for increased and safer participation in programs and services.
- 3.3 Develop policies and guidelines to ensure that physical environments encourage participation in physical activity, including incidental activity.

#### ***Monitoring and Evaluation***

- 4.1 Co-ordinate systems to monitor and evaluate progress in achieving the strategic plan for physical activity 1998-2002.

A total of 64 strategies are included in the plan under the strategic objectives. The development of these Guidelines for local councils is one of those strategies. Councils were informed about the Plan, "Simply Active Everyday" in Department of Local Government Circular 98/81 issued in October 1998. The Plan is available on the Department's web site at [www.dlg.nsw.gov.au](http://www.dlg.nsw.gov.au).



#### **4.2.4 Progress on Implementing the Plan**

A progress report on the implementation of "Simply Active Everyday" in its first 12 months is also available on the Department of Local Government's website at [www.dlg.nsw.gov.au](http://www.dlg.nsw.gov.au). Councils were advised of this by email in August 2000.

The Strategic Plan covers a number of settings of which the most relevant to local councils is local and urban environments. The Progress Report found that two of the three objectives relating to local and urban environments that were to be achieved by June 1999 had been achieved. These objectives concerned the development of a crime prevention resource document for local councils. Further information about this manual is presented below in Section 4.4 'Other Initiatives and Planning'. The remaining objective, which was delayed, concerned the development of these Guidelines.

The Progress Report includes information about the achievement of other objectives in the Strategic Plan which are relevant to local and urban environments. These include the following initiatives:

- ♦ Active Australia public education campaign targeting 25-60 year olds, which took place during 1998. This included television advertisements featuring the slogan *Exercise. You only have to take it regularly, not seriously.*
- ♦ Active Australia public education campaign targeting people aged over 55 years. This campaign, which took place during 1999 to coincide with International Year of Older Persons, featured a character called "Rusty the Tinman".
- ♦ The Bike Locker Program, funded by the Department of Transport and implemented by Bicycle NSW, which resulted in the installation of 500 bike lockers across approximately 25 public transport locations.
- ♦ The Roads and Traffic Authority in conjunction with a number of local councils has piloted the development of Pedestrian Access and Mobility Plans.
- ♦ The Department of Urban Affairs and Planning, together with Ashfield, Drummoyne and Leichhardt Councils, launched the "Bay Run Masterplan" in October 1998 as part of the Parramatta River Foreshores Improvement Program. This project will consist of improvements to the 17 kilometre track which runs around Iron Cove.

The Progress Report states that there has been progress towards the year 2002 physical activity targets, ie that 66% of men and 50% of women be adequately active. In comparing data from 1994 (which was used in the development of the Strategic Plan) to 1997, there has been an increase in the percentage of both men and women who are adequately active and there has been a significant decrease in the percentage of people who are sedentary. The Report concludes that current trends suggest the year 2002 targets will be met or exceeded for both men and women.

### **4.3 The Health Context**

The health sector has played a lead role in the development of the physical activity concept, including the concept of Active Australia. Initiatives relating to key organisations are outlined below.

### **4.3.1 National Strategies and Directions**

Physical activity and health has been well supported at the national level, with various commonwealth government departments developing strategies and supporting Active Australia. Key documents and strategies include:

#### ***Commonwealth Department of Health and Aged Care***

National Physical Activity Guidelines for Australians (1999) promotes the concept of moderate intensity physical activity to the general community.

#### ***Commonwealth Department of Health and Family Services***

Developing an Active Australia: A Framework for Action for Physical Activity and Health (1998) is a health sector response to the Active Australia concept. Develops specific strategies relating to:

- ♦ Education (increasing the awareness of the benefits of moderate intensity physical activity).
- ♦ Environments (encouraging the appropriate planning of the physical environment).
- ♦ Infrastructure (recognising the link with other sectors).
- ♦ Monitoring (guides the development of data systems and surveys).

In addition, a key national body has been established as a 'forum for leadership in physical activity and health in Australia'. This body is the **Strategic Inter-Governmental Forum on Physical Activity and Health**. The terms of reference for this group are as follows:

#### ***Strategic Inter-Governmental Forum on Physical Activity and Health – Terms of Reference***

1. Provide a forum for national leadership in physical activity and health issues in Australia.
2. Foster strong partnerships and communication links between relevant sectors, within and between jurisdictions.
3. With key stakeholders, promote a consistent integrated approach to physical activity and health including monitoring and evaluation, across all areas of government.
4. Make recommendations to the Active Australia Alliance and other peak national bodies.
5. Provide strategic direction consistent with research on physical activity and health issues.
6. Report to the National Public Health Partnership through the Secretariat and the National Strategies Coordination Working Group.

### **4.3.2 State Initiatives – NSW Health**

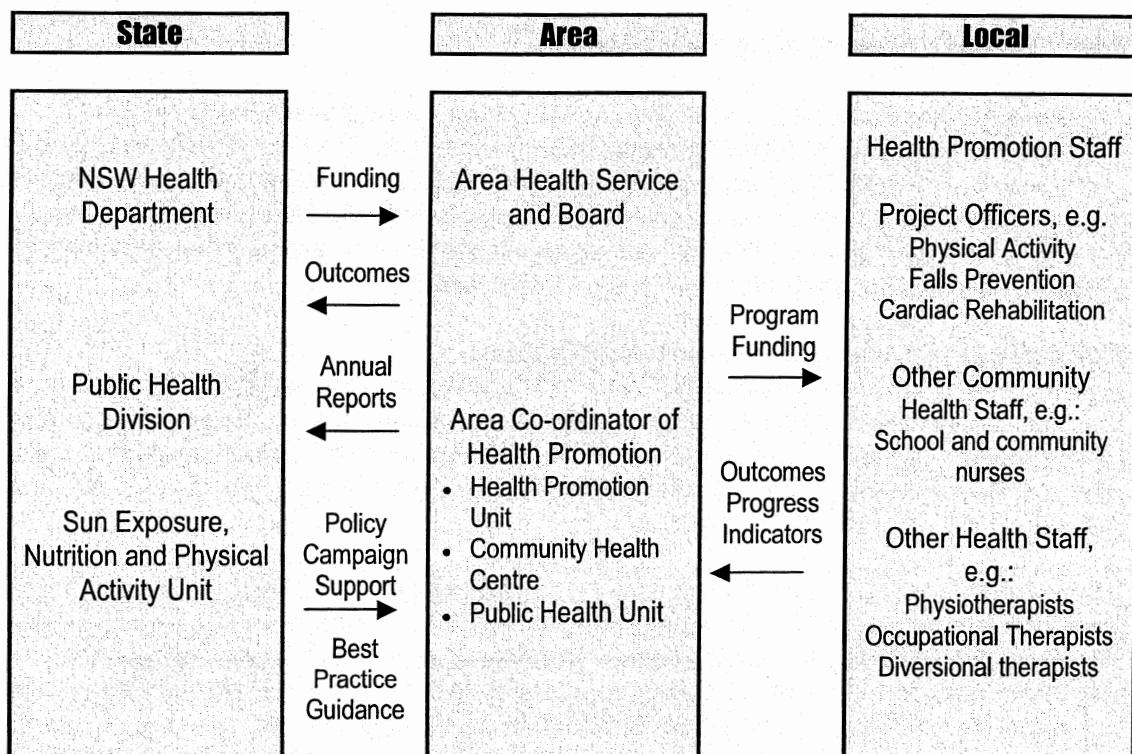
In 1996, the NSW Health Department produced the following guiding document, which highlighted the importance of physical activity and the link to health.

#### ***Physical Activity and Health, A special communication from the Health Officer (1996)***

- ♦ States the importance of physical activity for health and well-being (ie as a prevention of disease).
- ♦ Promotes moderate-intensity activity.
- ♦ Encourages supportive environments.

Since then, NSW Health has contributed to the development of the NSW Simply Active Everyday strategic plan, and played a lead role in researching the value of physical activity and supporting projects that encourage physical activity. The emphasis on physical activity has occurred through the state, area and local levels as indicated in the chart below.

**The NSW Health departmental structure in relation to physical activity<sup>6</sup>**



A major initiative at the state level is the **NSW Health Physical Activity Demonstration Project Grant Scheme**. The scheme has involved the funding of seven research projects including two linked to local councils as outlined below.

#### ***Walk It Active Local Parks***

- ♦ A Western Sydney Area Health Service and Parramatta City Council initiative.
- ♦ Assessed the use of parks before and after improvements, and assessed the impact of promotions.
- ♦ Research project involving surveys and monitoring of use/observations.

#### ***Concord: A great place to live***

- ♦ A Central Sydney Area Health Service and Concord Council initiative.
- ♦ Involved developing and implementing strategies to increase the opportunities for women aged 25-50 years in the Concord area to be more physically active.
- ♦ Focussed on helping women to overcome perceptual and physical barriers.

<sup>6</sup> Source: The Toolkit for NSW Partnerships in Physical Activity, NSW Health Department, 1998.

- ♦ Research project involving rigorous pre and post tracking telephone survey.

NSW Health also facilitates a range of programs and activities that encourage physical activity at the Area and Local levels. These programs and activities are varied and often involve a partnership with other agencies, including local councils and regional groups involving local councils. These groups are further discussed in Section 4.4.2 'Sport and Recreation'.

### **4.3.3 Heart Foundation Initiatives**

The National Heart Foundation of Australia is an independent, Australia-wide, non-profit health organisation, funded almost entirely by donations from Australians. The Foundation aims to prevent early death and disability from heart disease and stroke in Australia. It recognises that local government is in a unique position to impact on the health of communities and individuals. Local government can introduce sustainable structural changes, coordinate community action and reach local communities with health messages; all of which can lead to improved heart health.

#### ***National Heart Foundation of Australia (NSW Division)***

The Foundation in NSW is a member of the NSW Physical Activity Taskforce and is the lead agency for increasing awareness about current recommendations for moderate physical activity among professional health workers, especially general practitioners. Therefore the main emphasis of the Heart Foundation in NSW is the implementation of the General Practice Physical Activity Project which aims to encourage general practitioners to promote physical activity.

However, the organisation also facilitates walking activities through its 'Just Walk It' program, where the Heart Foundation provides the administration and resources (e.g. media releases, t-shirts) to enable community groups to establish walking groups. 'Just Walk It' aims to address the obstacles to participation, such as lack of time, lack of motivation and fear for personal safety by providing a program that is local, social and conducted at times that suit the majority of participants. The program involves volunteer co-ordinators and walk leaders and is provided at no cost to the community. In 2000, there were 70 active groups located throughout NSW, with over 1,600 participants registered.

#### ***National Heart Foundation of Australia (SA Division)***

The Heart Foundation in South Australia has taken a particularly strong stance on the need for 'supportive environments' in achieving physical activity, and recognises the important role that local councils play. It has developed *Supportive Environments for Physical Activity (SEPA). Guidelines for Local Government* (1999). This document:

- ♦ Provides specific directions for the enhancement of environments and facilities, aimed at encouraging physical activity.
- ♦ Focuses on the areas of:
  - streets
  - destinations
  - pedestrians and cyclists
  - development layout
- ♦ Objectives reflect general good practices in the design and function of environments.
- ♦ Recognises the importance of collaboration with local government.

The SEPA Guidelines for Local Councils were developed in conjunction with local councils and rely on a whole of council approach to implementation through the establishment of a whole of council working party. The Heart Foundation works with this working party to facilitate the planning process. The SEPA

workshop process aims to highlight the link between the roles of individuals within councils and identify complementary goals. The fundamental premise is that integrated planning will occur to ensure various perspectives and issues are considered in creating and maintaining supportive environments for physical activity.

The SEPA Guidelines were developed to support the planning workshops undertaken by Heart Foundation SA. However, as workshops are not currently available in NSW, the SEPA Guidelines are included as an Attachment to the folder version of this document (Attachment 2).

#### ***National Heart Foundation of Australia Local Government Award***

Local councils can obtain recognition for physical activity initiatives through the Heart Foundation Local Government Awards, which were established in 1992. This program recognises local councils working with their communities to encourage healthier lifestyles, and thereby reduce the risk of heart attack and stroke. The award categories that are relevant to Physical Activity include:

- ♦ Outstanding Recreation Facility
- ♦ Outstanding Physical Activity Project
- ♦ Outstanding Policy for Structural Change
- ♦ Outstanding Health Project by a Community Organisation
- ♦ Outstanding Project with Limited Resources
- ♦ Outstanding Small Rural and Remote Community Project

More information can be obtained from each state office of the National Heart Foundation. Contact details for the NSW office are provided in Section 8.1 'Partnership Opportunities'.

## **4.4 Other Relevant Initiatives**

### **4.4.1 Local Government**

The NSW Department of Local Government was represented on the NSW Physical Activity Taskforce, which developed the NSW "Simply Active Everyday" Strategic Plan. It is now represented on the Lead Agency Committee, which is overseeing the Plan's implementation.

To assist in the development of "Simply Active Everyday", the Department prepared case studies on the role that Barraba and Sutherland Councils play in encouraging participation in physical activity. While these are very different councils in many ways, the case studies highlighted that both play similar roles in encouraging participation in physical activity. The main difference between the councils was, not surprisingly, the scale of their activities. Barraba Council, a council with relatively limited resources, has been able to contribute significantly to the health and well-being of its community through developing a partnership with the local health service to work on physical activity initiatives.

Consistent with its role to provide advice to local councils to assist them in meeting the needs of their communities, the Department is the lead agency for two of the strategic objectives in "Simply Active Everyday":

- ♦ **A crime prevention resource manual for local councils.** The manual recognises the role that safety plays in encouraging physical activity and includes a range of strategies for preventing crime

in public places and reducing fear of crime. It was developed in partnership with the Attorney General's Department, the NSW Police Service, the Ministry for Police, the Department of Urban Affairs and Planning, the Local Government and Shires Associations and Waverley Council. The Document was distributed to all councils in October 1998 and is available on the Department's web site at [www.dlg.nsw.gov.au](http://www.dlg.nsw.gov.au). The manual is also referred to in Section 4.4.3 'Safety'.

- ♦ These **physical activity guidelines** which have been developed in partnership with NSW Health; NSW Sport and Recreation; National Heart Foundation of Australia (NSW Division); Illawarra Region of Councils; and Baulkham Hills, Ku-ring-gai, Tamworth and Warringah Councils.

The Department was also represented on the Simply Active Everyday Working Party, which was established by the Local Government and Shires Associations to provide advice to the Lead Agency Committee on the implementation of "Simply Active Everyday" in relation to local councils. The Department has provided information to councils about physical activity through Circulars, its newsletter "Perspectives", and presentations at seminars.

#### **4.4.2 Sport and Recreation**

##### ***In General***

The field of sport and recreation is directly related to physical activity. It involves providing infrastructure, programs and policy directions aimed at assisting people to participate in physical activity at the elite and community sporting level, and the informal recreation level. Sport and recreation relates to a range of organisations, including state government bodies, local councils, associations and representative agencies, community groups and sporting clubs.

Some recent strategic initiatives that have been developed and reflect the diversity of involvement in sport and recreation are as follows:

- ♦ Shaping Up, A review of Commonwealth involvement in sport and recreation in Australia, Commonwealth of Australia, 1999
- ♦ NSW State Plan for Women in Sport and Recreation 1999 – 2002.  
NSW Sport and Recreation
- ♦ A National Sports Safety Framework  
Australian Sports Injury Prevention Taskforce, 1997
- ♦ How to become a sports safe club, guidelines for developing and implementing a sport strategy plan  
Sports Medicine Australia, 1998
- ♦ Charter of Physical Activity and Sport for Children and Youth  
An initiative of the New Children's Hospital Westmead, 1999
- ♦ Fitness Centres Code of Practice  
Fitness NSW, 1998

##### ***The National Level***

The Australian Sports Commission is the lead agency for Active Australia and has developed an Active Australia National Participation Framework consisting of commonly agreed principles, goals and strategic directions, against which a range of key stakeholders can develop and monitor their contributions. Partnerships developed by the Australian Sports Commission with state departments of sport and recreation and national sporting organisations are based on Active Australia outcomes.



The Australian Sports Commission has also developed a wide range of policy and strategy relating to sports participation and management, and these various documents are listed in Section 8.3 'Useful Publications'.

### ***The State Level***

At the state level, NSW Sport and Recreation plays a lead role in achieving participation in sport and physical activity. The main emphasis of the Department is on the promotion and development of facilities, programs and services that encourage safe participation and excellence in sport and recreation. As part of this role, the Department co-ordinates funding and development programs available to local councils and related community and sporting groups. The Department aims to have an even stronger industry development role in the future.

In relation to physical activity, NSW Sport and Recreation is a lead agency in the promotion and co-ordination of Active Australia in NSW. It is the state co-ordinator of the three Active Australia networks (local government, schools and the provider/sports development model), and has played a lead role in the development of the physical activity related strategies and directions, e.g. the State Strategy "Simply Active Everyday". Through this role, the Department focuses on the development of partnerships and the incorporation of the physical activity philosophy within government and other agencies. As part of its service to the people of NSW, the Department is in the process of developing a statewide database that will provide information on facilities and over 20,000 providers in physical activity.

### ***The Regional Level***

NSW Sport and Recreation has eight (8) regional offices across the state that provide information and advice, and are involved in a number of programs and physical activity initiatives. Through these offices, the Department works in direct partnership with local councils and other agencies in the planning and provision of activities and initiatives. The regional offices also collectively manage eleven (11) sport and recreation centres, including the Narabeen Sydney Academy of Sport and the Jindabyne Winter Academy of Sport. These centres provide opportunities for a range of programs and physical activities, including the 'Swimsafe' learn to swim program, the provision of school camps and the 'Walking for Pleasure' program.

A number of regional inter-agency partnerships have been established across NSW involving the Department's regional offices, Area Health Services, local councils, schools and other community groups. These groups collectively seek resources through funding bodies and provide specific physical activity programs and initiatives that benefit the region. Groups that are linked in this way to NSW Sport and Recreation regional offices include:

- ♦ Central Coast Recreation Planning Group
- ♦ Central Sydney Intersectoral Working Party on Physical Activity
- ♦ Hunter Physical Activity Network
- ♦ Northern Inland Active Australia Network
- ♦ Northern Sydney Physical Activity Taskforce
- ♦ Riverina Murray Active Australia Physical Activity Partnership
- ♦ South West Sydney Physical Activity Network
- ♦ Western Sydney Physical Activity Work Group
- ♦ Young, Harden, Boorowa and Yass Physical Activity Taskforce

Examples of projects undertaken by these groups are included in the document 'Regional Physical Activity Partnerships. Working Together to Help People be Physically Active' (NSW Sport & Recreation, 2000).

### ***The Local Level***

Providing for sport and recreation is a key role of local councils, including the provision of sporting ovals and related facilities (e.g. outdoor courts, fields, amenities), informal parks, walking and cycle tracks, play areas for children and young people, indoor recreation and sport facilities and various other facilities and areas. In addition, local councils often support programs and activities such as sports development programs, children's and young people activities, and walking activities. Participation in sport and recreation is physical activity, and therefore it is discussed throughout the document and highlighted in the various good practice examples.

Sport and recreation is also provided by sporting and community groups and individuals, including clubs and related volunteers, associations, schools and private operators. These groups are the 'back bone' to physical activity as they encourage and enable participation in a wide range of activities. They are the direct providers of physical activity opportunities. However, most of the community sporting and other community groups rely on the assistance of local councils in order to operate, particularly in relation to the availability of facilities at an affordable rate. Local councils and NSW Sport and Recreation therefore play a key partnership role with these groups to ensure a range of activities are available in the community.

### **4.4.3 Safety**

Safety in the context of these guidelines relates to both crime and injury prevention.

#### ***Crime Prevention***

Both the provision of supportive environments and the involvement of people in physical activity have been found to contribute to a reduction in crime and vandalism, and in achieving safer environments. Crime Prevention Through Environmental Design (CPTED) has been recommended as a strategy to create a physical environment conducive to a real and perceived sense of safety and security<sup>7</sup>. In addition, there is evidence to suggest that participation in physical activity reduces crime, particularly amongst young people<sup>8</sup>.

There are a number of examples where the provision of sport and recreation facilities or the design of areas has contributed to a reduction in crime, including:<sup>9, 10</sup>

- ♦ providing outdoor multi-purpose hardcourts for young people (Sanctuary Point)
- ♦ providing legal public sites for graffiti art (Newcastle)
- ♦ including CPTED principles within Development Control Plans (Blacktown)

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<sup>7</sup> Safer Cities and Shires. A guide to developing strategic partnerships, Community Safety and Crime Prevention Unit, Victorian Department of Justice, 1997.

<sup>8</sup> M. Cameron & C. MacDougall, Crime Prevention Through Sport and Physical Activity, Trends and Issues in Crime and Criminal Justice, No.165, Australian Institute of Criminology, September 2000.

<sup>9</sup> Crime Prevention Resource Manual, NSW Attorney General's Department, 1998.

<sup>10</sup> Safer Communities Development Fund. Summary of projects funded as at June 1999, NSW Attorney General's Department, 1999.



Providing physical activity opportunities is likely to result in more people using public places. This has been identified as an effective crime prevention strategy because it increases natural surveillance which increases the likelihood of offenders being detected.<sup>11</sup>

### ***Injury Prevention***

Councils are increasingly being subjected to liability claims as a result of injuries sustained by people using council controlled land and facilities, such as footpaths and beaches. There are a number of strategies that aim to provide well-designed and safe environments to minimise injury from participating in physical activity whether it be organised sport or incidental activity<sup>12</sup>. Examples of strategies that can be implemented by councils include:

- ♦ providing level playing fields
- ♦ ensuring equipment of an appropriate standard is used
- ♦ providing well-maintained level pathways to reduce the risk of falls, particularly by older people
- ♦ providing sufficiently wide walking/cycle tracks with appropriate signage to reduce the risk of collision between walkers and cyclists
- ♦ implementing a comprehensive risk management strategy. Councils have been encouraged to adopt a risk management approach to water safety in the Department of Local Government's Practice Note No.15 Water Safety. This was issued to all councils in January 1999 and is available from the Department's website at [www.dlg.nsw.gov.au](http://www.dlg.nsw.gov.au). The Practice Note refers to Wollongong City Council's computerised Corporate Asset Protection System (CAPS) which covers all council functions; and to Statewide Mutual's Best Practice Signage Manual which covers the use of signage at public reserves, public swimming pools and beaches

### **4.4.4 Urban Design and Transport**

There are a number of urban design and transport initiatives that are relevant to physical activity, including:

- ♦ Environmental Planning and Assessment Act (1979), administered by the Department of Urban Affairs and Planning, aims to achieve appealing and well-designed environments that support community activity and lifestyle, while also enhancing the built and natural environments.
- ♦ 'Urban Design Guidelines with Young People in Mind', developed by the Department of Urban Affairs and Planning, provides a framework for establishing recreation and sporting facilities for young people, such as skate facilities, outdoor courts, and entertainment venues. The emphasis is on accessible, safe and integrated design and location.
- ♦ 'Child-friendly Environments', produced by the NSW Play Alliance and the Department of Urban Affairs and Planning, outlines the specific needs of children including the integration of natural settings, the provision of accessible walking and cycle pathways, the need for adventure and challenge, and the need for interesting areas.
- ♦ 'Action for Bikes, BikePlan 2010', developed by the Roads and Traffic Authority, aims to guide the provision, design and location of cycleways. The emphasis is on connected cycleways, safer cycling, improved health and environments, and community awareness.
- ♦ The Department of Urban Affairs and Planning, the Department of Transport and the Roads and Traffic Authority have revised guidelines concerning the integration of transport and land use at the

<sup>11</sup> op cit, Crime Prevention Resource Manual.

<sup>12</sup> A National Sports Safety Framework, SportSafe Australia, 1997.

local level. There is a stronger emphasis on 'active transport' which promotes the provision of walking and cycle pathways and public transport instead of car travel. This recognises that there are significant health benefits not only from increased participation in physical activity, but also from reduced traffic accidents, air and noise pollution, and greenhouse gas emissions.

## 5. THE BASIS FOR LOCAL COUNCIL INVOLVEMENT

### 5.1 The Benefits of Physical Activity at the Local Level

There are numerous benefits for councils and their communities as a result of increased participation in physical activity:

- ♦ **improved physical and psychological health of individual members of the community.** People who are physically healthy and who have a high level of self esteem and positive self image are able to contribute to the social and economic well-being of the local community. This may reduce the need for councils to provide some services
- ♦ **stronger families and healthier communities.** Physical activity provides opportunities for families and members of communities to participate in activities together which helps to build and maintain relationships which are essential to the overall well-being of communities. This may also reduce the need for councils to provide some services
- ♦ **economic benefits.** Participation in physical activity can improve work performance and productivity, decrease absenteeism and staff turnover, and reduce work accidents. Physical activity can create direct and indirect employment in the area of sport and recreation provision, and the sale and manufacture of goods. Other economic benefits can be achieved through holding sporting events, and attracting tourism and new residents through promoting sport and recreation opportunities
- ♦ **environmental benefits.** Physical activity can protect habitat and biodiversity through the provision of parks, open spaces and natural environments. Walking and cycling rather than using cars can improve air quality. These contribute to improved quality of life within local communities
- ♦ **reduction in crime and anti-social behaviour.** Research suggests that people who participate in physical activity are less likely to commit crime and engage in anti-social behaviour. Participating in physical activity means that people are more likely to be "out and about" which can deter others from engaging in inappropriate activities
- ♦ **improved injury prevention.** Adopting a risk management approach and providing safe opportunities for participating in physical activity may reduce the number and costs of any personal injury claims against the council
- ♦ **enhanced profile for the council in the local community.** Because of the range of benefits of physical activity and the range of ways in which participation in physical activity can be encouraged, councils can enhance their profile in the local community at relatively low cost.

As part of the evaluation of the Concord, A Great Place to be Active Project (conducted by the Central Sydney Area Health Service Health Promotion Unit and funded by NSW Health), councillors and senior staff of Concord Council reported the following benefits from this project which aimed to increase physical activity amongst women living in the Concord local government area who were considered insufficiently active:

- ♦ increased physical activity amongst some women
- ♦ provided opportunities for council to promote its facilities and activities e.g. at community events, through the local media
- ♦ increased community involvement in council projects
- ♦ increased use of council facilities
- ♦ contributed to an increased "sense of community" through residents using council facilities and participating in events
- ♦ provided opportunities for council staff and councillors to receive positive feedback from the community
- ♦ provided opportunities for the council to address other issues such as community safety
- ♦ provided opportunities to collaborate with other organisations e.g. Area Health Service to improve service delivery to the community and the potential for future joint projects
- ♦ provided council with a focus for the development of infrastructure such as parks and walkways
- ♦ provided opportunities for council staff and councillors to work together and develop more positive working relationships

## **5.2 The Role of Local Councils**

### **5.2.1 Key Responsibilities**

Local councils are involved in providing a wide range of facilities and services which are relevant to encouraging participation in physical activity. In particular, local councils in NSW generally take responsibility for:

- ♦ Managing the development of their areas through strategic planning, policy development, and planning controls, such as the Local Environmental Plan and Development Control Plans
- ♦ Managing public land, including providing open space and providing, or facilitating the provision of, sport and recreation facilities and services. This also includes providing infrastructure to support incidental physical activity, such as walkways and cycleways
- ♦ Providing other community services and facilities such as child care, libraries, youth centres, senior citizens centres, and community events
- ♦ Providing information about facilities and services and promoting events to the community

The work areas within council which are relevant to physical activity include:

- ♦ Natural environment
- ♦ Built environment and urban design
- ♦ Development approvals and control

- ♦ Infrastructure development and management
- ♦ Transport
- ♦ Road safety
- ♦ Community and social services
- ♦ Parks and gardens
- ♦ Recreation and leisure
- ♦ Cultural development
- ♦ Economic development
- ♦ Tourism
- ♦ Customer services
- ♦ Public relations and community events
- ♦ Information management
- ♦ Corporate management and financial planning
- ♦ Risk management

Examples of how these areas influence opportunities for physical activity include:

- ♦ Customer services and public relations ensure people are informed about opportunities e.g. through the Community Directory and local media.
- ♦ Built environment and urban design have a significant influence on the accessibility, appeal and safety of places and the provision of opportunities for incidental activity such as walking and cycling to the local shops, workplaces and schools.
- ♦ Transport influences the accessibility of facilities and public places and the provision of alternative transport options such as cycleways.
- ♦ Parks and gardens are responsible for the quality and safety of open space.

The relationship between the various work areas within councils and implementation of the physical activity principles and guidelines contained in this document is discussed in Section 3.2 'Relevance to Work Areas'.

### **5.2.2 Legislative Requirements**

The two Acts that are most relevant to local councils and their involvement in encouraging physical activity are:

- ♦ Local Government Act 1993
- ♦ Environmental Planning and Assessment Act 1979

Section 8 of the Local Government Act requires local councils:

- ♦ To provide directly or on behalf of other levels of government, after due consultation, adequate, equitable and appropriate services and facilities for the community and to ensure that those services and facilities are managed effectively and efficiently.

The Environmental Planning and Assessment Act 1979 requires:

- ♦ The proper management, development and conservation of natural and man made resources for the purpose of promoting the social and economic welfare of the community and a better environment;
- ♦ The provision of land for public purposes; and
- ♦ The provision and co-ordination of community services and facilities.

These Acts require other plans and initiatives that guide or support the management of resources and the provision of facilities and services. For example:

- ♦ The Local Government Act requires plans of management for community land. This ensures the appropriate development and management of parks and reserves, and enables community involvement in the planning process.
- ♦ The Local Government Act requires a social/community plan that identifies and addresses community needs, including the needs of children, young people, women, older people, people with disabilities, Aboriginal and Torres Strait Islander people, and people from culturally and linguistically diverse backgrounds.
- ♦ The Environmental Planning and Assessment Act requires the zoning and longer term planning of areas, the control of development, and the implementation of various land use and development regulations. The amendments to the Act in 1997 introduced significant changes to land use planning and development assessment and place a stronger focus on ecologically sustainable development and appropriate development control.
- ♦ Section 94 of the Environmental Planning and Assessment Act enables local councils to obtain development contributions towards the provision of open space and recreation/community facilities as well as drainage and other infrastructure, in relation to new development areas. Development contributions assist councils to ensure that future facilities meet the needs of the community.

## **5.3 Councils' Potential to Increase Physical Activity**

### **5.3.1 Within Council**

Given councils' range of responsibilities which are relevant to physical activity, there is considerable potential for increasing participation in physical activity. Examples of how some council responsibilities have the potential to increase participation in physical activity are provided below.

Responsibility	The Link to Physical Activity
Setting and implementing development controls.	<ul style="list-style-type: none"> <li>• Residential and commercial areas are more appealing and safer for walking, cycling, and community activity.</li> </ul>
Developing a sport and recreation plan.	<ul style="list-style-type: none"> <li>• Determines the opportunities and priorities to encourage physical activity.</li> <li>• Ensures the best use of available resources, aimed at meeting community needs and effective provision.</li> </ul>
Designing commercial areas and public places.	<ul style="list-style-type: none"> <li>• Improves the appeal and use of areas.</li> <li>• Opportunity to incorporate features that support physical activity, such as pathways, bicycle parking facilities, lighting, signage, play areas, shade, seating and shelter (rest areas).</li> </ul>
Contributing to or supporting amenities that cater for sports.	<ul style="list-style-type: none"> <li>• Increases the use of areas for sport.</li> <li>• Encourages the habit of physical activity.</li> </ul>
Provision of information, such as maps, brochures, notices, newsletters.	<ul style="list-style-type: none"> <li>• Informs the community of opportunities.</li> <li>• Establishes an image for the area and encourages a more active community.</li> </ul>
Providing child care within a leisure facility.	<ul style="list-style-type: none"> <li>• Enables parents/carers to more easily participate in activities.</li> </ul>
Establishing an accessible walking/ cycle track linked to a community or commercial area, e.g. coastline, retail area, open space.	<ul style="list-style-type: none"> <li>• Encourages people to be 'out and about' and experience an area, including people with disabilities.</li> <li>• Contributes to the appeal, safety and economic viability of an area, which further encourages physical activity and good health.</li> </ul>

### 5.3.2 Between Council and Other Organisations

As outlined in Section 4 'The Policy Context', there are a number of physical activity initiatives that are being undertaken at the national, state, regional and local level. The emphasis that is being placed on physical activity by all spheres of government and some non-government organisations means that there will be opportunities for local councils to link with and benefit from a range of initiatives, particularly in terms of information sharing and gaining access to financial and other resources. A summary of the main physical activity initiatives and the opportunities for local council involvement is provided in the chart on the following page.

Initiative	Potential Council Involvement	Resource Details
<b>Active Australia</b> <ul style="list-style-type: none"> <li>Local Government Network</li> <li>Provider Model</li> <li>Schools Network</li> <li>Events and Awards</li> </ul>	<ul style="list-style-type: none"> <li>Join the Local Government Network.</li> <li>Promote the 'Provider Model' to clubs and organisations (use to develop sporting groups).</li> <li>Put council facilities and programs through the Provider Model process.</li> <li>Participate in events, such as Active Australia Day.</li> <li>Nominate for awards.</li> </ul>	<p>Contact: NSW Sport and Recreation Ph (02) 131302</p> <p>Resources available through the Department</p>
<b>Simply Active Everyday NSW Strategic Plan</b>	<ul style="list-style-type: none"> <li>Vision and aims reflected in council planning and operations.</li> <li>Implementation of objectives relating to local councils.</li> </ul>	<p>Various resource and funding opportunities included in Section 8 'Resources for Increasing Physical Activity'.</p>
<b>Regional Physical Activity Partnerships</b>	<ul style="list-style-type: none"> <li>Participation in existing partnerships.</li> <li>Establishment of new regional partnerships.</li> </ul>	<p>Contacts: NSW Sport and Recreation Regional Offices Ph 131302 Area Health Services<sup>13</sup></p> <p>Refer Section 8 'Resources for Increasing Physical Activity' for contact details for some existing partnerships.</p>
<b>Local Council and Community Initiatives</b>	<ul style="list-style-type: none"> <li>Plan for and implement events, programs and activities.</li> <li>Facilitate and support community groups in holding activities, such as sports development programs, community events.</li> </ul>	<p>Various resource and funding opportunities included in Section 8 'Resources for Increasing Physical Activity'.</p>

<sup>13</sup> Refer Attachment 4 for contact details.



## 6. INCREASING PHYSICAL ACTIVITY

### 6.1 Addressing the Obstacles to Physical Activity

#### 6.1.1 The Main Obstacles

In order to increase physical activity within communities, it is important to consider what could be stopping people from participating in activities, ie. what are the obstacles. The Pilot Survey of the Fitness of Australians<sup>14</sup> found the main reasons given for not participating in physical activity were:

- ♦ Lack of time (40%)
- ♦ No motivation (30%)
- ♦ Injury or disability (20%)
- ♦ Not the 'sporty' type (20%)

The Centre for Population Health<sup>15</sup> identified the greatest barriers to physical activity participation to be:

- ♦ Lack of time
- ♦ Lack of motivation
- ♦ Injury/disability
- ♦ Fear for personal safety (e.g. dogs, other people, traffic, uneven pavements)
- ♦ Lack of facilities

A research project carried out in the City of Marion by the South Australian Division of the National Heart Foundation<sup>16</sup> found the physical deterrents to physical activity to be:

- ♦ Vandalism and graffiti
- ♦ Traffic and pollution
- ♦ Poor access
- ♦ Areas perceived to be unsafe, lack of lighting

<sup>14</sup> Cited in NSW Physical Activity Taskforce, Simply Active Everyday. A plan to promote physical activity in NSW 1998-2002, NSW Health Department, 1998

<sup>15</sup> Centre for Population Health, Promoting physical activity in your community. A guide to the 1998 'Active Australia Campaign', 1998

<sup>16</sup> Wright, C., MacDougall, C., Atkinson, R. & Booth, B. Exercise in Daily Life - Supportive Environments, Department of Health and Family Services, 1996

### **6.1.2 Obstacles Relating to Specific Population Groups**

There are obstacles which only affect certain groups in the community or affect some groups more than others, such as young parents requiring access to affordable child care, and lack of facilities in isolated communities. A number of key obstacles and their relationship to specific population groups are provided in the matrix on the following page. These are further discussed in Section 7 'Catering for Specific Population Groups'. The matrix indicates general patterns so that not everyone in the group will face the obstacle. Also, many people belong to more than one group, such as women of non-English speaking background who are socially disadvantaged. As a result, they may face all of the obstacles.

### **6.1.3 Overcoming the Obstacles**

Many of the obstacles can be categorised as either relating to the physical environment, such as the provision of safe and accessible environments, or to the attitude of the individual, such as lack of time and confidence.

Councils can perhaps be most effective in addressing those obstacles relating to the physical environment. It was in recognition of this that the South Australian Division of the Heart Foundation of Australia developed 'Supportive Environments for Physical Activity. Guidelines for Local Government' (included as Attachment 2 in folder version of this document). Background information about this document is provided in Section 4.3.3 'Heart Foundation Initiatives'. Information about achieving supportive environments is provided below in Section 6.2.

While more difficult to overcome, councils can also address attitudinal obstacles through providing a range of opportunities for incidental and other physical activity so that activity becomes part of people's lives. Urban design, car dependency and over reliance on labour saving devices have subtly designed physical activity out of day-to-day living. People need to think of movement as an opportunity rather than an inconvenience, and environments should be designed so that the most active choices are the easiest choices. The Centre for Population Health suggests that 'people know physical activity is good for them, but they tend to overestimate the amount of activity required to improve their health, and as a consequence lack motivation'.<sup>17</sup> The Centre recommends ongoing advocacy, education, and promotion of a wide variety of moderate physical activities aimed at changing this attitude. Information about providing a range of physical activity opportunities is covered below in Section 6.3.

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<sup>17</sup> Promoting Physical Activity in your Community. A guide to the 1998 'Active Australia campaign', 1998.

## Obstacles Matrix

Specific Group	Key Obstacles											
	Lack of time	Lack of money	Lack of information/ awareness	Lack of accessible facilities	Need care/ support	Feel unsafe	Cultural needs	Lack of transport	Physical access needs	Language barrier	Lack of confidence	Limited social network
Women	*	*	*		*	*		*			*	
Middle aged men	*		*								*	*
Parents and carers of young children	*	*	*	*	*			*	*			
Older people		*	*	*	*	*		*	*		*	
Young people		*	*	*		*		*			*	*
Aboriginal & Torres Strait Islanders		*	*	*		*	*	*			*	*
Non-English speaking		*	*	*		*	*	*		*	*	
People in remote areas		*	*	*				*			*	
People with disabilities		*	*	*	*			*	*		*	*
Carers of people with disabilities	*	*	*		*						*	*
Socially disadvantaged people		*	*	*				*			*	

## **6.2 Achieving Safe and Supportive Environments**

### **6.2.1 What is a Supportive Environment?**

A supportive environment refers to appropriately planned and developed environments that enable and encourage participation in physical activity. The term was introduced internationally by the health sector to recognise that the physical setting contributes significantly to people's participation in activity. It covers both natural and built environments, and there is an emphasis on accessibility, safety and visual appeal.

Research in the United States (Centre for Disease Control) and Canada (Canadian Fitness and Lifestyle Research Institute) has found that the following environmental factors are associated with participation in physical activity:

- ♦ Greater land use mix where there is a mix of residential, retail and commercial.
- ♦ Higher residential density.
- ♦ Provision of footpaths.
- ♦ Provision of safe and visually appealing walkways which do not necessarily have to connect destinations such as shops and schools. However, not surprisingly, the number and variety of destinations and their convenience have been found to be important factors in encouraging people to walk or cycle to work.
- ♦ Safety from crime.
- ♦ The environment is inclusive ie. it allows a number of different groups to use it in different ways.

More specifically, a supportive environment includes:

- ♦ Attractive and safe open space and other public places, with good lighting, seating, shade, shelters, areas for play.
- ♦ Well-lit, level and shaded footpaths that provide linkages to open space and facilities.
- ♦ Walking and cycle pathways, with links to community and commercial areas, and public transport.
- ♦ Facilities linked to regular transport and/or easily accessible to communities.
- ♦ Well-designed and landscaped streets, including safe pedestrian road crossings and traffic management devices.
- ♦ Availability of a range of safe, quality indoor and outdoor facilities.
- ♦ Infrastructure that supports participation by people with disabilities, including the provision of ramps, accessible amenities, and safe pedestrian crossings. This will also support family activity e.g. easy access for prams.

There are many examples of good supportive environments in NSW. Sutherland Council is provided below as one example to give an indication of the range of facilities and services that contribute to a 'supportive environment'. Other examples include:

- ♦ Attractively developed foreshore areas that include walking tracks, grassed areas, shade, picnic facilities and play equipment, as well as other water sport and activity opportunities. The foreshore areas at Coogee (Randwick Council) and Manly (Manly Council) provide two such examples that

attract large numbers of people. In both of these instances, the attraction of the foreshore provides a 'flow on' effect with significant economic benefit to the adjoining commercial areas.

- ♦ Walking and cycle tracks near major water bodies with grassed and picnic areas around sections e.g. Lake Macquarie (Lake Macquarie Council), Penrith Lakes (Penrith Council), and the Warringah Coastal Walk, which incorporates art and other cultural features (Warringah Council).
- ♦ 'Village' type shopping centres and public places that provide a focus for communities. This could include links to residential areas by well maintained footpaths, safe pedestrian crossings, safe access by cycle routes, good car parking and traffic management, links to public transport, good lighting, trees and landscaping, links to community parks and play facilities, seating and shelters, paved activity areas, heritage buildings, art works e.g. murals, sculpture, and a range of interesting and affordable retail and commercial outlets including cafes and restaurants. Some examples of environments that incorporate a number of these features are the historic town of Camden (Camden Council); the commercial area of Leichhardt (Leichhardt Council); and a number of rural towns such as Inverell (Inverell Council), Coonabarabran (Coonabarabran Council) and Mudgee (Mudgee Council).

Sutherland Council	General Facility Provision
<b>Description</b>	Sutherland Council places an emphasis on providing a range of quality recreation and sporting facilities in consultation with user groups and the community. There are various projects involved and some are outlined in this example.
<b>The Aim</b>	To cater for the recreation and sporting needs of the community through the provision of well planned and managed quality facilities and services.
<b>Information</b>	<p>Planning</p> <p>Sutherland Council's Strategic and Management Plan identifies 'safe, active and healthy lifestyles' as a priority as well as the provision of sporting and recreation facilities and services for the community. The strategic directions of the council are closely related to the philosophy of physical activity principles outlined in these Guidelines, including:</p> <ul style="list-style-type: none"> <li>Nurture our clean and beautiful natural environment. <ul style="list-style-type: none"> <li>- Increase the number of citizens involved in community life.</li> <li>- Build safe, active and healthy lifestyles.</li> <li>- Improve our suburbs (including increase transport options and provide a safe and healthy living environment).</li> <li>- Maintain our prosperous local economy.</li> </ul> </li> <li>• The Sport and Recreation Department has a comprehensive Business Plan that provides a specific direction for active open space, planning and commissioning, licensing, tennis courts and golf courses. It also has an Active Playing Field Service Plan.</li> <li>• Planning for new facilities is a priority. One example is the planning and design of the 'Lucas Heights Old Tip Site Sporting Development', a 104ha site that is proposed to incorporate a golf course and a driving range, playing fields including a turf cricket wicket, rugby league, soccer, touch football, softball, hockey and other sports, a tennis complex, a netball complex, and athletics track, and a recreation trail.</li> <li>• The council places a major emphasis on consulting with sporting and community groups in planning. The Council's Strategic and Management Plan was developed in partnership with the community. The Council has a Community Consultation Policy.</li> </ul>



**Information  
(cont.)**

**Provision**

- Council currently operates the following:
    - Leisure Centres catering for over 1 million visitations per annum
    - 115 playing fields catering to a variety of sports
    - 38 tennis courts in 12 locations
    - golf courses catering for 155,000 rounds per annum
    - management and control of 5 km of beach
  - A range of activities and programs are provided, facilitated or supported by the Council.
- The development and distribution of a sport and recreation newsletter. Summer and winter editions are prepared that provide information to the community on planning and other initiatives, opportunities for participation in activity, and contacts and resources.

**Resources**

**Partnerships**

Sporting groups, wider community.

**Funding**

- Approximately \$2m is allocated by the Council to the provision of sport and recreation on an annual basis.
- Funds are obtained through other sources for specific projects where appropriate.

**Achievements**

The main achievements are:

- Provision of an environment and a range of facilities and services that support physical activity.
- A healthier and more active community.
- Recognition from the community of the role of council and its initiatives.

**Contact Details**

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Manager Sport and Recreation Development  
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Ph (02) 9710 0605

## 6.2.2 Useful Publications

### *Crime Prevention*

*Crime Prevention Resource Manual*, NSW Attorney General's Department, 1998 (available at [www.dlg.nsw.gov.au](http://www.dlg.nsw.gov.au) under Publications and Documents)

*Crime Prevention Through Sport and Physical Activity*, M. Cameron & C. MacDougall, Trends and Issues in Crime and Criminal Justice, No.165, Australian Institute of Criminology, September 2000 (available at [www.aic.gov.au](http://www.aic.gov.au) under Publications)

*Plan it Safe. A guide for making public places safer for women*, Safe Women Project, 1998 (available at [www.socialchange.net.au/planitsafe](http://www.socialchange.net.au/planitsafe))

*Safer Cities and Shires. A Guide to Developing Strategic Partnerships*, Community Safety and Crime Prevention, Department of Justice Victoria, 1997

*Safer Communities Development Fund. Summary of projects funded as at June 1999*, NSW Attorney General's Department, 1999 (available from Crime Prevention Division, phone (02) 9228 8307)

### ***Injury Prevention***

*A National Sports Safety Framework*, SportSafe Australia, 1997

*A Sporting Chance. A risk management framework for the sport and recreation industry*, Tasmanian Officer of Sport and Recreation, Department of State Development, April 1999 (available at [www.osr.tas.gov.au/pubs/riskman1.pdf](http://www.osr.tas.gov.au/pubs/riskman1.pdf))

*How to Become a Sport Safe Club – Guidelines for developing and implementing a sport safety plan*, Sports Medicine Australia, 1998

*Playing it Safe. A guide to risk management for sport and recreation organisations*, Queensland Office for Sport and Recreation, Department of Tourism Sport and Racing, 1998 (cost is \$49.95 including postage, order form can be obtained by phone (07) 3237 9830 – when current stock is sold out it will be placed on the internet at [www.sportrec.qld.gov.au](http://www.sportrec.qld.gov.au))

*Playground Safety for Local Government*, Kidsafe and NSW Health, 1998 (available from the NSW Playground Advisory Unit - \$45 plus \$5 for postage, phone (02) 9845 0890, fax (02) 9845 0895, internet [www.kidsafe.org.au](http://www.kidsafe.org.au))

*Safety Guidelines for Children in Sport and Recreation*, Australian Coaching Council Incorporated, 1997

*Water Safety*, Practice Note No.15, Department of Local Government, 1999 (available at [www.dlg.nsw.gov.au](http://www.dlg.nsw.gov.au) under Publications and Documents)

### ***Urban Design and Transport***

*Action for Bikes – BikePlan 2010 NSW*, Roads and Traffic Authority, 1999

*Bicycle access to public transport: learning from abroad*, M. Replogle, ITE Journal, December 1992, pp15-21

*Bike it – you'll like it! A campaign to encourage cycling in the Leichhardt and Ashfield Council areas*, Health Promotion Unit Central Sydney Area Health Service, 1999 (this report can be obtained from the Health Promotion Unit – see Attachment 4 'Area Health Service Contact Details')

*Charter on Transport, Environment and Health*, World Health Organisation, 1999 (available at [www.who.dk/London99/WelcomE.htm](http://www.who.dk/London99/WelcomE.htm))

*Cycling: Towards Health and Safety*, British Medical Association, Oxford University Press, London, 1992

*Journal of World Transport Policy and Practice* (this is available at [www.ecoplan.org/wtpp/wt\\_index.htm](http://www.ecoplan.org/wtpp/wt_index.htm))

*Marrickville Walk Wise Report*, J. Bindon, Central Sydney Health Promotion Unit, 1999 (this report can be obtained from the Health Promotion Unit – see Attachment 4 'Area Health Service Contact Details')

*Producing and Using Transport Access Guides*, Sustainable Energy Development Authority (available at [www.seda.nsw.gov.au/pdf/Tag310.pdf](http://www.seda.nsw.gov.au/pdf/Tag310.pdf))

*Providing Transport Choice. Integrating Land Use with Transport. Guidelines for Planning and Development Practice in NSW*, Department of Urban Affairs and Planning, Department of Transport, Roads and Traffic Authority, 1999

*The Australian Pedestrian Charter*, Pedestrian Council of Australia (available from the Council on (02) 9968 4544, or at [www.walk.com.au](http://www.walk.com.au))

*The Greening of Urban Transport: Planning for Walking and Cycling in Western Cities*, R. Tolley (ed), Belhaven Press, London, 1990

*Transport and health: en route to a healthier Australia?*, C. Mason, Medical Journal of Australia, Vol 172, March 2000, pp230-232 (available at [www.mja.com.au/public/issues/172\\_05\\_060300/mason/mason.html](http://www.mja.com.au/public/issues/172_05_060300/mason/mason.html))

*Walking in Central Sydney*, J. Bindon, Central Sydney Health Promotion Unit, 2000 (this report can be obtained from the Health Promotion Unit – see Attachment 4 'Area Health Service Contact Details')

### **6.3 Providing Activity Opportunities**

Major facilities such as swimming pools and indoor sports centres require significant resources both to provide and maintain. There are a range of things councils can do to encourage participation in physical activity which do not necessarily require a significant commitment in terms of resources, particularly providing or facilitating events, activities and programs. This also includes using existing events, activities and programs rather than establishing new ones. A calendar of relevant events is provided in Attachment 3.

Where possible, providing or facilitating events, activities and programs should involve staff from different work areas within the council, rather than one area in council such as community services or recreation having total responsibility. A community event that involves a range of work areas is likely to include a diversity of elements so that there is a greater chance that it will have something that will appeal to everyone. Existing activities and programs managed by work areas other than recreation, such as clean-up days (waste management) and bush regeneration (environment), can be built on to incorporate a physical activity component.

The actual provision of activities and programs does not need to be undertaken by local councils. Councils can and often do adopt a facilitating or co-ordinating role where they encourage and/or support other groups in the community to provide the program or activity. This could include ensuring facilities are available and affordable for community groups to run activities, promoting activities held by community groups, or providing some funding to enable community groups to run activities.

The following examples of councils facilitating or co-ordinating events, activities and programs are described in more detail on the following pages:

- ♦ Liverpool Council's 'Be Active in Liverpool Campaign' involving a number of events and initiatives coordinated by a Physical Activity Project Officer jointly funded by the council and Liverpool Area Health Service.
- ♦ Coffs Harbour Council's responsibility for organising the 2000 NSW Masters Games.



**Description** The 'Be Active in Liverpool Campaign' is a two year physical activity project involving a number of events and initiatives, and changes to the local physical environment. It is jointly funded by Liverpool Council and the Liverpool Area Health Service. A full time position for a Physical Activity Project Officer was created to co-ordinate the campaign.

**The Aim** The overall aim is to increase the level of participation in physical activity of Liverpool residents.

The main objectives include:

- To increase awareness and interest in physical activity.
- To increase the number of opportunities available for people to be involved in physical activity.
- To improve the quality of the local physical environment.

The target groups for the project are:

- All residents 40 – 60 years.
- Selected NESB residents within the target age group.
- Residents from the suburb of Miller within the target age group.

**The Process**

**Planning**

- A Steering Committee was established including representatives from Liverpool Council, NSW Sport and Recreation, Liverpool Health Service, Liverpool Hospital, Fitness Industry, Migrant Resource Centre, and the Chamber of Commerce.
- Monthly meetings were held.
- A program of events was developed (listed under implementation).
- The project secured a major media sponsor (Liverpool Leader Newspaper) who agreed to support all events, promotions and media releases. This has lead to a monthly "Be Active" newspaper column and a weekly "Be Active Snaps" Competition.
- A cycleway committee was established to ensure a co-ordinated, multi-departmental and community approach to improving Liverpool's cycleways by linking existing routes to commuter networks and open space.
- A safety audit and survey has been completed at Miller and strategies will be planned for the future to increase exercise participation. A logo was developed.

**Implementation**

The following events were conducted:

1. Be Active in Liverpool project launch
2. Family fun walk/run
3. Dancing in the Streets
4. The Move and Improve Challenge
5. Upbeat program
6. Walking Maps
7. Community Garden
8. Healthy Heart Checks at Miller
9. Physical Activity Expo
10. Community Cycle

- A variety of products displaying the logo were produced such as water bottles, T-shirts, hats, an activity directory and Be Active Packs. These have been distributed at various events and are used for prizes.
- The campaign logo was included on Liverpool City Council stationery.
- Over 120 unpaid articles appeared in local newspapers.
- Information about the campaign was included in the 'on hold' phone message at Liverpool City Council.

**The Process  
(cont.)**

- An upbeat moderate exercise program was implemented for cardiac patients and their partners.
- A community garden with garden beds of flowers and vegetables, pathways with disabled access, barbecues and play equipment was established.
- Walking maps have been developed and local walking groups established and supported.

**Evaluation**

Each program and event has been evaluated individually with observation, records of participation and process evaluation. An overall impact evaluation of the population has not been conducted.

**Resources**

**Partnerships**

Liverpool Health Service, NSW Sport and Recreation, Liverpool Hospital, Fitness Industry, Migrant Resource Centre, Chamber of Commerce, University of Western Sydney

**Funding**

The project is jointly funded by Liverpool Council and Liverpool Health Service. There is an annual budget of \$62,000 for the project.

**Other Resources**

- Approximately 50 other minor sponsors were secured for prize draws, theme days and other events.
- Free media promotion was obtained.

**Achievements**

The key achievements for the project include:

- Participation in physical activity has increased, for example 124 people participate in the Upbeat program per month (previously a program of this type was not available in the area).
- The project has received the following awards:
  1. Active Australia 1998 Award (Local Government Category)
  2. Heart Foundation 1998 Healthy Hearts Local Government National Award (Outstanding Physical Activity Project Category)
  3. Heart Foundation 1998 Local Government State Award
  4. 1999 NSW Health Baxter Better Health Award (equal second)
- The project has been further funded for a period of 12 months and will focus on the Miller area targeting older people; Aboriginal and Torres Strait Island people; young people and the general population.

**Contact Details**

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<b>Description</b>	The inaugural NSW Masters Games was held in 1998. Competition in 22 sports took place with a total of 1,200 participants. It is planned to conduct the event every second year, in the alternate year to the bi-annual Australian Masters Games.
<b>The Aim</b>	<p>The aims of the Games are:</p> <ul style="list-style-type: none"> <li>• To conduct a quality state level sports event offering competition in over 30 sports and catering for competitors 30 years of age and over.</li> <li>• To conduct a unique multi-sport festival for competitors of all levels of athletic ability, which provides a framework for competitors to socialise and celebrate their involvement in their sport/s.</li> </ul>
<b>The Process</b>	<p><b>Planning</b></p> <p>The main steps in the planning process are as follows:</p> <ul style="list-style-type: none"> <li>• Form a management committee.</li> <li>• Secure rights to hold the event.</li> <li>• Seek sponsorship and conduct general Games promotion and marketing (24-12 months from Games).</li> <li>• During the 12 months leading up to the Games the promotion becomes more sport specific based and operational matters are addressed.</li> </ul> <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• The holding of the Games involves the management of sporting and social events and a wide range of administration, promotion, communication and operational tasks.</li> <li>• The involvement of sporting organisations and the community in the administration and organisation of individual events.</li> </ul> <p><b>Evaluation</b></p> <p>Will undertake the following:</p> <ul style="list-style-type: none"> <li>• A customer satisfaction survey.</li> <li>• Development of an economic impact statement.</li> <li>• A statistical comparison to the 1998 Masters Games, ie comparison of the number of registered competitors across the sports, gender, and ages of competitors.</li> </ul>
<b>Resources</b>	<p><b>Partnerships</b></p> <p>NSW Sports Federation (trading as Sport NSW), NSW Sport and Recreation, local and some state sporting organisations.</p> <p><b>Funding</b></p> <ul style="list-style-type: none"> <li>• The Games budget for 2000 includes \$500,000 cash expenditure, in addition to in kind sponsorship valued at \$160,000.</li> <li>• NSW Sport and Recreation is contributing \$50,000.</li> <li>• Up to three full-time staff, with their employment staggered over the two years leading up to the Games.</li> </ul> <p><b>Other Resources</b></p> <ul style="list-style-type: none"> <li>• The event is heavily reliant on volunteers, with at least 300 volunteers expected to take part.</li> </ul>

**Achievements**

The main achievements are:

- ♦ The promotion and development of Masters sport in NSW.
- ♦ Positive health and lifestyle benefits to participants.
- ♦ Opportunities for social interaction and communication within the framework of the Games.
- ♦ Economic boost to the Coffs Harbour region, estimated to be over \$1 million.

The Mayor of Coffs Harbour Council, JC Bonfield, recognised the following benefit:  
"The Masters Games sets a great example to our youth, demonstrating that age is no barrier to maintaining an active lifestyle".

**Contact Details**

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## 6.4 Integrated Approaches to Physical Activity

### 6.4.1 A Whole of Council Approach

The provision of opportunities for physical activity by councils relates to a range of work areas in local councils, for example the natural environment, urban design, transport, road safety, infrastructure and cultural development, as well as the more obvious areas of parks and gardens and recreation and leisure. For example, the provision of a pedestrian or cycle network would benefit from input from the natural and built environment, recreation, transport, tourism, urban design and financial management areas, to ensure the most appropriate location, design and costing of the facility.

Councils are more likely to be effective in increasing participation in physical activity if they adopt a 'whole of council' approach which recognises the contribution of all relevant areas and establishes shared objectives. Councils that adopt a 'whole of council' approach to the planning and provision of facilities and services tend to have less internal resistance at the implementation stage, are less likely to have to deal with negative impacts as a result of not addressing all relevant factors, and are more likely to meet the needs of the community in the most efficient and effective way possible.

A key mechanism for ensuring a 'whole of council' approach to encouraging participation in physical activity is through the council's various strategic planning processes. For example:

- ♦ A Plan of Management for a park should consider the need for infrastructure that supports physical activity such as grassed areas, picnic facilities and/or seating, playgrounds, walking and cycle pathways, off leash dog areas (where appropriate), signage, and unique features that will attract use by the broad community.
- ♦ A Disability Action Plan should consider the inclusion of opportunities for increasing physical activity amongst people with disabilities, such as accessible pathways and facilities, specialised or integrated programs, sensory devices on tracks and information packages.

- ♦ A youth strategy should consider the inclusion of opportunities for encouraging physical activity amongst young people, including involving young people in their planning and implementation.
- ♦ The Council's Management Plan might include encouraging participation in physical activity as a principal activity.

#### **6.4.2 Links to Other Council Objectives**

An integrated approach to encouraging participation in physical activity can also be achieved through identifying other council objectives which are relevant to physical activity. For example:

- ♦ The development of environments that support physical activity will increase the use of areas, which in turn may reduce crime and have a positive economic effect on nearby commercial areas.
- ♦ The provision of walking and cycle pathways that provide travel routes to facilities and other areas encourage alternative methods of transport, which can assist councils to address traffic management problems and reduce greenhouse gas emissions.
- ♦ The provision of physical activity programs and events creates opportunities for social contact and the development of a sense of community.
- ♦ A healthier more active community is more likely to seek involvement in council projects and other initiatives such as bush regeneration programs and council committees.

At the same time, there are a range of tasks undertaken by local councils relating to other council objectives that can be used to encourage participation in physical activity objectives. For example:

- ♦ A shopping centre that is designed so that it is safe and visually appealing will encourage more people to walk around the centre, and linkages to walking and cycle pathways is likely to increase the number of people walking and cycling to the centre.
- ♦ Libraries can provide information about physical activity opportunities.
- ♦ The quality and accessibility of parks and bushland areas will determine their level of use and influence the activity patterns of people.
- ♦ A visually appealing and well-designed bus shelter can play a role in encouraging people to walk and utilise public transport rather than using a motor vehicle. It can also provide information e.g. about walking tracks and facilities for physical activity.

Walk Wise Marrickville, undertaken by Marrickville Council in partnership with a range of other agencies, is an example of how physical activity and other objectives, in this case safety and social objectives, can be jointly achieved.



<b>Description</b>	The project is designed to promote physical activity, road safety and pocket parks through an active ageing and community participation approach.
<b>The Aim</b>	<p>The project aims include:</p> <ul style="list-style-type: none"> <li>♦ Reduce pedestrian injury in the local area</li> <li>♦ Increase the use of local 'pocket parks'</li> <li>♦ Increase levels of physical activity especially among older people</li> <li>♦ Improve park and road environments</li> <li>♦ Work with other key stakeholders on shared objectives.</li> </ul> <p>The project objectives include:</p> <ul style="list-style-type: none"> <li>♦ Promote moderate physical activity to residents, especially older residents of non-English speaking backgrounds.</li> <li>♦ Use existing local networks to target non-English speaking residents.</li> <li>♦ Use promotional strategies to inform non-English speaking background and English speaking background residents about the benefits of walking and road safety.</li> <li>♦ Audit local park and associated road environments.</li> <li>♦ Seek funding for improvements and ensure that related works are carried out continuously beyond the life of the project.</li> </ul>
<b>The Process</b>	<p><b>Planning</b></p> <ul style="list-style-type: none"> <li>♦ Walking routes were designated which link to Council's 'pocket parks', and walking groups were encouraged to register with the National Heart Foundation 'Just Walk It' program.</li> <li>♦ Maps to promote parks and the physical activity message were developed. Promotional hats with the Walkwise logo and flyers were developed and distributed.</li> </ul> <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>♦ The project was launched at a community walk with media attendance.</li> <li>♦ Maps showing the routes and carrying health and safety promotional messages were published and the program was promoted to the wider community following gradual route upgrading.</li> <li>♦ 16 walks and 97 parks have been audited. Reports to Council have been prepared on improvements that need to be made, such as dropping kerbs, constructing pedestrian refuges and upgrading parks.</li> </ul> <p>A series of 11 motivational talks on road safety, physical activity and walking in the local area were presented to older people from the main language groups of the Marrickville area including Arabic, Vietnamese, Greek, Portuguese, Yugoslav and English. The talks were organised and supported by an ethnic health worker.</p> <ul style="list-style-type: none"> <li>♦ walking groups were established (Greek, Vietnamese and Turkish) and registered with the National Heart Foundation's 'Just Walk It' program.</li> <li>♦ Press releases/photos appeared in 2 Greek papers and 2 local papers, HOP Newsletter, Marrickville Matters and Healthy Happenings.</li> <li>♦ Display boards were set up at Marrickville Metro shopping centre for 2 days and in Steel Park during Seniors Week.</li> </ul>

**The Process  
(cont.)****Evaluation**

An evaluation of the collaborative, planning, promotional and implementation process was undertaken by the Health Promotions Unit of CSAHS. Council monitored and recorded information relevant to the auditing and works elements of the program. In addition, the following were used as performance indicators for measurement of the effectiveness of the overall program:

- ◆ Audits of parks and access routes
- ◆ Reports of hazards and improvements made
- ◆ Number of people who attended the motivational talks
- ◆ Number of people participating in walking groups

**Resources****Partnerships**

Council's Aged Services Safety Subcommittee, Central Sydney Area Health Service (CSAHS), Roads and Traffic Authority, NSW Sport and Recreation, National Heart Foundation

**Funding**

Marrickville Council contributed a large proportion of the funding for the project and the Road Safety Officer (RTA) received \$3000 funding for promotional resources for hats and maps.

**Other Resources**

- ◆ Press releases in local press
- ◆ Radio interviews

**Achievements**

The achievements to date have been:

- ◆ An effective strategy to combine diverse yet compatible messages and activities under one project.
- ◆ Identification of hazards and potential improvements to the environment, increasing the safety and usability of areas.
- ◆ Community participation, including people who tend to be more isolated (non-English speaking background and older adults).
- ◆ Walk wise signs (65) and stencil markings (50) developed and installed.
- ◆ Community walks undertaken and people participated in physical activity. Longer term walking groups established.
- ◆ Distributed resources that promoted Active Australia.

**Contact Details**

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### **6.4.3 Establishing Partnerships**

It is generally not possible for local councils to provide all facilities, activities and programs to meet the needs of their communities. However, local councils are well-placed to work in partnership with other groups and individuals to ensure that a range of physical activity opportunities are available.

Many councils have already established partnerships in this area, particularly with sporting and other community groups. These partnerships can involve the management of facilities, the council providing facilities for free or at a nominal cost for use by community groups, and councils promoting activities provided by community groups, for example, through their Community Directory, council newsletter and library notice boards.

With the requirement under the Local Government Act to produce social/community plans, as well as their other strategic planning activities, local councils are well-placed to identify the priority needs of their communities in relation to physical activity. Councils could use this information to facilitate the provision by another organisation of appropriate physical activity initiatives to meet needs which are unmet. This might involve the council providing some incentive such as a reduced facility fee and/or contributing to promotion.

Local councils can also form partnerships with other organisations where they contribute significant resources, staff and/or funding. These organisations include other councils, state government agencies, non-government organisations and private sector organisations.

The following examples of partnerships involving councils are described in more detail on the following pages:

- ♦ Port Stephens Council is involved in partnerships with other councils, state government agencies, sporting groups and the private sector to address issues at a regional level and to identify and prioritise sporting needs.
- ♦ The development of a cycleway by Baulkham Hills Council involved partnerships with state government agencies.



<b>Description and Aim</b>	Port Stephens Council is a member of the taskforce, which is made up of representatives of the thirteen (13) councils of the Hunter region, NSW Sport and Recreation, the Hunter Academy of Sport and the Hunter Events Corporation to share information, discuss pertinent issues, and oversee projects. The aim of the taskforce is to guide the co-ordination and effective delivery of sport and recreation initiatives in the Hunter region.
<b>Activities</b>	<p><b>The Role</b> The taskforce provides a forum for a wide range of professional people to discuss ideas, seek innovative solutions and ensure that regional sports issues are being discussed and managed accordingly. The group meets once a month at various sport and recreation centres across the region.</p> <p><b>Evaluation</b> The Taskforce is evaluated with monthly reporting to the Hunter Region Organisation of Councils General Managers Group and an annual report to the Hunter Region Organisation of Councils.</p>
<b>Resources</b>	<p><b>Partnerships</b> The thirteen (13) councils of the Hunter region, NSW Sport and Recreation, the Hunter Academy of Sport and the Hunter Events Corporation.</p>
<b>Achievements</b>	<p>The following are examples of projects the group has overseen:</p> <ul style="list-style-type: none"> <li>• The completion of a major facility report for the region, which is now available on the Hunter Region Organisation of Councils website.</li> <li>• A successful sport and recreation conference which was attended by both employed professionals in the industry and sporting group administrators.</li> <li>• The group is in the process of finalising a brief for the preparation of a regional sports facility plan, which will possibly be funded in partnership by the respective councils and the state government.</li> </ul>
<b>Contact Details</b>	<p>Jason Linnane Recreation Development Co-ordinator Port Stephens Council Ph (02) 4980 0150 Email <a href="mailto:jason.linnane@portstephens.nsw.gov.au">jason.linnane@portstephens.nsw.gov.au</a></p>

<b>Description</b>	The Sports Development Strategies are documents that identify and prioritise the sports development needs of each of the Council's four main population centres.
<b>The Aim</b>	The aim of the strategies is to meet the needs of the sporting community over a ten year period and take into account replacement of ageing facilities.
<b>The Process</b>	<p>Planning The plans are prepared by local sports councils in conjunction with Council Officers and are reviewed and amended accordingly each year in November.</p> <p>Implementation The plans are included in Council's Forward Works Program for funding consideration. The Forward Works Program identifies the capital works required over a ten (10) year period and aligns a funding strategy to complete the identified works.</p>
<b>Resources</b>	<p>Partnerships There is a strong partnership developing between the four local sports councils (sporting groups) and Port Stephens Council through the process.</p> <p>Funding For the year ending July 2000, the value of the projects completed by Port Stephens Council relating to sport and recreation was \$8,574,387.</p>
<b>Achievements</b>	<p>The main achievements include:</p> <ul style="list-style-type: none"> <li>• The community is involved in setting future directions for sports facility development and a strong sense of ownership over the facilities.</li> <li>• The process reflects facility depreciation and ensures that funding is identified for replacement or upgrade of facilities when and if required.</li> </ul>
<b>Contact Details</b>	<p>Jason Linnane Recreation Development Co-ordinator Port Stephens Council Ph (02) 4980 0150 Email <a href="mailto:jason.linnane@portstephens.nsw.gov.au">jason.linnane@portstephens.nsw.gov.au</a></p>



**Description and Aim**

The project involves the development of a shared recreational pathway that contributes to ecological sustainability and focuses on encouraging a healthy lifestyle for the Hills community. There is a commitment to promotion and encouragement of use, and evaluating the use of the facility.

**The Process****Planning**

- Employment of Cycleway Development Co-ordinator by Council.
- Planning of the pathway in conjunction with the Roads and Traffic Authority. An emphasis was placed on achieving accessibility for the whole community, ensuring the facility contributed to ecological sustainability and undertaking appropriate consultation with the community.
- Through the Western Sydney Area Health Service a process was developed for promoting and evaluating the use of the pathway.
- The pathway is well integrated into the Council's overall Bike Plan, Green Links.

**Implementation**

- Construction of a recreational pathway.
- Cinema Advertising campaign on health, road and bike safety.
- A range of related campaigns, e.g. education program through schools, annual 'kids bike day'.

**Evaluation**

The evaluation process that will be undertaken by Council and the Western Sydney Area Health Service will focus on assessing the impact of environmental change on the behaviour and health of the community located in the cycleway catchment area.

**Resources****Partnerships**

Roads and Traffic Authority, Western Sydney Area Health Service.

**Funding**

Total cost of \$453,000 comprising \$228,000 RTA funding for construction of the pathway and \$225,000 council funding for other infrastructure such as solar powered lighting and signs.

**Other Resources**

A community volunteer committee.

**Achievements**

- The cycleway is achieving high levels of use.
- The project has been awarded a National Award by the Heart Foundation.

**Contact Details**

Karen Smith  
Cycleway Development Co-ordinator  
Baulkham Hills Council  
Ph (02) 9843 0496  
Email ksmith@bhsc.nsw.gov.au

#### 6.4.4 Funding and Resource Partnerships

There are a number of opportunities for councils to obtain funding for physical activity initiatives. To be eligible for funding, councils generally have to provide matched funding or make a significant financial or in kind contribution. Key sources of funding are summarised below and other programs and information are included in Section 8 'Resources for Increasing Physical Activity'.

Organisation	Funding Programs
NSW Sport and Recreation	Capital Assistance Funding Program: Dollar for dollar funding program to assist local councils and non-profit sporting and recreation organisations to develop local sporting and recreation facilities for the general community. Average grant \$10,000.
NSW Sport and Recreation	Regional Sports Facility Program: Dollar for dollar funding program to assist local councils and non-profit sporting and recreation organisations to develop a network of regional sporting facilities across NSW. For projects of a minimum cost of \$40,000 and a maximum cost of \$300,000.
NSW Sport and Recreation	Women in Sport and Recreation Sports Administration Scholarship: The allocation of executive development, travel and research scholarships to women working in the sport and recreation industry.
NSW Sport and Recreation	Active Kids Communities Grants Program: Funding for community organisations, schools and local councils of up to \$5,000 for programs, activities or events. Partnership approaches are required and at least one party is to be a member of one of the Active Australia networks.
Australian Sports Foundation (ASF)	Community Benefits Grant Program: Enables organisations (local councils and non-profit sporting and community organisations) to register a project and invites donations to allocate to projects. The donations to the ASF are tax deductible and grants are made available every two months to approved projects. The ASF also provides fund-raising advice, seminars and information on funding solutions.
National Heart Foundation	Local Government Awards: An annual award program which recognises local councils working with their communities to encourage healthier lifestyles. In 1999, \$10,000 was awarded to the national winner of Best Overall project and \$3,000 was awarded to each of seven national category winners.
Roads and Traffic Authority	Local Bikeplans and Bicycle Promotion: Dollar for dollar funding to local councils to develop and implement council bike plans. Small amounts of funding are provided to community groups for activities as part of Bike Week, in addition to leaflets and technical assistance.
Roads and Traffic Authority	Pedestrian Amenity: Dollar for dollar funding to enable the preparation of Pedestrian Access and Mobility Plans.

There are also opportunities for councils to obtain assistance with research and evaluation in relation to physical activity initiatives. NSW Health's Physical Activity Demonstration Project Grant Scheme encourages partnerships between Area Health Services, academic institutions and organisations involved in providing key physical activity settings, including local councils. The emphasis of the scheme is on developing knowledge on the best practices in promoting and encouraging physical activity at the state level. As indicated in the previous example concerning Baulkham Hills Council and the following example involving Parramatta Council, Area Health Services may be able to provide advice and other assistance in relation to research and evaluation.

Parramatta Council	Walk It Active Local Parks
<b>Description and Aim</b>	A research project aimed at determining the value of facilities and promotions relative to their contribution to physical activity.
<b>The Process</b>	<p>Planning</p> <ul style="list-style-type: none"> <li>• Development of the research process, including survey design and evaluation.</li> <li>• Consideration of opportunities for project works within the Council budget process.</li> </ul> <p>Implementation</p> <p>The project involved collecting and analysing data on the use of parks across the council area, including:</p> <ul style="list-style-type: none"> <li>• Assessing the use of 'control parks', ie. where there was no change to the provision and no promotion in the area.</li> <li>• Assessing the use of parks before and after improvements (e.g. the provision of pathways, signage, seating, shelters).</li> <li>• Promoting physical activity and distributing a brochure on walking tracks.</li> <li>• Comparing any change to physical activity patterns between the control parks and the improved parks.</li> <li>• Assessing the impact of various approaches to promotions.</li> </ul> <p>Evaluation</p> <ul style="list-style-type: none"> <li>• The evaluation occurred through the study and reporting, e.g. assessing the correlation between facility provision and use of areas for activities.</li> <li>• The methodology has been evaluated and there would be some changes to data collection and process in the future.</li> </ul>
<b>Resources</b>	<p>Partnerships</p> <p>Western Sydney Area Health Service (conducted research).</p> <p>Funding</p> <ul style="list-style-type: none"> <li>• Research project funded by NSW Health</li> <li>• Council funded reserve improvements through capital works and operational budgets.</li> </ul> <p>Other Resources</p> <p>Council officers involved in project planning and implementation, and production of the information brochure.</p>



**Parramatta Council (cont.)****Walk It Active Local Parks**

<b>Achievements</b>	<p>The report is still to be released. However, the expected outcome is a clearer understanding of the type of facilities that encourage use of areas for physical activity, and the type of promotion that is of greatest value.</p> <p>The project will provide a framework for additional research in Parramatta City Council and other LGA's in the future.</p>
<b>Contact Details</b>	<p>Tatjana Domazet Open Space and Recreation Officer Parramatta Council Ph (02) 9806 5134 Email tdomazet@parracity.nsw.gov.au</p>

The following examples of funding and resource partnerships are described in more detail on the following pages:

- ♦ Illawarra Heart Care Walks - a number of councils, government agencies and private sector firms have contributed to establishing defined walking areas.
- ♦ Goulburn Council raised funds for an indoor heated pool through grant funding, donations linked to the Australian Sports Foundation, and community initiatives.
- ♦ Cessnock Council worked in partnership with a number of health-related organisations and was successful in winning a Healthy Country Communities award which was used for a number of initiatives.

**Wollongong, Shellharbour  
and Kiama Councils****Illawarra Heart Care Walks**

<b>Description</b>	<p>The project involved marking distances along walking paths and sign posting the beginning and end of paths. A brochure was produced with details of all marked walking tracks in Illawarra. The program started in 1997 and is ongoing.</p>
<b>The Aim</b>	<p>The project aims to:</p> <ul style="list-style-type: none"><li>♦ Reduce the risk of cardiovascular disease in the Illawarra area through prevention and rehabilitation.</li><li>♦ Provide a public place for people to walk in comfort.</li><li>♦ Encourage greater usage of the walking paths.</li></ul>
<b>The Process</b>	<p>Planning</p> <ul style="list-style-type: none"><li>♦ A volunteer from Heart Support Australia Illawarra Branch co-ordinated the project.</li><li>♦ Applications for grants were made.</li><li>♦ Paths to be marked were designated.</li><li>♦ Necessary supplies were purchased (stencils and paint).</li></ul> <p>Implementation</p> <ul style="list-style-type: none"><li>♦ Paths were marked in 500 metre intervals with Active Australia and Heart Support logos, and signage was installed.</li></ul>

**The Process  
(cont.)**

- ♦ A brochure was developed outlining the location of paths, the walking distances and level of difficulty.

**Evaluation**

No formal evaluation has taken place. A number of phone calls have been received from the community to the councils requesting existing walks to be remarked due to damage. This suggests that people are using the walks and their markings. A number of requests for other walks to be included have also been received.

**Resources**

**Partnerships**

NSW Sport and Recreation, Heart Foundation, Heart Support Australia, Lake Illawarra Authority, Illawarra Area Health Service, Healthy Cities Illawarra, Harvey Norman Warrawong (equipment), Robertson Spring Water and Sydney Water (water supplies for the Move & Improve Challenge Course), Forte Marketing and Design (signs), Ultracolour (paint), Bayview Medical Centre and BHP Pty Ltd.

**Funding**

The main costs for the project have been for stencils and provision of paint. The project has received grants from the following organisations:

- ♦ NSW Sport and Recreation (\$1945)
- ♦ Heart Foundation (\$2000)
- ♦ Shellharbour Council (\$500 per year for maintenance of tracks)
- ♦ Kiama Council (\$200 for travel and expenses).
- ♦ Illawarra Area Health Service (\$100)

Volunteers also seek gold coin donation at events related to the walks.

**Other Resources**

- ♦ A volunteer from Heart Support Australia Illawarra branch co-ordinated the project.
- ♦ Volunteers from Heart Support Australia marked the paths.
- ♦ BHP marked the walks surrounding the steelworks.
- ♦ Wollongong Council and Kiama Council provided signs.
- ♦ Harvey Norman Warrawong provided equipment.
- ♦ Robertson Spring Water and Sydney Water provided water supplies for the Move & Improve Challenge Course).
- ♦ Forte Marketing and Design designed the signs).
- ♦ Ultracolour provided paint.

**Achievements**

The main achievements for the project include:

- ♦ 11 paths have been marked (approximately 70 kilometres) and volunteers are planning to mark 3 more.
- ♦ A brochure of paths is available to the community.
- ♦ The project has been expanded into other areas of the State.
- ♦ The walks have high usage levels.

**Contact Details**

Clare Bourne  
Development Officer  
NSW Sport and Recreation  
Ph (02) 4228 5355

Peter Edwards  
Coordinator, Illawarra Heart Care Walks  
Heart Support Australia  
Ph (02) 4275 2670



<b>Description</b>	The Goulburn Community Pool was an outdoor pool that could not be utilised all year round due to the cold climate. In 1994 residents of Goulburn decided to form a Committee, supported by the Goulburn City Council, to raise funds for an enclosed swimming pool facility.
<b>The Aim</b>	<p>The project aimed to:</p> <ul style="list-style-type: none"> <li>♦ Obtain a facility through an innovative funding program, that would otherwise not be achieved (due to limited available funds).</li> <li>♦ Involve the community in achieving the target.</li> <li>♦ Provide a valuable 'all year' recreation resource for the community.</li> <li>♦ Cater for all age groups within the community, but particularly children and the aged.</li> </ul>
<b>The Process</b>	<p><b>Planning</b></p> <p>The Committee worked with the Council to enlist the support of the local community, State and Federal Governments, and to plan a community fundraising campaign. The Committee also sought registration of the project with the Australian Sports Foundation Ltd (ASF) to provide tax deductibility for community donations. The community played a lead role in seeking and achieving the funding.</p> <p><b>Implementation</b></p> <p>Around \$1.15 million was needed to complete the project. The Council applied for State and Federal Government grants. The Pool Committee approached the community for donations and held various fundraising activities. The target amount was raised through various activities including general donations and payroll deductions (both tax deductible) through the Australian Sports Foundation; grant funding through the State and Federal Governments and community activities.</p>
<b>Resources</b>	<p><b>Partnerships</b></p> <p>Goulburn Indoor Heated Pool Committee, State and Federal Government Departments and the Australian Sports Foundation.</p> <p><b>Funding</b></p> <ul style="list-style-type: none"> <li>♦ Around \$1.2m was achieved through grant funding, the ASF and community activities (over a 4-5 year period).</li> </ul> <p><b>Other Resources</b></p> <ul style="list-style-type: none"> <li>♦ The community committee and a range of volunteers within the community.</li> </ul>
<b>Achievements</b>	<ul style="list-style-type: none"> <li>♦ The facility opened in December 1998. It provides many activities including aqua aerobics, adult squad training, learn to swim lessons for all ages and water polo and canoe polo training. School swimming carnivals are held regularly, and Royal Life Saving programs are offered.</li> <li>♦ The amenities provide access for people with a disability including a wheelchair ramp into the main pool (25 metre, 6-lane). A grandstand seats approximately 120 for school events.</li> <li>♦ Between 250 (low season) and 3,000 (high season) people access the facility on a daily basis. The facility services the needs of the community and there are future plans to incorporate a gymnasium facility.</li> </ul>



**Goulburn Council (cont.)****Goulburn Indoor Heated Pool**

<b>Contact Details</b>	Gavan McLennan	David Gustavson
	Hon Treasurer	Pool Manager
	Goulburn Indoor Heated Pool Committee	Goulburn Council
	Ph (02) 4821 6497	Ph (02) 4822 5522

**Cessnock Council****Heartbeat**

<b>Description and Aim</b>	Heartbeat is a partnership between Cessnock City Council, Coalfields Healthy Heartbeat, Cessnock Hospital and Cessnock Community Health and local dietitians. The partnership was established to organise programs and initiatives to combat heart disease.	
<b>Background</b>	A joint entry into the 1994 Healthy Country Communities competition resulted in the award of an \$8,000 prize. A committee was formed primarily to decide on the best way to use the funds. This committee also became a forum for information exchange. The committee became known as Heartbeat and consisted of representatives from the various services that had played a role in submitting the 1994 entry. A number of programs have been achieved by the committee.	
<b>Resources</b>	Partnerships NSW Health, Cessnock Hospital, Cessnock Community Health, local dieticians.	
	Funding A grant of \$8,000 was received from the Healthy Country Community Award.	
<b>Achievements</b>	The achievements of the partnership to date include: <ul style="list-style-type: none"><li>• Purchase of a Health Point for one of the local shopping centres.</li><li>• Production of a booklet outlining walking trails in the area.</li><li>• A 'Grab your Gran and Go for a Walk' poster competition for local primary schools, which targeted physical activity for people of all ages. This attracted 650 entries from nine schools and winning entries are to be placed in Community Halls.</li><li>• 'Just Walk It Heart Week Community Challenge' which involved people walking, mainly in the grounds of the two local hospitals, in order to challenge other communities to beat the combined total distance walked throughout the week. Five local schools also participated and a few groups organised their own walk. The total distance walked was 3,722 kilometers.</li></ul>	
<b>Contact Details</b>	James Marshall	Jan Halverson
	Community Development Planner Cessnock Council Ph (02) 4993 4238	Project Coordinator Samaritans Foundation Ph (02) 4991 1304

# 7 CATERING FOR SPECIFIC POPULATION GROUPS

## 7.1 Women

### 7.1.1 About this Group

In 1997-98, only 25% of Australian women aged 18 years and over participated in organised sport and physical activities, compared to 31% of Australian men.<sup>18</sup> Participation in non-organised sport and physical activities amongst women was higher at 29%, although still lower than for men at 38%.<sup>19</sup> In NSW, research has found that 58% of women aged 18 years and over were considered inadequately active, compared to 40% of men.<sup>20</sup>

Factors that result in the lower participation rate of women and girls in physical activity include:<sup>21</sup>

- ♦ Lack of time or perceived lack of time.
- ♦ Social stereotyping.
- ♦ Lack of childcare and lack of awareness of childcare options.
- ♦ Reduced leisure time owing to family responsibilities.
- ♦ Concern for personal safety.
- ♦ Lack of access to financial resources.
- ♦ Harassment.
- ♦ Lack of information about what is available.
- ♦ Lack of skills.
- ♦ Lack of culturally appropriate facilities and programs.
- ♦ Lack of confidence in approaching activities alone.
- ♦ Lack of access to appropriate, accessible, affordable and acceptable facilities and services.
- ♦ Cultural and social pressures.

Concern for personal safety is a particular issue, with women tending not to participate in activity or use particular areas and facilities if they feel unsafe. The publication 'Plan it safe. A guide for making public

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<sup>18</sup> Active Women. National Policy on Women and Girls in Sport, Recreation and Physical Activity, Australian Sports Commission, 1999.

<sup>19</sup> Ibid.

<sup>20</sup> Bauman, A., Bellew, B., Booth, M., Hahn, A., Stoker, L. & Thomas, M. NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW, National Centre for Health Promotion and NSW Health, 1996.

<sup>21</sup> op cit, Australian Sports Commission, 1999.

places safer for women' includes a range of strategies for designing environments so that they are actually safer and are perceived to be safer.<sup>22</sup>

Research carried out as part of the Concord, A Great Place to be Active Project (conducted by the Central Sydney Area Health Service Health Promotion Unit and funded by NSW Health), found that the main health reasons for women wanting to be active were for short term rather than long term health benefits. These included decreased feelings of stress, having more energy, feeling better able to cope with their busy lives, and feeling younger. It was concluded that any strategies to promote physical activity amongst women should focus on these benefits.

### **7.1.2 Opportunities for Physical Activity**

There is potential to increase physical activity opportunities for women and girls through the provision of targeted and appropriate programs and activities; the provision of services such as affordable and well managed child care as part of mainstream programs; and the provision of supportive environments, including areas that are accessible, safe and appealing.

Policies and plans have been developed at the national and state level to increase the participation of women in sport, recreation and physical activity. These are outlined below.

#### ***NSW State Plan for Women in Sport and Recreation 1999-2002, NSW Sport and Recreation***

This Plan outlines eleven guiding principles which are summarised below.

- ♦ Equity and equality – the promotion of gender equity, particularly for those women and girls with least access to political, economic and social resources.
- ♦ The environment – giving recognition to the diversity of women and girls in NSW and ensuring they are all able to participate in a safe, accessible and appropriate environment.
- ♦ School opportunities – providing a gender inclusive environment an equitable range of opportunities and learning experiences.
- ♦ Developing participation – ensuring the values, needs and aspirations of women and girls are taken into consideration.
- ♦ High performance sport – giving consideration to the needs and requirements of female athletes.
- ♦ Leadership and capacity building – increasing the numbers of administrators, coaches, officials, and decision makers at all levels.
- ♦ Education, training and development – ensuring training and education processes equitably include the role of women and girls in sport.
- ♦ Information and research – developing policies and programs to increase knowledge and understanding about women and girls and ensuring information and research is gender-inclusive and based on valid parameters.
- ♦ Domestic and international co-operation – promoting gender equity through intersectoral co-operation and sharing of examples of good practice.
- ♦ Recognition and portrayal – ensuring equity, including media coverage and positive portrayal of women.
- ♦ Health – demonstrating the physical, social, psychological and health benefits of participation.

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<sup>22</sup> Safe Women Project, 1998.

**Active Women. National Policy on Women and Girls in Sport, Recreation and Physical Activity 1999-2002, Australian Sports Commission, 1999**

This Policy identifies three guiding principles which relate to:

- ♦ Equity and equality
- ♦ Participation and well-being
- ♦ Education and information

Areas identified as requiring special attention under these guiding principles include:

- ♦ Planning, designing and managing facilities that are safe, affordable and accessible, and providing culturally appropriate environments.
- ♦ Providing a range of participation opportunities that support gender equity and eliminate any discrimination or harassment.
- ♦ Developing policies, programs and strategies that encourage women and girls to participate regularly in sport, recreation and physical activity. This includes ensuring the values, needs and aspirations of women and girls are considered; and increasing female officials, coaches and the involvement of women in decision making and leadership.
- ♦ Better understanding the values, attitudes, experiences and abilities of women through research and consultations.
- ♦ Positively promoting women's participation in sport and physical activity.

Some specific strategies for increasing physical activity amongst women that might be implemented by councils are provided below.

The Environment	Programs and Activities	Other Initiatives
<ul style="list-style-type: none"> <li>• Provide well-lit buildings, pathways and car parks linked to recreation, sport and community facilities.</li> <li>• Ensure open landscaping around buildings and pathways.</li> <li>• Link recreation, sport and community facilities to commercial and retail areas to ensure good public transport, car parking and accessibility.</li> <li>• Ensure that facilities are clean, well-maintained and promoted as being safe and having a friendly atmosphere.</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage sporting and community groups to integrate girls and women in traditionally male dominated sports.</li> <li>• Provide or facilitate the provision of programs for women or girls only.</li> <li>• Facilitate support and social networks for women.</li> <li>• Provide or facilitate the provision of free or affordable, quality child care.</li> <li>• Provide or facilitate the provision of programs that cater for women who are primary carers for children.</li> <li>• Use female coaches and instructors where possible.</li> </ul>	<ul style="list-style-type: none"> <li>• Obtain and encourage quality media coverage of women's programs and activities.</li> <li>• Encourage elite sports women or other active local women in the community to promote physical activity to girls and women, ie. promote as role models in the community and through schools.</li> <li>• Widely promote activities and programs for girls and women.</li> </ul>



### 7.1.3 Examples of Physical Activity Initiatives

The following examples of how councils can encourage participation in physical activity by women are described in more detail on the following pages:

- ♦ Research by North Sydney Council to increase understanding about the specific issues and needs relating to women and girls.
- ♦ The provision of an aqua aerobics class for people over 50 years of age by Fairfield Council.

North Sydney Council	Womensport in North Sydney
<b>Description and Aim</b>	<p>A research project to review women's sport development in the North Sydney Local Government Area aims to determine what is currently available for women and what are the future needs for women in the area. In addition, the project aims to:</p> <ul style="list-style-type: none"> <li>♦ Increase awareness in the local community of women's sport opportunities and achievements.</li> <li>♦ Promote to women of all ages the opportunities available to them in sport in the local community.</li> </ul>
<b>The Process</b>	<p>Research into the following will be conducted by questionnaire:</p> <ol style="list-style-type: none"> <li>1. Local sports providers.</li> <li>2. Sports groups located outside the North Sydney local government area that cater for the needs of the local community.</li> <li>3. Information about women's sport, ie opportunities, history, development, achievements and initiatives.</li> <li>4. Women's sport of all ages, ie. youth, adult and seniors.</li> </ol> <p>A report will be written and a community brochure produced to encourage women of all ages to continue or commence a local sporting program.</p> <p><b>Evaluation</b> The project is in implementation phase and evaluation has not yet taken place. However, evaluation sessions will be held with local sports representatives six months from the commencement of the project and enquiries to Council regarding women's sports will be monitored.</p>
<b>Resources</b>	<p>Partnerships Women's Sport Unit, NSW Sport and Recreation (provided information and advice).</p> <p>Funding North Sydney Council.</p>
<b>Achievements</b>	<p>The main achievements are expected to be:</p> <ul style="list-style-type: none"> <li>♦ The brochure outlining women's sporting opportunities in North Sydney.</li> <li>♦ Access to up-to-date information about women's sporting opportunities in the North Sydney area.</li> </ul>
<b>Contact Details</b>	<p>Katrina Oliver Recreation Officer North Sydney Council Ph (02) 9936 8192</p>

**Description and Aim**

The provision of Aqua Aerobics classes for people over 50 years of age through the Council's Fairfield and Prairiewood Leisure Centres. The aim of the program is to encourage older people, including women, to participate in physical activity and improve the health and movement of participants.

**About the Program**

- ◆ This is a council run program utilising existing facilities.
- ◆ An emphasis is placed on lower impact activity, which appears to be particularly appealing to older women. Whilst the program is for men and women, around 95% of participants are women.
- ◆ The program attracts around thirty participants, two days a week.
- ◆ A community bus collects participants.
- ◆ The Council also holds education sessions on health and nutrition approximately four times a year. These programs are provided as part of the aqua aerobics class (within the cost of the class).

**Evaluation**

Feedback is obtained on an ongoing basis through an assessment of participation numbers, customer feedback forms and one on one contact.

**Resources****Partnerships**

South Western Sydney Area Health Service (training of instructors and promoting the program).

**Funding**

Participants pay \$5 per session (including morning/afternoon tea). This was a maximum fee requirement of the initial South Western Sydney Area Health Service funding.

**Other resources**

The Leisure Centres are operated by the Council.

**Achievements**

- ◆ The program has a significant social value, contributed to by the provision of tea and biscuits after the program (included in the cost of the class).
- ◆ People now participate in other activities together, such as casual walking.
- ◆ Some participants no longer rely on walking frames or sticks.
- ◆ Feedback suggests that mobility is improved and everyday chores are more easily undertaken.

**Contact Details**

Rachelle Stark  
Fitness Co-ordinator  
Fairfield Leisure Centre  
Ph (02) 9754 2078

#### **7.1.4 Useful Publications**

*Active Women. National Policy on Women and Girls in Sport, Recreation and Physical Activity 1999-2002*, Australian Sports Commission, 1999

*Gender Equity in Health*, NSW Health, (available at [www.health.nsw.gov.au/policy/hsp/publications/gender.equity.pdf](http://www.health.nsw.gov.au/policy/hsp/publications/gender.equity.pdf))

*How to Include Women and Girls in Sport, Recreation and Physical Activity*, Australian Sports Commission, 1999

*Issues of Importance to Women in NSW*, Department for Women (available at [www.women.nsw.gov.au](http://www.women.nsw.gov.au))

*Mentoring for Women in Sport*, NSW Sport and Recreation, 2000

*Mum's the Word. Exercise during pregnancy*, NSW Sport and Recreation

*NSW State Plan for Women in Sport and Recreation 1999-2002*, NSW Sport and Recreation, 1999

*Safe Sports Facilities. Making physical activity safer and more accessible for women*, NSW Sport and Recreation, 2000

*Sexual Harassment Policy and Guidelines for the NSW Sport and Recreation Community*, NSW Sport and Recreation

*Social Justice Checklist – Policy Development and Implementation*, NSW Sport and Recreation, 1999. This checklist is also relevant to other specific population groups.

*Women's Sport and Recreation Scholarship Program. Research reports 1997-1999*, NSW Sport and Recreation, 2000

## **7.2 Middle Aged Men**

### **7.2.1 About this Group**

It is often assumed that men are well catered for in physical activity opportunities through sport and the provision of facilities such as swimming pools and sports grounds. This view is reinforced by NSW data which shows that 61% of men aged 18 years and over were considered to be adequately active compared to 42% of women.<sup>23</sup> However, this still means that a considerable proportion of men, particularly those aged 30 years or more are inadequately active. In 1996-97, the participation rate in sport for NSW men aged 45-54 years was 28% compared to 44% for men aged 15-24 years.<sup>24</sup> In addition, men represented more than half (54%) of deaths relating to coronary heart disease, colon

<sup>23</sup> Bauman, A., Bellew, B., Booth, M., Hahn, A., Stoker, L. & Thomas, M. NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW, National Centre for Health Promotion and NSW Health, 1996.

<sup>24</sup> Australian Bureau of Statistics, Participation in Sport and Physical Activities 1996-97.

cancer and diabetes in NSW in 1992 and more than one-quarter (27%) of these deaths were attributable to physical inactivity.<sup>25</sup>

The main obstacles to middle aged men participating in physical activity can include:<sup>26</sup>

- ♦ Lack of time
- ♦ Lack of motivation
- ♦ Injury
- ♦ "Not sporty"
- ♦ Need rest
- ♦ No company
- ♦ Poor health
- ♦ Lack persistence

### **7.2.2 Opportunities for Physical Activity**

There are few examples of local councils or other organisations catering specifically for middle aged men. This group has generally not been targeted, although health organisations and some local councils are beginning to recognise the value of providing support and motivation to this group with regards to physical activity.

A study of the attitudes of men over the age of 30 was undertaken as part of the Active Australia Over 30 Project and run by VICFIT in conjunction with Deakin University, with the support of the Commonwealth Department of Human Services and Health.<sup>27</sup> This study highlighted a number of opportunities for encouraging participation in physical activity amongst this group, including:

- ♦ The potential for women to influence men's attitudes to health and body image.
- ♦ The underlying desire for many men to participate in physical activity, and the potential to increase participation through promoting a more positive social context for physical activity.
- ♦ Lack of time being perceived as a major deterrent.
- ♦ The need for basic information about safe and appropriate forms of physical activity, and the need to dispel the view that vigorous activity is required for physical fitness.

There may be potential to increase physical activity amongst middle aged men through facilities and programs provided in the workplace. While evidence to support the effectiveness of workplace initiatives in Australia is not yet available,<sup>28</sup> overseas research about their effectiveness has been mixed. Research in the US has found that workplace programs generally attract only those who are already physically

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<sup>25</sup> op cit, Bauman et al.

<sup>26</sup> Active and Inactive Australians. Assessing and understanding levels of physical activity, Department of the Environment, Sport and Territories, 1995.

<sup>27</sup> cited in Bauman, A., Bellew, B., Booth, M., Hahn, A., Stoker, L. & Thomas, M. NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW, National Centre for Health Promotion and NSW Health, 1996.

<sup>28</sup> Ibid.



active and practising healthy behaviours, and that they fail to reach sedentary employees.<sup>29</sup> However, there is evidence from Canada that some employees are undertaking activities through and outside the workplace as a result of workplace programs. One such program, the Workplace Activity Living (WAL) Program, focuses on:<sup>30</sup>

- ♦ Considering the interests and needs of employees in the planning of programs and services.
- ♦ Promoting the values of active living in relation to job satisfaction and well-being of employees and the organisation.
- ♦ Encouraging leadership, including support, training and development opportunities.
- ♦ Undertaking advocacy and educational campaigns directed at decision makers.

Some specific strategies for increasing physical activity amongst middle aged men that might be implemented by councils are provided below.

The Environment	Programs and Activities	Other Initiatives
<ul style="list-style-type: none"> <li>• Develop longer distance cycle tracks to cater for lower impact physical activity.</li> <li>• Incorporate signs and information linked to footpaths and walking and cycle tracks that highlight the physical and health value of walking for all age groups.</li> </ul>	<ul style="list-style-type: none"> <li>• Facilitate programs and activities through the work place, including within local councils.</li> <li>• Encourage sporting and community groups to provide and promote activities to middle aged men.</li> <li>• Provide or facilitate the provision of non-competitive sporting opportunities.</li> <li>• Facilitate the establishment of social networks for men that incorporate physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide information on existing facilities and activity opportunities.</li> <li>• Promote the importance of health and well-being and the benefits of moderate physical activity through workplaces and families.</li> </ul>

### 7.2.3 Examples of Physical Activity Initiatives

The following examples of how councils can encourage participation in physical activity by middle aged men are described in more detail on the following pages:

- ♦ Cobar Council is involved in organising an annual triathlon as part of Australia Day.
- ♦ Tamworth Council organised a walk as part of the Pedestrian Council's annual 'Walk to Work Day'.

<sup>29</sup> Promoting Physical Activity. A Guide for Community Action, US Department of Health and Human Services Public Health Service, Centres for Disease Control and Prevention, National Centre for Chronic Disease and Health Promotion, and Division of Nutrition and Physical Activity, Human Kinetics Publishers, 1999.

<sup>30</sup> Toward Active Living. Proceedings of the International Conference on Physical Activity, Fitness and Health, H. Quinney, L. Gauvin & A. Wall (eds), Human Kinetics Publishers, 1994.

**Description and Aim**

An annual triathlon event held on Australia Day. The Triathlon is conducted throughout the day and finishes with a 'Party in the Park' in the evening. The triathlon aims to involve people of all ages in Cobar and surrounding communities in physical activity and fun.

**The Process****Planning**

- ◆ The event is co-ordinated by an Australia Day Committee including representatives from Cobar Shire Council and Cobar sporting groups.
- ◆ A promotional strategy was developed and resources sought.

**Implementation**

- ◆ The event is promoted through the local newspaper and radio and by direct mail to clubs.
- ◆ A business, house, street or family 'swimming race' is also conducted.
- ◆ Prizes for the triathlon and swimming race are presented at the 'Party in the Park' and music, food and beverages are available.

**Evaluation**

The Australia Day Committee assessed the numbers of participants through formal registrations. The number of spectators was assessed through observations and the atmosphere of the day discussed.

**Resources****Partnerships**

Local sporting groups, local community, local businesses.

**Funding**

- ◆ Participants were charged \$5 for juniors and \$15 for adults. This covered the event costs.
- ◆ \$2000 sponsorship was raised mainly in the form of prizes from local businesses.

**Other Resources**

- ◆ Council's Tourist Promotions Officer co-ordinated the project.
- ◆ Council was responsible for the public liability.
- ◆ The event is conducted with the assistance of volunteers.

**Achievements**

The achievements of the triathlon are:

- ◆ Attendance at the event in 2000 was 1,200. Cobar's population is 5,000.
- ◆ 140 people participated in the triathlon.
- ◆ People travelled up to 300 kilometres to attend.
- ◆ 50% of participants were men aged 30 – 50 years.

**Contact Details**

John Martin  
Tourist Promotions Officer  
Cobar Council  
Ph (02) 6836 1452

<b>Description</b>	A group walk activity involving a single meeting place, a scheduled walk over a specific route, followed by a sponsored breakfast of health foods. The activity was organised to coincide with the Pedestrian Council's 'Walk to Work Day' promotion.
<b>The Aim</b>	Walk to Work Day was an activity designed to encourage people to be active and enjoy themselves when they would normally be driving to work. The target group was employees in the Tamworth Central Business District who normally do not take the time to walk a large distance to or from work or for recreation purposes.
<b>The Process</b>	<p>Planning</p> <ul style="list-style-type: none"> <li>♦ The activity was planned to coincide with 'Walk to Work Day' promoted by the Pedestrian Council.</li> <li>♦ A sponsored breakfast was organised.</li> <li>♦ Invitations were faxed to local businesses and Government agencies in Tamworth's Central Business District.</li> </ul> <p>Implementation</p> <ul style="list-style-type: none"> <li>♦ The breakfast food was prepared and served by people on 'work for the dole'.</li> <li>♦ Attendance was monitored by a raffle ticket given to each person at the beginning of the walk and handed in to receive breakfast.</li> </ul> <p>Evaluation</p> <p>The co-ordinator assessed the project in terms of attendance, resource usage and participant feedback.</p>
<b>Resources</b>	<p>Partnerships</p> <p>New England Area Health Service, Joblink Plus, NSW Sport and Recreation, local businesses.</p> <p>Funding</p> <ul style="list-style-type: none"> <li>♦ Tamworth City Council provided \$100.</li> <li>♦ An entrance fee of \$1 per person was charged and this entitled them to breakfast.</li> </ul> <p>Other Resources</p> <ul style="list-style-type: none"> <li>♦ A staff member from Tamworth City Council co-ordinated the project.</li> <li>♦ The breakfast was sponsored by Dairy Farmers, Sanitarium and the local fruit shop.</li> <li>♦ 'Work for the dole' program participants prepared and served breakfast.</li> </ul>
<b>Achievements</b>	<p>The main achievements were:</p> <ul style="list-style-type: none"> <li>♦ 85 people participated in the walk.</li> <li>♦ Participant feedback on the day was positive and indicated a willingness to be involved again.</li> <li>♦ The budget of \$100 was fully recovered through participant fees and sponsorship.</li> <li>♦ A large number of business premises in the Central Business District entered a number of their employees to take part in the walk.</li> <li>♦ This activity is now scheduled to be an annual event.</li> </ul>
<b>Contact Details</b>	<p>Rebecca Jane Thies  Business &amp; Support Services Officer  Tamworth Council  Ph (02) 6755 4479</p>



## **7.3 Parents and Carers of Young Children**

### **7.3.1 About this Group**

Research has found that parents with two or more children under the age of 5 are 1.5 times more likely to be sedentary than people with no children in this age group.<sup>31</sup> Particular issues facing parents with young children in relation to participating in physical activity are:

- ♦ Need for children to be cared for while they participate in physical activity.
- ♦ Cost of child care.
- ♦ Difficulty in arranging child care and choosing times that fit with the 'routines' of their children.
- ♦ Time required to care for young children and the difficulty in finding time for activities that benefit themselves.
- ♦ Justification of paying for personal activities if finances are tight, with the added cost of children.
- ♦ Lack of facilities and services that support family activity.

### **7.3.2 Opportunities for Physical Activity**

It has been suggested that those caring for children may benefit from strategies that make physical activity opportunities more convenient and compatible with the demands of daily living, including the provision of community facilities that provide adequate childcare.<sup>32</sup> NSW Sport and Recreation has developed childcare guidelines for sport, recreation and fitness organisations.<sup>33</sup>

Parents and carers of young children may be more likely to participate in physical activity as part of their children participating in such physical activity as walking and cycling. Consequently, strategies which encourage children to participate in physical activity may lead to their parents and carers becoming more physically active. The NSW Play Alliance, in conjunction with the NSW Department of Urban Affairs and Planning, has produced a publication which aims to assist councils address the needs of children in relation to planning for roads, public spaces, shopping centres, housing developments and parks.<sup>34</sup> This publication was distributed to all councils in August 1999.

The provision of supportive environments in general, such as sufficient open spaces, pathways that are accessible to prams and children's bikes, and the provision of quality amenities, enables parents to enjoy activities with their children and be more physically active as a family.

Some specific strategies for increasing physical activity amongst parents and carers of children that might be implemented by councils are provided below.

<sup>31</sup> Bauman, A., Bellew, B., Booth, M., Hahn, A., Stoker, L. & Thomas, M. NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW, National Centre for Health Promotion and NSW Health, 1996.

<sup>32</sup> Ibid.

<sup>33</sup> Child care guidelines for sport, recreation and fitness organisations, NSW Sport and Recreation, 1994.

<sup>34</sup> Child-friendly Environments, NSW Department of Urban Affairs and Planning and the NSW Play Alliance, 1999.

### The Environment

- Develop informal recreation areas that incorporate 'family oriented' facilities such as:
  - Grassed areas
  - Walking and cycle tracks
  - Picnic facilities (e.g. seating/ tables, BBQ's)
  - Trees and shade
  - larger fenced playgrounds or play equipment safely located
  - toilet and change facilities
- Establish a network of pathways and walking and cycle tracks that link areas of open space and facilities, and provide access to a range of settings, e.g. natural and open areas.
- Ensure safe road crossings to recreation and community areas, such as foreshores, parks, recreation and sport facilities, commercial centres.

### Programs and Activities

- Establish programs and activities that include children, such as walking groups where children in prams are part of the activity.
- Hold family oriented events and festivals that encourage physical activity, e.g. organised games with parent involvement.

### Other Initiatives

- Provide affordable, quality childcare linked to recreation and sport facilities and programs.
- Provide information to young parents on physical activity opportunities.
- Promote activity opportunities through family health centres and other family-related facilities.

### 7.3.3 Examples of Physical Activity Initiatives

The following examples of how councils can encourage participation in physical activity by parents and carers of young children are described in more detail on the following pages:

- ♦ Manly, Warringah and Pittwater Councils have been involved in the Strollers © Pramwalking Program for new parents which aims to address issues relating to post natal depression.
- ♦ Warren Council has been involved in the provision of childcare as part of aerobics classes.

**Description  
and Aim**

The Strollers© program involved organised pram walking groups held in a variety of locations in the Northern Beaches area for new mothers. The program aimed to increase the well-being and physical activity levels of new mothers.

**The Process**

**Planning**

The main planning steps were as follows:

- ♦ Walking paths were determined.
- ♦ Exercise protocols were developed.
- ♦ Pre-activity questionnaires were devised.
- ♦ Timetables were distributed to all Early Childhood Health Centres in the local area.

**Implementation**

- ♦ Information kits were distributed including a video, overhead projection set, pamphlets and flyer templates to Recreation Officers, Early Childhood Centres and Area Health Promotional Units. The kit included information outlining how to plan and implement formal and informal groups.
- ♦ The program was promoted in newspaper articles, flyers and advertisements.
- ♦ Walks were led by the Project Officer with the expectation that other agencies or mothers would take on this role.
- ♦ New walking routes are continuously devised and media liaison and promotion maintained.

**Evaluation**

The program was evaluated through participant questionnaires. Some of the findings were:

- ♦ 86% of participants believed pram walking helped them to feel positive about their body image.
- ♦ 91% would like to continue pram walking.

The reasons given for participation in the program included:

- ♦ Exercise benefits ("At least I'm trying to do something").
- ♦ Social aspects ("good way of meeting friends").
- ♦ No cost. The majority of participants were low income or welfare recipients.
- ♦ Being outdoors ("chance to get out of the house" "freedom").
- ♦ The chance for mother and baby to be together.

**Resources**

**Partnerships**

Australian Catholic University, Early Childhood Health Centres, Health Promotion Unit

**Funding**

'Strollers©' was part of the New Mothers Project and funded with a grant of \$55,000 from the NSW Department for Women in 1999. This grant enabled the employment of a Project Officer and development of the kits.

**Other Resources**

- ♦ Australian Catholic University co-ordinated the program.
- ♦ NSW Department for Women distributed information kits for the program.



**Manly, Warringah and  
Pittwater Councils (cont.)**

**Strollers© Pramwalking**

- Achievements** The key achievements of the project include
- 'Strollers'© provides a source of physical activity for mothers of young children and the benefits are physical and mental.
  - NSW Sport and Recreation and NSW Health are planning to implement a similar program in western Sydney.
  - The Australian Catholic University recommends 'Strollers' © be offered to mothers in each local government area of NSW as a means of improving this group's access to physical activity.

**Contact Details** Dr Janet Currie  
Faculty of Health Sciences  
Australian Catholic University  
Ph (02) 9739 2309  
A book and video, 'Stroll Your Way To Well-Being', are available.

**Warren Council**

**Aerobics and Child Care Project**

**Description and Aim** Aerobics classes with child care and a safe playing environment for children. Target groups include rural women and women with children. The aim of the program is to increase the participation of women in moderate to high intensity levels of physical activity.

- The Process**
- Planning
- The main emphasis of the program has been to provide child care to encourage more women with children to participate in physical exercise.
  - An application for funding was made to NSW Sport and Recreation.
  - Equipment was purchased, including television, video, indoor/outdoor child gym, bikes, toys.
- Implementation
- The aerobics class with child care is held twice a week, with around 15 participants.
  - Participants pay \$4 for the activity and \$1 for child care.
  - Advertising is mainly through word of mouth, with advertisements in the local paper every 3-4 weeks. At the commencement of the program, flyers were distributed.
- Evaluation
- Evaluation is mainly through assessment of participation numbers and personal contact.
  - Lack of motivation in the area is generally an issue, and the centre is looking at ways to encourage more disadvantaged people to participate.

**Resources**

Partnerships  
NSW Sport and Recreation.

## Funding

- ♦ The council subsidises the operation of the centre.
- ♦ NSW Sport and Recreation provided \$5,000 in grant funding.

## Other Resources

The council provides the centre and staff time.

**Achievements**

- ♦ Mothers now make up half of all those attending aerobics classes in Warren.
- ♦ The childcare facility is well used with between 4 and 10 children attending each session.
- ♦ Some participants have advised that the class provides the only quality time they have without children.
- ♦ A number of participants are from isolated areas.

**Contact Details**

Tanya Lefebvre  
Warren Sporting and Cultural Centre  
Ph (02) 6847 3713

**7.3.4 Useful Publications**

*Child care guidelines for sport, recreation and fitness organisations*, NSW Sport and Recreation, 2000

*Child-friendly Environments*, NSW Department of Urban Affairs and Planning and the NSW Play Alliance, 1999

*Getting Australia Active: Best practice for the promotion of physical activity*, Commonwealth Department of Health and Aged Care (expected to be available in early 2001 from Population Health Division publications, phone 1800 020 103, email [phd.publications@health.gov.au](mailto:phd.publications@health.gov.au))

**7.4 Older Adults****7.4.1 About this Group**

The proportion of older people in NSW is growing rapidly. In 1996, 14% of women and 11% of men were aged 65 and over. By 2021, the proportion of the population in this age group is projected to increase to 19% for women and 16% for men.<sup>35</sup> While research has found that 56% of people aged 60-69 years in

<sup>35</sup> Healthy Ageing and Physical Activity, NSW Health, 1999.

NSW are adequately active (which is similar to 18-29 year olds at 57%), this dropped to 44% for those aged 70 years or more.<sup>36</sup>

Particular issues faced by older people in relation to participating in physical activity include:

- ♦ Susceptibility to injury and disability, particularly from falls, which may limit their physical ability to participate in certain activities. This may also reduce their self-confidence
- ♦ Living alone and/or reduced mobility may limit access to social networks and opportunities such networks may provide for participating in group activities.
- ♦ Cost of some activities because many older people have limited disposable income, particularly those on fixed incomes such as pensions
- ♦ Reliance on public transport to gain access to facilities.
- ♦ Fear of crime which may reduce their willingness to participate in activities outside their home.

Research indicates that older people may be more likely to be motivated to participate in physical activity if there is a focus on contributing to the community and maintaining a sense of purpose in life rather than prescribing activity for aerobic or strength benefit.<sup>37</sup>

Research also indicates that there are gender differences in relation to the participation of older people in physical activity. Women prefer exercising with someone else or walking in organised groups.<sup>38</sup> While older men are more likely to be motivated to participate in physical activity for health reasons, older women are more likely to be motivated by opportunities it provides for social interaction and improving their appearance.<sup>39</sup> This means that different strategies may be needed to encourage both older men and older women to participate in physical activity.

#### **7.4.2 Opportunities for Physical Activity**

Given that older adults generally have more time to pursue physical activity than other age groups, there is considerable potential to increase physical activity amongst this group and those aged 70 years and over should be particularly targeted. Also, an emphasis on health and well-being with younger age groups should ensure 'active' habits as people get older (see Section 7.5 'Young People').

Walking is one activity that most people are able to participate in. Walking does not generally require other forms of transport, it is low cost, and the pace can be varied to suit the capability of the individual. Research has found that older people walk more than other age groups. Nearly half (44%) of 60-69 year olds and 42% of those aged 70 years or more had walked six times or more over the two week period prior to the survey. This compares with 39% of all those aged 18 years or more.

In terms of the environment, older adults require well-designed and landscaped areas that are safe, accessible and convenient. In regard to activities and programs, many older adults prefer those which are guided, where they receive advice, support and companionship. For frail and very old participants adequate supervision is essential in order to prevent injury.

<sup>36</sup> Bauman, A., Bellew, B., Booth, M., Hahn, A., Stoker, L. & Thomas, M. NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW, National Centre for Health Promotion and NSW Health, 1996.

<sup>37</sup> Brown, W., Fuller, B., Lee, C., Cockburn, J. & Adamson, L. "Never Too Late: Older people's perceptions of physical activity", Health Promotion Journal of Australia, Vol.9, No.1, 1999, pp 55-63

<sup>38</sup> *ibid*

<sup>39</sup> Dishman, R. Advances in Exercise Adherence, Human Kinetics, Champaign IL, 1994

Research indicates that older people participate in a wide range of organised and individual activities, including:<sup>40</sup>

- ♦ Club, team or group activities such as golf, bowls, line dancing.
- ♦ Activities which require infrastructure support such as swimming pools and tennis courts.
- ♦ Individual activities such as fishing and walking which are particularly popular in coastal areas. Walking includes walking the dog, and to get to or from places or simply for pleasure.
- ♦ Organised walking in groups such as in shopping malls, as part of cardiac rehabilitation programs, or with programs such as 'Just Walk It' or 'Walking for Pleasure'.
- ♦ Playing with grandchildren.

Some specific strategies for increasing physical activity amongst older people that might be implemented by councils are provided below.

The Environment	Programs and Activities	Other Initiatives
<ul style="list-style-type: none"> <li>• Provide walking paths that are accessible to the frail aged and people in wheelchairs, including seating and shade along the path and links to areas of interest, e.g. views, other community activities, natural bush settings.</li> <li>• Establish and maintain bush tracks that are easy grade and accessible.</li> <li>• Provide level and wide pathways and cycleways that are well-lit and provide seating and shade.</li> <li>• Provide safe pedestrian crossings.</li> <li>• Provide graded kerbs so that footpaths are accessible.</li> </ul>	<ul style="list-style-type: none"> <li>• In conjunction with the health and medical professions, establish social and exercise programs for older adults that gradually increase the levels of physical activity.</li> <li>• Provide or facilitate the provision of more gentle exercise programs, such as yoga and aqua aerobic classes.</li> <li>• Establish more walking programs where older adults or other members of the community co-ordinate and manage the activity, using existing programs such as 'Just Walk It' or 'Walking for Pleasure'.</li> <li>• Establish more volunteer programs involving older adults, such as garden management groups and bush regeneration.</li> <li>• Provide or facilitate the provision of low cost programs and activities e.g. discounted or free passes to council and commercial facilities.</li> <li>• Ensure that appropriate supervision is provided.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide or support community bus services which provide transport for older people to facilities and activities.</li> <li>• Conduct research into the factors affecting older people's participation in physical activity and involve them in developing strategies to increase their participation.</li> <li>• Promote physical activity, including providing information about opportunities, through aged/community services sections of the council.</li> <li>• Identify and encourage older people who are leaders to act as positive and realistic role models.</li> </ul>

<sup>40</sup> op cit, Brown et al





- Incorporate physical activity into community events such as 'older person' or 'heritage'

### 7.4.3 Examples of Physical Activity Initiatives

The following examples of how councils can encourage participation in physical activity by older people are described in more detail on the following pages:

- ♦ Coffs Harbour Council incorporated physical activity into its Senior Citizens Week.
- ♦ Cowra Council modified its public swimming pool to allow aquatherapy classes to be conducted.

Coffs Harbour Council		Senior Citizens Week 2000 "Seniors Have a Go in Triple O"
<b>Description</b>	A range of events over one week including a Market Day and a Physical Activities and Picnic Day.	
<b>The Aim</b>	<ul style="list-style-type: none"> <li>♦ To promote positive images of active senior participation and encourage senior citizens to engage in regular physical activity.</li> <li>♦ To provide seniors with information enabling them to be more informed and lead more independent lives.</li> </ul>	
<b>The Process</b>	<p><b>Planning</b></p> <ul style="list-style-type: none"> <li>♦ The events were planned and co-ordinated by the Seniors Week Committee which was made up of senior citizens who work in partnership with the wider community.</li> <li>♦ The theme for Senior Week 2000 was 'The New Age'. This signifies a time for reflection on the past but also a new beginning and a chance to have a go and try new and different experiences. With this in mind the committee developed the slogan 'Seniors have a go in Triple O' which was displayed in the advertising of these events.</li> </ul> <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>♦ A market day was held in the city centre mall involving entertainment and displays of physical activity by seniors (e.g. line dancing, tap dancing, bowls, table tennis, tai chi). Exhibitions were provided by local seniors clubs and groups.</li> <li>♦ The final event of the week was a seniors day at the Coffs Harbour Botanical Gardens. The day involved seniors participating in a variety of physical activities to suit all levels of fitness and mobility (walking, dancing, quoits, thong throw, tai chi, egg and spoon race, stretching, croquet, carpet bowls and skittles). These activities were followed by a picnic lunch, entertainment and a seniors awards ceremony.</li> </ul> <p><b>Evaluation</b></p> <ul style="list-style-type: none"> <li>♦ A 'round table' discussion involving the committee, council staff and all major contributors.</li> </ul>	



**Resources**

**Partnerships**

Coffs Harbour Senior Citizens Week Committee; Coffs Harbour Neighbourhood Centre; Toormina Neighbourhood House; various local seniors groups, community organisations and local businesses; Ageing and Disability Department; 'Physical Activity for Mental Health' Project Worker- Primary Health

**Funding**

- ♦ \$350 was obtained as seed funding from the Ageing and Disability Department.
- ♦ Council contributed funds as part of an overall budget for Seniors Week.

**Other resources:**

- ♦ The council contributed the staff time of its Community Development Officer.
- ♦ The committee involving key groups and the community were a key resource in the planning, implementation and evaluation.
- ♦ There was a range of volunteers in the implementation, e.g. clubs and activity operators demonstrating activities and doing catering.

**Achievements**

- ♦ A range of events and activities, providing opportunities for older people to participate in physical activity.
- ♦ A change in attitude towards physical activity by older people.
- ♦ An active community of older adults, in relation to the planning of future events and activities.
- ♦ Ongoing networking opportunities.

**Contact Details**

Kathy Abell  
Community Development Officer  
Coffs Harbour Council  
Ph (02) 6648 4850

**Cowra Council**

**Aquatherapy**

**Description and Aim**

An ongoing gentle exercise program for older adults and people with a disability developed and implemented with the contribution of a number of community organisations. The aim was to encourage people in these groups to be physically active by providing a supportive environment.

**The Process**

**Planning**

- ♦ The project was co-ordinated by a Community Health Nurse.
- ♦ The Cowra Hospital physiotherapist developed the format for the classes.

**Implementation**

- ♦ The Cowra Hospital physiotherapist conducts the classes.
- ♦ Nurses from Cowra Hospital and Community Health, and volunteers assist in the water.
- ♦ Council's Pool Manager also provides hands on assistance.
- ♦ Council installed a chairlift and recently the pool has been heated.

Cowra Council (cont.)	Aquatherapy
<b>The Process (cont.)</b>	<ul style="list-style-type: none"> <li>Classes run three days per week in the summer months.</li> <li>Classes are provided free of charge. The participants pay for pool admission only.</li> </ul> <p>Evaluation The program is evaluated by attendance records and feedback from the Physiotherapist and participants.</p>
<b>Resources</b>	<p>Partnerships Cowra Hospital, Cowra Community Health</p> <p>Funding</p> <ul style="list-style-type: none"> <li>Council provided funds to install a chairlift.</li> <li>All the funds for heating the pool were raised by the 'Heat the Pool' Committee.</li> </ul> <p>Other Resources</p> <ul style="list-style-type: none"> <li>Cowra Hospital provided the physiotherapist and nurses to conduct the program.</li> <li>Community Health provided nurses and co-ordinated the program.</li> </ul>
<b>Achievements</b>	<p>The main achievements for the program are:</p> <ul style="list-style-type: none"> <li>The group averages 80 participants per week during summer, which is a notable attendance for this rural community.</li> <li>A working relationship has been established between Council, the swimming pool staff and health workers in establishing a valuable community program.</li> <li>Participants have advised there are social benefits and a strong sense of community has developed around the exercise program.</li> <li>The Physiotherapist has advised there are positive attitudinal changes and some participants have reduced or alleviated the need for medicines.</li> <li>The program received a Heart Foundation Award in 1998.</li> <li>Council intends to enclose the pool so that it is available all year round.</li> </ul>
<b>Contact Details</b>	<p>Alan Lindsay Environmental Planning Manager Cowra Council Ph (02) 6340 2045</p>

#### 7.4.4 Useful Publications

*Advances in Exercise Adherence*, R. Dishman, Human Kinetics, Champaign IL, 1994

*Getting Australia Active: Best practice for the promotion of physical activity*, Commonwealth Department of Health and Aged Care (expected to be available in early 2001 from Population Health Division publications, phone 1800 020 103, email [phd.publications@health.gov.au](mailto:phd.publications@health.gov.au))

*Healthy Ageing and Physical Activity*, NSW Health, 1999

*Never Too Late: Older people's perceptions of physical activity*, W. Brown, B. Fuller, C. Lee, J. Cockburn & L. Adamson, Health Promotion Journal of Australia, Vol.9, No.1, 1999, pp 55-63

*Social Justice Checklist – Policy Development and Implementation*, NSW Sport and Recreation, 1999.

## 7.5 Young People

### 7.5.1 About this Group

In general, young people are more active than older age groups, with a larger proportion of young people participating in sport and physical activity. Research has found that that 57% of people aged 18-29 years in NSW participate in adequate physical activity compared to 51% of the total NSW population aged 18 years and over.<sup>41</sup>

However, research has also found that while 60% of 5-14 year olds in NSW participate in organised sport and physical activities, this drops to 42% for 15-24 year olds.<sup>42</sup> Young women have been identified as being more likely than young men to stop participating in sport and physical activity. A number of factors affect young people's participation in physical activity, including:

- ♦ Lack of time due to study, family and/or work commitments.
- ♦ Lack of activities and facilities which are appropriate for and of interest to young people, for example, a lack of non-competitive activities.
- ♦ Lack of information about existing physical activity opportunities.
- ♦ Lack of access to transport which is low cost, safe and reliable.
- ♦ Cost of some activities.
- ♦ Concerns about personal safety.
- ♦ Peer pressure.
- ♦ Lack of support from family.

Other factors can affect the participation of particular groups of young people in physical activity, including:

- ♦ Racial discrimination against young Aboriginal people and young people from non-English speaking backgrounds.
- ♦ Lack of access to affordable, quality childcare for young parents.
- ♦ Lack of activities and facilities for young people living in rural and remote areas.
- ♦ Societal expectations about the participation of young women in physical activity.
- ♦ Lack of physical access to facilities for young people with disabilities.

In addition to the health benefits of physical activity, there are significant social benefits to young people participating in recreation or sporting activities. Such activities provide young people with opportunities to socialise with each other. Young people's participation in recreation and sporting activities can also have broader social and economic benefits. For example, there is evidence to suggest that the involvement of

<sup>41</sup> Bauman, A., Bellew, B., Booth, M., Hahn, A., Stoker, L. & Thomas, M. NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW, National Centre for Health Promotion and NSW Health, 1996.

<sup>42</sup> Participation in Sport and Physical Activities 1996-97, Australian Bureau of Statistics, 1997.



some young people in crime, such as graffiti and vandalism, and drug taking may be prevented by participation in physical activity.<sup>43</sup>

### **7.5.2 Opportunities for Physical Activity**

While many young people participate in organised sport, many prefer informal activities with minimal adult supervision. Young people, and particularly young men, often seek challenging and higher risk activities. They often prefer group activities because of the opportunities to socialise, and it makes them feel safer. While young people like to have their own space, they also like to feel part of the community through activities being provided for them in conjunction with activities for other groups.

The Department of Urban Affairs and Planning has produced urban design guidelines which take into account the needs of young people.<sup>44</sup> Many of the guidelines are relevant to providing opportunities for young people to participate in physical activity:

- ♦ Ensure good access to facilities, including public transport and walking and cycling paths.
- ♦ Integrate the provision of youth facilities within the wider community.
- ♦ Cater for a range of uses and diverse activities.
- ♦ Improve the perception of safety in public places.
- ♦ Provide venues for public entertainment and opportunities for public communication.
- ♦ Ensure available public spaces for young people.
- ♦ Ensure potential conflict-generating activities (e.g. skateboarding) are physically separated from other uses, but visible.
- ♦ Provide accessible services.

Some specific strategies for increasing physical activity amongst young people that might be implemented by councils are provided below.

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<sup>43</sup> Cameron, M. & MacDougall, C. "Crime Prevention Through Sport and Physical Activity", Trends and Issues in Crime and Criminal Justice, No.165, Australian Institute of Criminology, September 2000.

<sup>44</sup> Urban Design Guidelines with Young People in Mind, Department of Urban Affairs and Planning, 1999.

### **The Environment**

- Establish youth facilities (e.g. skate and rollerblade facilities) in higher profile open space or commercial areas.
- Involve young people in the planning and design of youth facilities.

### **Programs and Activities**

- Encourage sporting and recreation clubs to provide programs during school holidays or linked to schools. Council involvement could include the provision of facilities at no or low cost, promotion and/or grant funding.
- Provide or facilitate the provision of programs specifically for young women e.g. 'girls only' rollerblade areas or times for 'girls only' use. These should emphasise co-operation rather than competition.
- Involve young people in the planning and implementation of programs and activities.
- Provide or facilitate the provision of low cost programs and activities e.g. discounted or free passes to council and commercial facilities.
- Incorporate physical activity as part of Youth Week.

### **Other Initiatives**

- Establish transport links to facilities and areas that appeal to young people, including public transport and safe walking pathways and cycle networks.
- Provide or facilitate the provision of transport which is low cost, reliable and safe.
- Provide information about activities and facilities through schools, youth centres and other youth networks.
- Provide or facilitate the provision of affordable, quality child care for young parents.

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### **7.5.3 Examples of Physical Activity Initiatives**

The following examples of how councils can encourage participation in physical activity by young people are described in more detail on the following pages:

- ♦ Warringah Council runs a surf school to provide young men and women with board riding skills.
- ♦ Richmond Valley Council involved young people in planning for a skate facility.



<b>Description and Aim</b>	Warringah Council Surf School programs are conducted between September and April each year. The program aims to provide practical skills in surf board riding, targeting young men and women, with an emphasis on surf safety. The program attracts people from beyond the council area.
<b>The Process</b>	<p>Planning</p> <ul style="list-style-type: none"> <li>♦ Planning for the Surf School involves budgeting, booking venues, recruiting and inducting suitably qualified staff, ensuring all statutory obligations are observed (e.g. holding a waterways licence), ordering equipment, developing and distributing brochures, generating publicity through advertising/press releases and taking enrolments.</li> </ul> <p>Implementation</p> <ul style="list-style-type: none"> <li>♦ Surf School instructors are responsible for developing daily lesson plans to suit the skills of participants and the prevailing surf conditions.</li> <li>♦ Contingency plans must be in place in the event of unsatisfactory surf and an emergency plan is a vital feature of the program's risk management.</li> <li>♦ Instructors are also required to keep a detailed log of daily operations and report any hazards, accidents or incidents to Council.</li> </ul> <p>Evaluation</p> <p>All Surf School programs are evaluated by participants and instructors through the use of an evaluation form tailored to the type of program on offer. Informal feedback from parents is also valuable. Improvements are made based on the feedback within the bounds of resources.</p>
<b>Resources</b>	<p>Partnerships</p> <p>Internal partnership between council's Leisure Services and Lifeguard Service.</p> <p>Funding</p> <p>The surf school is self-funded, ie programs are run on a break-even basis with users covering the cost of their participation.</p> <p>Other resources</p> <p>Staff time of the Recreation Development Co-ordinator.</p>
<b>Achievements</b>	<p>The main achievements for the programs are as follows:</p> <ul style="list-style-type: none"> <li>♦ About 150 young people and 75 adults participate in the surf school per season.</li> <li>♦ Improved awareness of surf safety among participants.</li> <li>♦ Provision of opportunities for ongoing participation in surf board riding as demonstrated by return visits.</li> </ul>
<b>Contact Details</b>	<p>Alison Gibb  Recreation Development Co-ordinator  Warringah Council  Ph (02) 9942 2520  Email GibbA@warringah.nsw.gov.au</p>

**Description  
and Aim**

The planning and development of a skate park for young people that included a high level of involvement by them. Further development of the site is planned to provide a youth recreation area. The aim of the project is to provide an activity and social focus for young people.

**The Process****Planning**

- ♦ A Youth Skate Advisory Committee was formed. The numbers fluctuated with 10-30 young people, of which around 50% of the core members were young women.
- ♦ Site assessments were undertaken involving the Youth Skate Advisory Committee. 4-5 sites were assessed and ranked by a sub-committee using a set of criteria. The Committee was involved in deciding the final site (a high profile beach frontage site).
- ♦ The Council placed an emphasis on ensuring the young people experienced and took some responsibility for the planning, design and development stages.
- ♦ A Skate Management Plan was developed.
- ♦ A map was prepared showing access routes and 'no go' zones.
- ♦ The Youth Skate Advisory Committee prepared a 'Code of Conduct' for the Skate Park.

**Implementation**

- ♦ There was extensive community consultation throughout the planning and development, ie. with young people, local residents and other interested people, resulting in a high level of support.
- ♦ The opening of the facility was held during Youth Week. It was called Rock and Skate Day and included skate competitions, demonstration skaters, specific skating activities for juniors and young women and live music.

**Evaluation**

- ♦ Ongoing assessment of the number of users and the behaviour of young people in the town.
- ♦ Continued involvement and feedback from young people involved in the Youth Skate Advisory Committee.

**Resources****Partnerships**

Mid Richmond Neighbourhood Centre, local businesses and young people.

**Funding**

A budget of \$38,000 was allocated by the Council.

**Other Resources**

- ♦ The Mid Richmond Neighbourhood Centre Youth Worker played a lead role in liaising with young people and contributing to the project.
- ♦ The Youth Skate Advisory Committee provided time and contributed to tasks on a voluntary basis.
- ♦ Local businesses contributed through letters of support and food e.g. supplies for sausage sizzle to feed the volunteer workers.



**Achievements**

- The high level of involvement in all stages of planning and implementation by young people has resulted in a strong sense of ownership and empowerment.
- The facility has contributed to addressing crime and youth issues. There has been no vandalism, graffiti or rubbish at the site, which was previously a problem in the town.
- Opportunities for positive recreation activities have been provided for young people in a town where crime and youth suicide was a problem.
- Young people have learnt about the process of planning for and achieving a community facility, and the need for community commitment.
- Increased communication and integration between young people and older adults. Older adults are keen to watch the skaters and appreciate skating as a fun, healthy, active sport.
- Over 500 young people attended the open day.
- The Council considers the skate park to be the first stage of a youth facility. The second stage planned by the Council includes an extension of the skate facility, street lighting/ floodlights, shelters, bike racks, bollards, paving surfaces, drinking fountain and youth notice board.
- The Skate Park and Youth Recreation Area has formalised an area that young people previously visited.

**Contact Details**

John Lynch  
Town Planner  
Richmond Valley Council  
Ph (02) 6662 2066

Gina Silverstone  
Outreach Youth Worker  
Mid Richmond Neighbourhood Centre  
Ph (02) 6682 4100

**7.5.4 Useful Publications**

*Bikes, Bands & Strategic Plans. Including young people in the business of local government*, Local Government Association of Queensland, 1997

*Child-friendly Environments*, NSW Department of Urban Affairs and Planning and the NSW Play Alliance, 1999

*Social Justice Checklist – Policy Development and Implementation*, NSW Sport and Recreation, 1999.

*Urban Design Guidelines with Young People in Mind*, Department of Urban Affairs and Planning, 1999

*Youth Studies Australia*, journal produced by the Australian Clearinghouse for Youth Studies (information about how to subscribe can be obtained at [www.acys.utas.edu.au](http://www.acys.utas.edu.au))

## 7.6 Indigenous People

### 7.6.1 About this Group

Research has found that 48% of Aboriginal and Torres Strait Islander people aged 18 years and over in NSW were adequately active. This compares with 51% of non-Indigenous people. Indigenous people were about as likely as non-Indigenous people to have been sedentary (13% of Indigenous people compared to 12% of non-Indigenous people). Compared with non-Indigenous people, after allowing for age and gender differences, Indigenous people were found to be:

- ♦ 35% less likely to have reported any participation in vigorous intensity physical activity
- ♦ 28% less likely to have reported any participation in moderate intensity physical activity<sup>45</sup>

Mortality and morbidity in the Indigenous community from diseases associated with inactivity such as heart disease, diabetes and cancers are generally higher than those of the non-Indigenous community.<sup>46</sup>

There has been little research into the factors affecting the participation of Indigenous people in physical activity. However, some issues are likely to be:

- ♦ Racial discrimination.<sup>47</sup>
- ♦ Because many Indigenous people live in rural and remote areas, they are likely to face many of the obstacles faced by people who live in such areas generally. This includes a limited range of activities and facilities compared to those usually available in urban areas (see Section 7.8 'People Living in Rural and Remote Areas' for other obstacles).
- ♦ Because Indigenous people tend to have lower education and employment levels than non-Indigenous people, they are likely to face many of the obstacles faced by socially disadvantaged people. This includes being unable to afford to participate in some activities and a lack of transport to access facilities (see Section 7.10 'Socially Disadvantaged People' for other obstacles).

### 7.6.2 Opportunities for Physical Activity

Walking is one activity that a relatively large proportion of Indigenous people participate in. Research has found that more than two-thirds (69%) of Aboriginal and Torres Strait Islander people walked at least once for at least 10 minutes continuously in the two weeks prior to the survey. This was similar to the proportion of non-Aboriginal people (68%).<sup>48</sup>

It is becoming increasingly accepted that any program that is not initiated by Aboriginal people, or that does not specifically address the needs and support the values that Aboriginal people consider

<sup>45</sup> Bauman, A., Bellew, B., Booth, M., Hahn, A., Stoker, L. & Thomas, M. NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW, National Centre for Health Promotion and NSW Health, 1996.

<sup>46</sup> Physical Activity Guidelines for Australians. Scientific Background Report, A report by the University of Western Australia and the Centre for Health Promotion and Research for the Commonwealth Department of Health and Aged Care, December 1999.

<sup>47</sup> Shaping Up: A review of Commonwealth involvement in sport and recreation. A report to the Federal Government, 1999.

<sup>48</sup> op cit, Bauman et al.

important, is unlikely in the long term to maintain their involvement, or result in any change. The success of Aboriginal sports carnivals, for example, their positive impact on offending behaviour at least in the short term, has been attributed to Aboriginal people having control over their planning and running.<sup>49</sup> Such festivals also have the potential to increase participation in physical activity amongst Aboriginal people.

NSW Sport and Recreation plays a lead role in facilitating the provision of opportunities for Indigenous people to participate in physical activity through an Aboriginal Development Officer, Aboriginal Project Officer and a number of regional Aboriginal Sports Development Officers.

Councils are well-placed to take a leadership role in addressing racial discrimination in their communities through promoting more positive relationships between Indigenous and non-Indigenous communities. Many councils are taking this role and have implemented a number of initiatives including:

- ♦ Adopting the Aboriginal Mentoring Program to encourage Aboriginal people to stand at local government elections.
- ♦ Establishing Aboriginal Advisory or Consultative Committees to provide advice to councils on issues affecting Aboriginal people and to enable Aboriginal communities to raise issues of concern with the council.
- ♦ Employing an Aboriginal Liaison Officer.
- ♦ Flying the Aboriginal flag at council offices.
- ♦ Participating in Reconciliation committees and activities.

Some specific strategies for increasing physical activity amongst Indigenous people that might be implemented by councils are provided below. Other opportunities and specific strategies that might be considered are included in Section 7.8 'People Living in Rural and Remote Areas' and Section 7.10 'Socially Disadvantaged People'.

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<sup>49</sup> Cameron, M. & MacDougall, C. "Crime Prevention Through Sport and Physical Activity", Trends and Issues in Crime and Criminal Justice, No.165, Australian Institute of Criminology, September 2000.



The Environment	Programs and Activities	Other Initiatives
<ul style="list-style-type: none"> <li>• Involve Indigenous people in the planning and design of facilities to ensure they meet their needs.</li> <li>• Establish footpaths and walking and cycle tracks that provide safe access to commercial areas and facilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Involve Indigenous people in the planning and implementation of programs and activities.</li> <li>• Provide or facilitate the provision of low cost programs and activities.</li> <li>• Support Aboriginal sports carnivals and other events through contributing financial or in kind resources.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide information about physical activity opportunities through Aboriginal networks e.g. council's Aboriginal Liaison Officer.</li> <li>• Provide cultural awareness and customer service training for council staff.</li> <li>• Encourage Indigenous leaders and prominent sportspeople to act as positive role models.</li> <li>• Obtain advice from NSW Sport and Recreation regional Aboriginal Sports Development Officer.</li> <li>• Promote more positive relationships between Indigenous and non-Indigenous communities.</li> </ul>

### 7.6.3 Examples of Physical Activity Initiatives

In preparing this document, very few examples of how councils can encourage participation in physical activity by Indigenous people were identified. The examples described in more detail on the following pages relate to:

- ♦ the development of an Aboriginal Social Plan by a number of councils, government agencies and Aboriginal organisations in the Northern Sydney Region which aims to achieve reconciliation
- ♦ camps run by Aboriginal women for Aboriginal women which incorporate a number of physical activities.

<b>The Councils</b>	Councils in the Northern Sydney Region - Manly, Mosman, Ryde, Ku-ring-gai, Warringah, Willoughby, Pittwater, Lane Cove, North Sydney, Hornsby, Hunters Hill
<b>Description and Aim</b>	11 local councils and a number of state government departments and agencies have joined together to develop a Northern Sydney Aboriginal Plan. This plan aims to provide a foundation for Aboriginal and non-Aboriginal Australians to work together towards the vision of the Council for Aboriginal Reconciliation which was endorsed by the NSW Parliament in 1996, ie. "A united Australia which respects this land of ours; values the ATSI heritage; and provides justice and equity for all."
<b>The Process</b>	<p>The Aboriginal Working Group meets monthly to develop the Northern Sydney Aboriginal Plan. The issues that Aboriginal and Torres Strait Islanders have identified as being essential to the reconciliation process include cultural, intellectual and cultural heritage rights; appropriate service delivery; human resource policies; governance; land tenure; and land and other natural resource management. The plan seeks to accomplish the following:</p> <ul style="list-style-type: none"> <li>• Reflect the relationship between community/cultural development activities and the attainment of community support for this strategy.</li> <li>• Integrate an expression of this commitment into every appropriate aspect of the region's operations and services.</li> <li>• Identify the cultural, social, administrative and policy changes needed to advance the reconciliation process throughout the region.</li> </ul>
<b>Resources</b>	<p><b>Partnerships</b> Department of Education and Training, Department of Health and Family Services, NSW Sport and Recreation, Harbour to Hawkesbury Australians for Native Title and Reconciliation (ANTAR), Manly Neighbourhood Centre, Metropolitan Local Aboriginal Lands Council, Northern Sydney Health Service.</p> <p><b>Funding</b> A number of agencies have contributed funds for the employment of a part-time Aboriginal Project Officer for 12 months to establish links with Aboriginal residents and groups and work on the plan.</p>
<b>Achievements</b>	The expected achievements will be diverse in line with the aims of the Plan. There would be potential to draw on 'physical activity' initiatives to achieve the desired outcomes, particularly relating to the cultural, health and social objectives.
<b>Contact Details</b>	<p>Sue Small Manager Community Development Willoughby Council Ph (02) 9777 7971</p>

<b>Description</b>	Biyani camps are run by Aboriginal women for Aboriginal women. The emphasis of the camps is on affirming Aboriginal cultural values and the vital role women have in retaining and passing on cultural knowledge.
<b>The Aim</b>	<p>The aims of the camp are:</p> <ul style="list-style-type: none"> <li>• Strengthen and enhance the personal, family and community resources of young Aboriginal women and their mother/carers.</li> <li>• Affirm Aboriginal cultural and spiritual values.</li> <li>• Strengthen Aboriginal community networks across South Western Sydney.</li> <li>• Improve Aboriginal women's mental and emotional well-being.</li> <li>• Build on Aboriginal women's skills and knowledge about preventative health practices.</li> <li>• Broaden the concept of health provision to include traditional and alternative health practices.</li> <li>• Develop Aboriginal women's capacity to act as community resource people around women's health issues.</li> </ul>
<b>The Process</b>	<p><b>Planning</b></p> <p>The Biyani Committee is made up of Aboriginal workers plus community representatives from the area. The committee commences planning for a camp 5 months before the date and has at least one meeting per week over the two months leading up to the date.</p> <p><b>Implementation</b></p> <p>Activities include traditional dancing, bushwalks, belly dancing, yoga, gentle exercise, well women's clinic, and self defence. A range of other cultural, spiritual, personal, emotional and social activities are also provided. The camps are free and free buses are provided to transport participants to the venue. Childcare is provided for children aged 0-5 years.</p> <p><b>Evaluation</b></p> <p>Participants are asked to comment on all aspects of the program, and one month after the program, 10 – 20 participants are asked to come to an evaluation meeting to find out if the camp has made any impact on their lives. Presenters are sent a written evaluation to complete. The organising committee evaluates the processes used.</p>
<b>Resources</b>	<p><b>Partnerships</b></p> <p>South Western Sydney Area Health Service, Urimbirra Aboriginal &amp; Torres Strait Islander Corporation, Tharawal Aboriginal Corporation, Western Sydney Area Health Service, community members, Liverpool Women's Health Centre, Women's Legal Resource Centre</p>
<b>Achievements</b>	<p>The main achievements are:</p> <ul style="list-style-type: none"> <li>• A unique way for Aboriginal women to learn about well-being and health.</li> <li>• An understanding and promotion of Aboriginal women's ceremonies.</li> <li>• The camps are a healing place where women have 'time out' and some help to sort out problems of identity around what is contemporary Aboriginal family and community.</li> </ul>
<b>Contact Details</b>	<p>Robyn Field  Health Promotions Officer  South Western Sydney Area Health Service  Ph (02) 9205 4217</p>



#### **7.6.4 Useful Publications**

*Getting Australia Active: Best practice for the promotion of physical activity*, Commonwealth Department of Health and Aged Care (expected to be available in early 2001 from Population Health Division publications, phone 1800 020 103, email phd.publications@health.gov.au)

*Social Justice Checklist – Policy Development and Implementation*, NSW Sport and Recreation, 1999.

### **7.7 People from Culturally and Linguistically Diverse Backgrounds**

#### **7.7.1 About this Group**

NSW is one of the most culturally diverse societies in the world. Currently more than 41% of the NSW population was either born overseas, or had one or both parents born overseas. Of these, 25% of people were born in non-English speaking countries or had one parent born in non-English speaking countries. It is important to recognise, as with other specific population groups, that there are differences within this group, including within a particular ethnic group as well as between different ethnic groups.

Research has found that people from non-English speaking backgrounds are one of the least active groups with 59% reported as inadequately active. This compares to 49% of the total NSW population aged 18 years and over. Compared with people from English speaking backgrounds, after allowing for age and gender differences, people from non-English speaking backgrounds were found to be:

- ♦ 39% less likely to have reported any participation in moderate intensity physical activity
- ♦ 32% less likely to have reported any participation in vigorous intensity physical activity<sup>50</sup>

The main obstacles for people from culturally and linguistically diverse backgrounds in relation to participation in physical activity can include:

- ♦ Programs and services which are culturally inappropriate, particularly for women.
- ♦ Information about facilities and services not being available in languages other than English.
- ♦ Some groups have higher than average rates of unemployment and are on lower incomes which affects their ability to pay for activities.
- ♦ Concerns about personal safety.
- ♦ Racial discrimination.

#### **7.7.2 Opportunities for Physical Activity**

Whilst research has found overall participation in physical activity to be low amongst people from non-English speaking backgrounds compared to people from English speaking backgrounds, there is little difference between the two groups in relation to walking. About two-thirds (66%) of people from non-English speaking backgrounds reported walking at least once for at least 10 minutes continuously in the

<sup>50</sup> Bauman, A., Bellew, B., Booth, M., Hahn, A., Stoker, L. & Thomas, M. NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW, National Centre for Health Promotion and NSW Health, 1996.

two weeks prior to the survey compared to 68% of people from English speaking backgrounds.<sup>51</sup> Participation rates in sport and other physical activities show a shift away from so-called traditional sports to activities predominant in particular ethnic communities such as soccer, martial arts and tai chi.<sup>52</sup> This indicates the need to provide facilities that cater for a wider range of activities than was catered for previously. While it is important to provide opportunities for people from culturally and linguistically diverse backgrounds to participate in mainstream programs, it is also important to recognise that many people want to socialise and undertake activities with people who speak the same language. Consequently, there may be a need to provide ethno-specific programs and activities.

As with Indigenous people, councils are well-placed to take a leadership role in addressing racial discrimination in their communities. Many councils are taking this role and have implemented a number of initiatives including:

- ♦ Employing ethnic workers.
- ♦ Providing information about council services in a number of community languages.
- ♦ Supporting Migrant Resource Centres and other community-based ethnic organisations.
- ♦ Organising or participating in ethnic festivals and events e.g. Migrant Information Day, Carnivale.

Some specific strategies for increasing physical activity amongst people from culturally and linguistically diverse backgrounds that might be implemented by councils are provided below.

The Environment	Programs and Activities	Other Initiatives
<ul style="list-style-type: none"> <li>• Develop walking tracks that incorporate signage and information in key languages or with universally accepted symbols.</li> <li>• Develop facilities to cater for sports that appeal to different cultural groups.</li> <li>• Involve people from culturally and linguistically diverse backgrounds in the planning and design of community facilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide or facilitate the provision of programs for specific groups, such as learn to swim programs for Islamic women during 'women only' pool sessions.</li> <li>• Involve people from culturally and linguistically diverse backgrounds in the planning and implementation of programs and activities.</li> <li>• Support the inclusion of physical activity as part of community cultural events.</li> <li>• Encourage other groups working with people from culturally and linguistically diverse backgrounds to include physical activity in their programs where appropriate.</li> </ul>	<ul style="list-style-type: none"> <li>• Conduct research into the factors affecting the participation of people from culturally and linguistically diverse in physical activity and involve them in developing strategies to increase their participation.</li> <li>• Provide cultural awareness and customer service training for council staff.</li> <li>• Promote physical activity, including providing information about opportunities, through ethnic workers/community services sections of the council.</li> <li>• Promote physical activity through community-based ethnic organisations.</li> <li>• Provide information about physical activity opportunities in appropriate community languages.</li> </ul>

<sup>51</sup> Ibid.

<sup>52</sup> Social Justice Checklist, NSW Sport and Recreation.



### 7.7.3 Examples of Physical Activity Initiatives

The following examples of how councils can encourage participation in physical activity by people from culturally and linguistically diverse backgrounds are described in more detail on the following pages:

- ♦ Campbelltown Council has been involved in an exercise program for Arabic women.
- ♦ Canterbury Council has been involved in a walking program for older people from non-English speaking backgrounds.

Marrickville Council's involvement in a project to encourage people from culturally and linguistically diverse backgrounds to utilise pocket parks and walking tracks is described in Section 6.4 'Integrated Approaches to Physical Activity'.

Campbelltown Council	Arabic Women's Exercise Program
<b>Description</b>	A one hour exercise program in a non-threatening and women only environment for Arabic women who have not previously participated in physical activity because of social isolation, lack of transport, non-availability of a congenial, supportive and culturally appropriate environment.
<b>The Aim</b>	<p>The program aims to:</p> <ul style="list-style-type: none"> <li>♦ Create an environment for Arabic women which encourages positive attitudes towards physical activity, the development of social interactive skills, and a safe and happy atmosphere.</li> <li>♦ Reduce the incidence of falls injury and ill health by increasing access to exercise programs.</li> <li>♦ Improve community awareness.</li> <li>♦ Encourage people to make the most of their abilities.</li> </ul>
<b>The Process</b>	<p>Lack of physical exercise was identified as a major risk in a needs assessment/falls injury prevention consultation conducted in 4 non-English speaking background groups. The exercise program was developed in response to this.</p> <p>Implementation</p> <ul style="list-style-type: none"> <li>♦ The classes are run in an area which men can not enter into whilst the women are exercising.</li> <li>♦ Classes are conducted once a week for 10 weeks with a presentation and function during the final week.</li> <li>♦ Child care is available at a small additional fee.</li> </ul> <p>Evaluation</p> <p>At the beginning of the program a fitness test was carried out on the women along with a participant survey (in Arabic). This looked at attitudes towards physical activity as well as the number of injuries attained over a period of time through falls. This process will be repeated every 10 weeks to ascertain any changes.</p>
<b>Resources</b>	<p>Partnerships</p> <p>Ethnic Health Promotion Officer, Macarthur Health Services; Arabic Community Worker, Macarthur Migrant Resource Centre; Program Manager, Falls Injury Prevention, South Western Sydney Area Health Service.</p>

**Campbelltown Council (cont.)****Arabic Women's Exercise Program**

- Achievements** The main achievements are:
- There has been an increase in participation levels by the current attendees, including the need for additional classes.
  - Laotian and Afghanistani Women's classes are now beginning.

**Contact Details** Jenny Crawford  
Programs/Promotion Supervisor  
Campbelltown Council  
Ph (02) 4645 8899

**Canterbury Council****The Carrington Troopers**

**Description** A weekly walking group of approximately 30 older people from non-English speaking backgrounds.

**The Aim** To promote physical activity for older people from non-English speaking backgrounds.

**The Process** The project has involved the following activities:

- The council promoted the activity and provided the meeting place.
- The Campsie Chinese Seniors was the core group that provided walking leaders and enthusiasm.
- The *Just Walk It* program provided ideas for encouraging walkers and presented certificates after completion of 10 walks.
- The Health Promotion Unit provided training for the leaders.
- The Fitness Leader from SHARE attended the first three meetings to establish a routine of warm up exercises, ensure an appropriate route was chosen and support the new leaders.

**Evaluation**

- Participant numbers have been monitored and informal evaluation undertaken.

**Resources** Partnerships  
Canterbury Community Health, Central Sydney Area Health Service, SHARE Learn for Life (Self Help Association through Responsibility and Enrichment), Heart Foundation.

**Funding**

The Council and Community Health provided the resources required.

- Achievements**
- New members arrived each week for the first 10 weeks.
  - The group is an example of a multicultural activity in the area.
  - Approximately 30 older people walk each week.

**Contact Details** Lyn Frankovich  
Community Worker Aged Services  
Canterbury Council  
Ph (02) 9789 9459

#### **7.7.4 Useful Publications**

*Getting Australia Active: Best practice for the promotion of physical activity*, Commonwealth Department of Health and Aged Care (expected to be available in early 2001 from Population Health Division publications, phone 1800 020 103, email phd.publications@health.gov.au)

*Social Justice Checklist – Policy Development and Implementation*, NSW Sport and Recreation, 1999.

### **7.8 People Living in Rural and Remote Areas**

#### **7.8.1 About this Group**

Research has found that there are regional variations in people's participation in physical activity in NSW.<sup>53</sup> Taking into account differences between areas in terms of age, gender, level of education and country of birth, the following rural Area Health Service areas were found to be above the state average in terms of participation in an adequate level of physical activity ie. people living in these areas were more likely to participate adequately:

- ♦ Northern Rivers and Mid North Coast (20% more likely)
- ♦ Southern (13% more likely)
- ♦ New England (6% more likely)

The following rural Area Health Service areas were found to be below the state average in terms of participation in an adequate level of physical activity ie. people living in these areas were less likely to participate adequately:

- ♦ Far West and Macquarie (14% less likely)
- ♦ Mid Western (5% less likely)
- ♦ Greater Murray (1% less likely)

Research concerning the likelihood of being sedentary shows a slightly different picture. Overall, rural residents were significantly more likely to have reported being sedentary than their urban counterparts (15% and 12% respectively). Those living in the following rural Area Health Service areas were found to be more likely to be sedentary:

- ♦ Mid Western (44% more likely)
- ♦ Far West and Macquarie (39% more likely)
- ♦ New England (22% more likely)
- ♦ Greater Murray (20% more likely)

Those living in the following rural Area Health Service areas were found to be less likely to be sedentary:

- ♦ Northern Rivers and Mid North Coast (5% less likely)
- ♦ Southern (1% less likely)

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<sup>53</sup> Bauman, A., Bellew, B., Booth, M., Hahn, A., Stoker, L. & Thomas, M. NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW, National Centre for Health Promotion and NSW Health, 1996.



Obstacles to participating in physical activity faced by people living in rural and remote areas can include:

- ♦ Limited range of activities and facilities compared to those usually available in urban areas.
- ♦ Distances that need to be travelled to access facilities which adds to the time and cost of participating in physical activity and often requires access to own transport.
- ♦ Some areas have higher than average rates of unemployment and lower levels of income which affects people's ability to pay for activities.

## 7.8.2 Opportunities for Physical Activity

There is some evidence to suggest that people living in inland areas of NSW are less physically active than those living in coastal areas.<sup>54</sup> Those living in inland areas were found to be:

- ♦ more likely to be sedentary
- ♦ less likely to have done any walking in the two weeks prior to the survey
- ♦ less likely to have engaged in any vigorous activity
- ♦ less likely to have engaged in 5 or more sessions of 30 minutes of physical activity per week

This suggests that environmental factors are important in participation in physical activity, particularly the appeal of water-based activities. While rural and remote areas cannot hope to duplicate the physical environment of a coastal area, some features could be incorporated, such as an appealing lake setting with opportunities for boating, swimming and picnics; or in more arid areas, the provision of a swimming pool in an attractive setting which includes picnic facilities.

Some specific strategies for increasing physical activity amongst people living in rural and remote areas that might be implemented by councils are provided below.

The Environment	Programs and Activities	Other Initiatives
<ul style="list-style-type: none"> <li>• Establish informal recreation areas as a meeting place and activity focus for the local community, including features such as gardens, native vegetation, picnic areas, water features, walking and cycle pathways.</li> <li>• Strategically locate aquatic and sports facilities to cater for clusters of towns.</li> <li>• Integrate recreation and sport facilities with schools and community centres to maximise their use.</li> <li>• Develop transport routes between towns, such as cycle and horse riding tracks.</li> </ul>	<ul style="list-style-type: none"> <li>• Incorporate additional opportunities for physical activity into existing council sport and recreation programs and activities.</li> <li>• Encourage the inclusion of physical activity into community events.</li> <li>• Encourage sporting and recreation clubs to implement strategies to attract groups who are less active, including women and Aboriginal people. Incentives might include use of council facilities at a discounted rate or an awards scheme.</li> </ul>	<ul style="list-style-type: none"> <li>• Establish 'shuttle' services to sporting and recreation activities and facilities in other towns. This could include facilitating a 'buddy' system, where the community provides the transport resource.</li> <li>• Sponsor or obtain sponsorship for people to attend events and activities (e.g. camps) in other areas.</li> <li>• Provide information about and promote opportunities for physical activity, including through schools, sporting clubs, churches and RSL clubs.</li> </ul>

<sup>54</sup> Ibid.

### 7.8.3 Examples of Physical Activity Initiatives

The following examples of how councils can encourage participation in physical activity by people living in rural and remote areas are described in more detail on the following pages:

- ♦ Wellington Council, in partnership with the Roads and Traffic Authority, developed a cycleway which included consultation with children and other potential users.
- ♦ Broken Hill Council co-ordinated ballroom dancing workshops and a dance weekend.

Wellington Council	The Wellington Cycleway
<b>Description and Aim</b>	<p>Wellington was chosen by the RTA to showcase the opportunities that a bicycle path could bring to a small rural community with limited funding. In addition, it aimed to:</p> <ul style="list-style-type: none"> <li>♦ Create a network that supports safe and enjoyable cycling.</li> <li>♦ Encourage regular, moderate physical activity.</li> </ul>
<b>The Process</b>	<p><b>Planning</b></p> <p>The main planning steps were as follows:</p> <ul style="list-style-type: none"> <li>♦ A consultant was hired to develop the bike plan.</li> <li>♦ Wellington Council established a community representative group to assist in the planning.</li> <li>♦ A series of steering committee meetings were held throughout the development of the plan. The committee comprised of all community stakeholders including schools, bicycle groups, businesses, representatives from Council and the RTA.</li> <li>♦ Needs were assessed through 'saddle' surveys to determine practical locations of paths and by consulting with community groups to determine which nodes in the community would be important to link together.</li> <li>♦ The planning stage took approximately six months.</li> </ul> <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>♦ The Wellington Bicycle Plan was launched at the end of January 1996.</li> <li>♦ The project was expected to take up to three years to complete.</li> <li>♦ The plan consists of a network of 'on-road' cycle lanes linking popular public destinations such as sporting fields, schools, the CBD, residential areas and Wellington Caves.</li> <li>♦ The network forms an integral part of movement patterns within the town.</li> <li>♦ The network is still under construction.</li> </ul>
<b>Resources</b>	<p><b>Partnerships</b></p> <p>RTA and wider community.</p> <p><b>Funding</b></p> <ul style="list-style-type: none"> <li>♦ RTA will contribute \$196,000.</li> <li>♦ Council will contribute \$78,000.</li> </ul>
<b>Achievements</b>	<p>Although the project is still being developed, the achievements are expected to be:</p> <ul style="list-style-type: none"> <li>♦ Development of a bicycle network.</li> <li>♦ Increased use of bicycles as a transport mode and the associated health benefits.</li> <li>♦ More positive relationship between the council and its community.</li> </ul>



**Wellington Council (cont.)****The Wellington Cycleway**

**Contact Details** Syd Craythorn  
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Wellington Council  
Ph (02) 6845 2099

**Broken Hill Council****"Back to Palais" Dance Weekend****Description**

The Council has been a partner with business and community groups in promoting social dancing in Broken Hill over a twelve month period. The Back to the Palais Dance Weekend is planned as an opportunity for war veterans and their families to participate and gain self-fulfilment through a physical and social activity. Monthly dances and tuition classes will continue to be offered following the dance.

**Background**

Historically, the Broken Hill Trades Hall, Palais Dance Hall and the South Alma Institute were the venues for balls and weekly social dancing. In the 1960's the registered clubs and the Entertainment Centre became the venues due to superior facilities and financial subsidies. Today, the participation in balls and dances is less attractive to older people. Factors such as the inappropriate music, financial impediments and a lack of dignity have reduced participation. However, the introduction of a monthly dance with an appropriate music format has resulted in a resurgence of interest in ballroom and social dancing.

**The Aim**

The aims of the 'Back to Palais' Dance Weekend are:

- ♦ Hold the dance at the restored Trades Hall.
- ♦ Provide a series of exhibitions to promote the dance.
- ♦ Secure a permanent low cost venue for monthly dances.
- ♦ Provide tuition (as 'sample' activities) from local instructors.
- ♦ Provide static displays of preventative health information and a memorabilia display.

**The Process****Planning**

The main steps in planning included:

- ♦ Developing lead up 'sampler' activities and dance tutoring workshops. Workshops were held September to November 1999 and February to April 2000 prior to the Dance Weekend in May 2000.
- ♦ Hire of Trades Hall.
- ♦ Organisation of community transport.
- ♦ Developing promotional leaflets, posters and media campaign.
- ♦ Hire of dance band.
- ♦ Organising miscellaneous items e.g. decorations, lighting, PA system.

**Implementation**

- ♦ A series of sample activities conducted by community dance groups took place at community venues and meetings of the War Veterans Hostel, Pensioners Association, aged hostels and shopping centres to stimulate interest.

**The Process (cont.)**

- A media awareness campaign using community announcements highlighted the physical and social benefits of dancing and presented realistic role models.
- Local dance instructors were encouraged to offer classes with the adult education provider.
- The hall was decorated with a Palais Dance era theme.

**Evaluation**

A High School student is undertaking the evaluation of the dance as a Culture and Society Project. This includes talking to participants during the night, recording numbers attending, monitoring the media campaign and collecting evaluation forms from the planning committee members and sporting groups.

**Resources****Partnerships**

Department of Veterans Affairs, Rotary Club, RSL Sub Branch, Pensioners Association, Old Time Dance Group, Army Reserve, National Serviceman's Association, Returned Servicewomen, Legacy, Community Health Centre and Trades Hall Trust.

**Funding**

Department of Veteran Affairs provided a grant of \$1,900.

**Other Resources**

In kind contributions and their value were as follows:

- Trades Hall donation (\$300)
- Private dance provider (\$300)
- Old Time dance group (\$100)
- Business sponsor (\$600)
- Council staff co-ordinated the dance weekend and the ballroom dancing workshops in 1999.

**Achievements**

The establishment of an ongoing dance activity and the improved self esteem and well-being of the participants, which will contribute to a more positive attitude within Broken Hill.

**Contact Details**

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Broken Hill Council  
Ph. (08) 8087 8903

## 7.9 People with Disabilities

### 7.9.1 About this Group

In NSW, nearly one and a quarter million people (1,223,928 or 19% of the total population) report having a disability.<sup>55</sup> As there are different types of disabilities, it is important to recognise that people's needs will vary depending on the nature of their disability. Even within disability types, the needs of individuals will vary.

<sup>55</sup> Population by Age and Sex – NSW, Australian Bureau of Statistics, Catalogue No.3235.1, 1998.

There has been little research into physical activity levels amongst people with disabilities. However, it has been suggested that they are less likely than people without disabilities to engage in regular moderate physical activity.<sup>56</sup>

The obstacles to participating in physical activity faced by people with disabilities will vary depending on the nature of their disability and the extent to which they are affected by it. However, obstacles can relate to:

- ♦ Access. Some examples of how access affects different disability groups are:
  - wheelchair users e.g. access can be improved by the absence of steps; gentle slopes; wide, self-opening doors; parking with room to unload a wheelchair; toilets that are large enough to accommodate wheelchairs
  - people with severe vision impairment e.g. access can be improved by good lighting; signs with large print or symbols; warnings of hazards; and information provided in audio or large print
  - people who are blind e.g. access can be improved by information being available in a variety of formats (e.g. Braille, on computer disk, on audio tape); and pathways that are free of hazards, like low tree branches
  - people who have an intellectual disability e.g. access can be improved by information being provided in simple language and visual forms, such as pictures and cartoons; and the use of symbols on signs
  - people with a psychiatric disability or mental health disorder e.g. access can be improved by positive community attitudes and behaviour
  - people who are deaf or have a severe hearing impairment e.g. access can be improved by information being available in visual forms and through telephone access via telephone typewriters (TTYs)
- ♦ Cost. People with disabilities are much more likely than many other groups to be unemployed and/or on low incomes. They often have high costs associated with health care and specialised equipment. Consequently, they can have limited disposable income.
- ♦ Negative community attitudes. This includes perceived difficulties in adapting activities, feelings by able-bodied people that adapted activities will not be as enjoyable for them, and perceptions that people with disabilities are too much trouble to cater for and others may not feel comfortable around them.
- ♦ Lack of support from family and friends.
- ♦ People with disabilities who are women, Indigenous or from culturally and linguistically diverse communities have been identified as being particularly disadvantaged in relation to accessing services.<sup>57</sup>

There is also a need to cater for the carers of people with a disability, who may experience difficulty in accessing physical activity due to issues such as lack of time and lack of respite care.

The legislative and policy framework which operates in NSW in relation to people with disabilities includes the following components:

- ♦ Commonwealth Disability Discrimination Act 1992 - local councils are bound by the legislative requirements of this Act which makes it unlawful to discriminate against people with disabilities in a number of areas, including "access to premises, clubs and sport".

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<sup>56</sup> Bauman, A., Bellew, B., Booth, M., Hahn, A., Stoker, L. & Thomas, M. NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW, National Centre for Health Promotion and NSW Health, 1996.

<sup>57</sup> NSW Government Disability Policy Framework, Ageing and Disability Department and NSW Health, 1998.



- ♦ Building Code of Australia – local councils are required to comply with the Code.
- ♦ NSW Disability Services Act 1993 requires State Government agencies to develop Disability Action Plans – local councils are not currently covered by this Act.
- ♦ NSW Government Disability Policy Framework – sets out the NSW Government's Policy and Guidelines for the development of Disability Action Plans by State Government agencies as required by the Disability Services Act. Under the Framework Councils are encouraged to develop Disability Action Plans. The Framework includes information to specifically assist councils with this. Council Plans can be lodged with the Human Rights and Equal Opportunity Commission and may assist councils in defending any claim against them for discriminating against a person with a disability.
- ♦ NSW Anti-Discrimination Act 1997 – this has similar provisions to the Commonwealth Disability Discrimination Act

### **7.9.2 Opportunities for Physical Activity**

A national policy on recreation for people with a disability sets out a number of recommendations, including the following:<sup>58</sup>

- ♦ The provision of additional funds for the specific purpose of assisting existing community based recreation/leisure agencies to welcome and support people with a disability.
- ♦ Educating and up-grading the attitudes and skills of recreation personnel, so that they may provide adequate and appropriate service response to people with a disability.
- ♦ The distribution of relevant information about recreation/leisure services and opportunities to people with disabilities, especially those persons who may reside within institutional settings.
- ♦ Carrying out community based access audits on areas such as accessible design, public transport, and community (especially service) attitudes.
- ♦ The review and adjustment of recreation service costs, so that people with a disability, who are on a low income can participate in a dignified manner.
- ♦ Providing the opportunity for people with disabilities to participate fully in all areas of decision making relevant to their particular recreation/leisure option.

A US Surgeon General's report made the following recommendations concerning increasing the participation of people with disabilities in physical activity:<sup>59</sup>

- ♦ Provision of community-based programs to meet the needs of persons with disabilities.
- ♦ Ensuring that policy and environmental actions to create environments and facilities conducive to physical activity take account of the needs of persons with disabilities, for example by ensuring safe, accessible and attractive trails for wheelchair activities.
- ♦ Involvement of persons with disabilities at the early stages of planning community programs to promote physical activity.
- ♦ Provision of quality, preferably daily, physical education for children and young people with disabilities.
- ♦ Routine counselling by general practitioners of patients with disabilities to incorporate physical activity into their lives.

<sup>58</sup> Recreation and Leisure are Serious Business! NICAN National Policy on Recreation for People with a Disability, Canberra, 1999.

<sup>59</sup> op cit, cited in Bauman et al.

Some specific strategies for increasing physical activity amongst people with disabilities that might be implemented by councils are provided below.

The Environment	Programs and Activities	Other Initiatives
<ul style="list-style-type: none"> <li>• Establish accessible, safe and appealing public places for people with a disability, including: <ul style="list-style-type: none"> <li>- pathways that comply with gradient and design requirements for people who use wheelchairs or walking aid</li> <li>- toilets and amenities for people who use a wheelchair or walking aid</li> <li>- appropriate signage for people with a hearing impairment</li> <li>- provision of sound devices for people with a vision impairment</li> </ul> </li> <li>• Conduct an access audit of existing facilities and address any barriers identified. This might include: <ul style="list-style-type: none"> <li>- hearing loops and low counters at ticket booths</li> <li>- appropriate seating e.g. to allow for wheelchairs</li> <li>- signs and announcements providing information</li> <li>- accessible toilets and parking areas</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Involve people with disabilities and their carers or advocates in the planning and implementation of programs and activities.</li> <li>• Encourage sporting and recreation groups to cater for people with disabilities e.g. through providing funding or establishing an awards scheme.</li> <li>• Provide or facilitate the provision of specific programs and activities for people with disabilities.</li> <li>• Provide or facilitate the provision of programs and activities for carers of people with disabilities, including respite care for the people they are caring for.</li> <li>• Provide or facilitate the provision of low cost programs and activities e.g. discounted or free passes to council and commercial facilities.</li> <li>• Ensure adequate supervision is provided, where appropriate.</li> </ul>	<ul style="list-style-type: none"> <li>• Conduct research into factors affecting the participation of people with disabilities and their carers in physical activity and involve them in developing strategies to increase their participation.</li> <li>• Provide training in disability awareness and customer service for council staff.</li> <li>• Develop and implement a Disability Action Plan.</li> <li>• Provide or facilitate the provision of appropriate transport to enable people with disabilities to access facilities.</li> <li>• Promote physical activity, including providing information about opportunities, through disability services/community services sections of the council.</li> <li>• Promote physical activity through community-based disability organisations.</li> <li>• Provide information about physical activity opportunities in a variety of formats e.g. email/website, audio tape, simple language, large print</li> </ul>

### 7.9.3 Examples of Physical Activity Initiatives

The following examples of how councils can encourage participation in physical activity by people with disabilities are described in more detail on the following pages:

- ♦ Ku-ring-gai Council has developed a Disability Action Plan which is based on a whole of council approach to improving the quality of life of people with disabilities, including access to physical activity opportunities.
- ♦ Albury Council provided a 'come and try' program for school children with a physical disability in the lead up to the Sydney 2000 Paralympic Games.



**Description  
and Aim**

The council has placed a major emphasis on providing for people with a disability and in particular supporting physical activity through a range of initiatives. The overall aim is to ensure equity in the provision of opportunities.

**The Initiatives**

**Action Plan**

- Development and annual review and update of the council's Disability Action Plan.
- The plan requires a whole of council commitment to addressing disability issues, and developing an awareness of opportunities.
- Staff across the organisation have been made responsible for specific strategies, and they meet and report every six months to give an update on progress (around 15-20 staff are involved, some of which are Directors).
- The Action Plan has been linked to the council's Social Plan.
- The council intends to place an even greater emphasis on achieving strategies by creating a direct link to Business Plans and budgets.

**Access Committee**

- An access committee has been established with representatives from advocacy agencies and people with disabilities.
- The group is a formal committee of council which provides guidance and contributes to decision making.
- The committee is involved in planning and determining strategic directions as well as implementing specific programs.

**Physical Access**

- An audit of all council buildings (halls and meeting rooms) has been undertaken to identify the need for improved physical access.
- A focus has also been placed on improving and providing footpaths and kerb ramps.
- Funding has been obtained from various sources to improve facilities using the audit as justification.
- An Access Awareness Kit has been developed by the council which outlines the legislative and other physical access requirements for architects, builders and developers. The kit has been distributed to the other 10 councils in the Northern Sydney Region.

**Increased Community Awareness**

- A range of projects aimed at increasing community awareness, encouraging integration and 'breaking down' the myths of disability limitations have been or will be implemented, including:
- A Disability Awareness Walk held on the International Day of People with Disabilities. This involved inviting councillors, members of parliament, business representatives, key agencies, and the broader community to participate in a simulated disability exercise to highlight the physical constraints for people with a disability.
- A 'come and try' day will involve providing opportunities for people with disabilities and people without disabilities to participate in modified sports. It will also be used to encourage mainstream sporting and community organisations to cater for people with disabilities through existing and modified sports.

**'Building on Ability' Project**

- This 18 month project is being undertaken by Ku-ring-gai, Willoughby and Hornsby Councils.

**Ku-ring-gai Council (cont.)****Development and Implementation of Disability Action Plan****Resources****Partnerships**

NSW Sport and Recreation, Department of Community Services, wider community, local businesses (Chamber of Commerce), local sporting organisations and schools.

**Funding**

- The council commits funding on an annual basis.
- Grant funding is obtained from various sources for specific projects.
- A grant of \$75,000 was provided by NSW Sport and Recreation through its 'Active and Able' Program for the 'Building on Ability' project.
- The Department of Community Services contributed funding for the Access Awareness Kit.

**Other Resources**

- Ku-ring-gai Council is providing office space, project management and administration support for the 'Building on Ability' project
- Ravenswood School is providing the venue for the 'come and try' day.

**Achievements**

The main achievements are:

- Improved physical activity and lifestyle opportunities for people with disabilities.
- The council's commitment to meeting the needs of people with disabilities.

**Contact Details**

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Catherine Maramara  
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**Albury Council****Disabled Sport in Albury – Get Motivated, Experience****Description and Aim**

People with disabilities will be encouraged to be involved in a series of 'come and try' activities over the two weeks leading up to the Sydney 2000 Paralympic Games. The aim of the project is to encourage long term involvement in physical activity. The project will target school aged children with a physical disability.

**The Process****Planning**

- The concept was developed by council staff and an application for funding was submitted to the Active Australia Local Government Network Grants Scheme.
- The project includes:
  - Holding activities, training sessions, workshops and presentations on various sports for people with disabilities.
  - Providing opportunities for participants to interact with and be motivated by members of the Ukraine Paralympic team.
  - The formation of an ongoing committee to address the future recreation needs of people with disabilities in the local area.



**The Process  
(cont.)**

**Implementation**

The project is yet to be implemented. However, some proposed tasks are:

- Promotion and marketing of the project through normal media outlets as well as utilising the local disability service networks.
- An interpreter will be engaged to enable communication with the Ukraine Paralympic team.
- The amount of time and the logistics of contact with the Ukraine Paralympic team will be negotiated.

**Evaluation**

- Document the number of people with disabilities involved in each activity.
- Administer a questionnaire to those who register in the various activities to assist in future planning.
- Ongoing evaluation by the formed committee in relation to needs and issues.

**Resources**

**Partnerships**

Sports Albury, Albury Community Health, Albury Wheelchair Basketball Club, Disability Advocacy and Information Service

**Funding**

\$5,000 was received from NSW Sport and Recreation through the Active Australia Grants Program 2000.

**Other Resources**

Council will allocate staff resources and equipment to the project.

**Achievements**

The main achievements are expected to be:

- An increase in the number of people with disabilities participating in physical activity from the social to elite level.
- A stronger relationship between Council and the community due to the high level of community involvement expected through the ongoing committee, and the partnerships with other organisations.
- The identification of other partnership opportunities.
- Empowerment of people with disabilities. People with disabilities will be involved in the ongoing committee and assessment of opportunities.

**Contact Details**

David Koren  
Parks and Recreation Executive Assistant  
Albury Council  
Ph (02) 6023 8750

**7.9.4 Useful Publications**

*A Guide for Making Mobility Maps*, Local Government and Shires Associations of NSW (available by phone 9242 4000 – cost is \$25.00)

*Getting Australia Active: Best practice for the promotion of physical activity*, Commonwealth Department of Health and Aged Care (expected to be available in early 2001 from Population Health Division publications, phone 1800 020 103, email [phd.publications@health.gov.au](mailto:phd.publications@health.gov.au))

*NSW Government Disability Policy Framework*, Ageing and Disability Department and NSW Health, 1998

*Recreation and Leisure are Serious Business! NICAN National Policy on Recreation for People with a Disability*, NICAN, Canberra, 1999

*Social Justice Checklist – Policy Development and Implementation*, NSW Sport and Recreation, 1999.

*Sport and Recreation Access for All – A Guide to the Design of Accessible Indoor and Outdoor Recreation and Sporting Facilities*, Villamanta Publishing (available by phone (03) 5229 2029 or fax (03) 5229 3354 – cost is \$40)

## **7.10 Socially Disadvantaged People**

### **7.10.1 About this Group**

Socially disadvantaged people include those on low incomes and those with lower levels of education. Research has found that in NSW:

- ♦ 42% of those who have completed primary or some secondary education were considered adequately active. This compares with 52% of those who have completed secondary education or some tertiary education.
- ♦ In contrast, 60% of unemployed people were considered adequately active compared to 53% of those in full-time employment. It was assumed that those who are unemployed are more likely to walk for transport.<sup>60</sup>

The main issues facing socially disadvantaged people in relation to participating in physical activity can include:

- ♦ Lack of money to spend on activities.
- ♦ Lower awareness of the benefits of physical activity.
- ♦ Reliance on public transport which may limit access to facilities.
- ♦ Concerns about personal safety as socially disadvantaged areas often experience relatively high levels of crime.

### **7.10.2 Opportunities for Physical Activity**

As it appears that many unemployed people engage in walking and walking is a low cost activity, this is potentially the most appropriate opportunity for encouraging physical activity amongst socially disadvantaged people. Some specific strategies for increasing physical activity amongst people on lower incomes and with lower educational attainment that might be implemented by councils are provided below.

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<sup>60</sup> Bauman, A., Bellew, B., Booth, M., Hahn, A., Stoker, L. & Thomas, M. NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW, National Centre for Health Promotion and NSW Health, 1996.

The Environment	Programs and Activities	Other Initiatives
<ul style="list-style-type: none"> <li>• Develop socially disadvantaged areas to provide safe, accessible and appealing environments, including walkways/footpaths, walking and cycle networks, informal open spaces, landscaping and the provision of amenities (e.g. lighting, seating).</li> </ul>	<ul style="list-style-type: none"> <li>• Provide or facilitate the provision of low cost programs and activities e.g. discounted or free passes to council and commercial facilities.</li> <li>• Encourage social welfare and community groups working with socially disadvantaged groups to place a greater emphasis on physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide or facilitate the provision of transport which is low cost.</li> <li>• Provide information about the benefits of physical activity and the availability of activities and facilities through neighbourhood centres, local welfare agencies and other community groups in socially disadvantaged areas.</li> </ul>

### 7.10.3 Examples of Physical Activity Initiatives

Information about Auburn Council's involvement in implementing an exercise program for socially disadvantaged older people is provided below. Liverpool Council's involvement in implementing a range of physical activity initiatives that aim to meet the needs of people who are socially disadvantaged is described in Section 6.3 'Providing Activity Opportunities'.

Auburn Council	Never Too Old to be Active in Auburn
<b>Description and Aim</b>	A gentle exercise program aimed at promoting physical activity to socially disadvantaged older people is held once a week. In particular, the program aimed to improve mobility and prevent falls.
<b>The Process</b>	<p>Planning</p> <ul style="list-style-type: none"> <li>• A working group was established to develop a program plan, its implementation and evaluation stages.</li> <li>• An application for funding was made to the GIO Risk Management Officer, on the basis that the program would reduce falls and therefore insurance costs.</li> <li>• An instructor was obtained through SHARE (Self Help Association through Responsibility and Enrichment).</li> </ul> <p>Implementation</p> <ul style="list-style-type: none"> <li>• The program targeted socially disadvantaged older people living in the Council's housing units. It made use of a recreation room within the unit complex.</li> <li>• The main requirement was that the participants must be financially disadvantaged, which fitted with the profile of the residents in the housing units.</li> <li>• A number of the participants were from non-English speaking backgrounds.</li> <li>• Morning tea was provided as an incentive. The cost of each activity was \$2 (including morning tea).</li> <li>• The program was a pilot project that ran for two school terms.</li> <li>• An Occupational Therapist from Auburn Community Health Services and a representative from the Area Health Promotion Unit attended the program sessions.</li> </ul>



<b>The Process (cont.)</b>	<p>Evaluation</p> <p>Informal through verbal contact with the participants and an assessment of the personal benefits.</p>
<b>Resources</b>	<p>Partnerships</p> <p>Western Sydney Area Health Service, Auburn Community Health Services and SHARE Western Health Incorporated.</p> <p>Funding</p> <p>\$1000 provided by GIO. The cost of the program was \$500 each term.</p> <p>Other Resources</p> <ul style="list-style-type: none"> <li>• The council assisted in coordinating the program and provided the venue.</li> <li>• Western Sydney Area Health Service Promotion Unit assisted in coordinating the program.</li> <li>• Auburn Community Health Services assisted in coordinating the program and provided an Occupational Therapist.</li> <li>• SHARE Western Health Incorporated provided the instructor.</li> </ul>
<b>Achievements</b>	<ul style="list-style-type: none"> <li>• The program was a pilot and if funds can be obtained, the council will investigate developing other similar programs. The program highlighted considerable demand for exercise programs and interest in other activities such as tai chi.</li> <li>• There has been a significant social benefit. Previously residents tended not to communicate with each other. Now they do other activities together, including the holding of functions.</li> <li>• The council's recreation room is now used for a range of other activities, and is considered to be of better value to the residents.</li> </ul>
<b>Contact Details</b>	<p>Prue Hardgrove</p> <p>Aged Services Co-ordination</p> <p>Auburn Council</p> <p>Ph (02) 9735 1296</p>

#### 7.10.4 Useful Publications

*Getting Australia Active: Best practice for the promotion of physical activity*, Commonwealth Department of Health and Aged Care (expected to be available in early 2001 from Population Health Division publications, phone 1800 020 103, email [phd.publications@health.gov.au](mailto:phd.publications@health.gov.au))

## 8. RESOURCES FOR INCREASING PHYSICAL ACTIVITY

### 8.1 Partnership Opportunities

This section provides information about organisations that might be able to assist local councils in implementing physical activity initiatives.

The Organisation/Group	Partnership Potential	Phone Contact Details
NSW Department of Local Government	<ul style="list-style-type: none"> <li>Information and advice</li> </ul>	(02) 9793 0793
NSW Sport and Recreation (state and regional offices)	<ul style="list-style-type: none"> <li>Grant funding towards capital development</li> <li>Funding towards programs and initiatives</li> <li>Information and advice about programs and initiatives, particularly for specific population groups</li> <li>Information about the Active Australia initiative</li> <li>Management of Active Australia 'Local Government Network'</li> <li>Management of Active Australia 'Provider Model' and 'Schools Network'</li> <li>Key role in establishing regional Active Australia partnerships</li> </ul>	131 302
NSW Health Department (including Area Health Services)	<ul style="list-style-type: none"> <li>Development of resources and documents</li> <li>Funding and resourcing of research projects (Physical Activity Demonstration Project Grant Scheme)</li> <li>Involvement in activities and programs through the region's Area Health Service</li> </ul>	(02) 9391 9000 Contact details for Area Health Services is provided in Attachment 4.
National Heart Foundation of Australia (NSW Division)	<ul style="list-style-type: none"> <li>Development of resources and documents</li> <li>Resources and guidance for 'Just Walk It' program</li> <li>Provision of Local Government Awards</li> </ul>	(02) 9219 2444

The Organisation/Group	Partnership Potential	Phone Contact Details
Australian Sports Foundation (ASF)	<ul style="list-style-type: none"> <li>• Management of facility, equipment and sports development donation program (Community Benefits Grant Program)</li> <li>• Advice and resources on fund-raising and funding solutions</li> </ul>	1300 361 236
NSW Roads and Traffic Authority (RTA)	<ul style="list-style-type: none"> <li>• Funding of bike plans and bicycle promotion</li> <li>• Funding of Pedestrian Access and Mobility Plans</li> </ul>	131 782
Commonwealth Department of Family and Community Services	<ul style="list-style-type: none"> <li>• Provision of funding</li> </ul>	1300 653227
NSW Department of Community Services	<ul style="list-style-type: none"> <li>• Information and advice on trends and needs</li> <li>• Provision of funding</li> </ul>	(02) 9716 2222
NSW Department for Women	<ul style="list-style-type: none"> <li>• Information and advice</li> <li>• Possible funding opportunities</li> </ul>	(02) 9334 1160
NSW Department of Education and Training	<ul style="list-style-type: none"> <li>• Research and information on strategies for physical activity</li> <li>• Link to schools in developing programs and utilising resources</li> <li>• Student involvement in research</li> <li>• Involvement of schools and students in activities (including promotion opportunities)</li> </ul>	(02) 9561 8000
Playground Advisory Unit of NSW	<ul style="list-style-type: none"> <li>• Technical advice and information on playground safety</li> <li>• Training in inspection and maintenance of playgrounds</li> <li>• Research and evaluation of playgrounds</li> <li>• Resources</li> </ul>	(02) 9845 0890

The Organisation/Group	Partnership Potential	Phone Contact Details
A range of other Commonwealth and NSW Government Departments, e.g. Department of Veteran Affairs, NSW Tourism, Department of Urban Affairs and Planning, National Parks and Wildlife Service	<ul style="list-style-type: none"> <li>• Provision of information and advice</li> <li>• Potential funding contribution to initiatives with relevant objectives</li> </ul>	As in White Pages
The Fitness Industry, and particularly Fitness NSW	<ul style="list-style-type: none"> <li>• Involvement in initiatives</li> <li>• Potential linking of events and activities (combined objectives)</li> <li>• Promotion of facilities through local councils</li> </ul>	(02) 9460 6200 (Fitness NSW)
ACHPER Inc	<ul style="list-style-type: none"> <li>• Research, information and advice</li> <li>• Fitness leader training</li> <li>• Provision of awards</li> </ul>	(02) 9909 3867
NSW Sports Federation Inc.	<ul style="list-style-type: none"> <li>• Research, information and advice</li> <li>• Link to sporting associations</li> <li>• Promotion of initiatives</li> </ul>	(02) 9746 5071
The Outdoor Recreation Industry Council of NSW (ORIC)	<ul style="list-style-type: none"> <li>• Provision of guidelines</li> <li>• Information on and link to service providers</li> <li>• Promotion of activities and services</li> </ul>	(02) 9923 4356
Bicycle NSW and Australian Cycling Federation	<ul style="list-style-type: none"> <li>• Information and advice</li> <li>• Input to planning of cycle tracks</li> </ul>	(02) 9283 5200 Bicycle NSW (02) 9764 2555 Australian Cycling Federation
Divisions of General Practice	<ul style="list-style-type: none"> <li>• Information and advice</li> <li>• Promotion of local council health and physical activity initiatives through GP's</li> </ul>	As in White Pages
Community Health Centres and Hospitals	<ul style="list-style-type: none"> <li>• Involvement in initiatives (possible contribution of people and other resources) or potential for councils to contribute to their initiatives</li> <li>• Promotion of events and activities</li> </ul>	As in White Pages

The Organisation/Group	Partnership Potential	Phone Contact Details
Other health bodies such as Cancer Council	<ul style="list-style-type: none"> <li>• Involvement in initiatives</li> <li>• Potential linking of events and activities</li> </ul>	As in White Pages
Adjoining councils and regional organisations of councils	<ul style="list-style-type: none"> <li>• Link in establishing physical activity networks/task forces</li> <li>• Combined planning for projects and applications for funding</li> </ul>	As in Local Government Directory
Organisations catering for specific population groups, such as migrant health/resource centres, disability services, retirement villages, Aboriginal organisations, and PCYCs.	<ul style="list-style-type: none"> <li>• Provision of facilities and links to existing programs</li> <li>• Involvement in initiatives or potential for councils to contribute to their initiatives</li> <li>• Combined applications for funds</li> </ul>	As in White Pages
Community service groups, such as RSL's, Lions, Rotary	<ul style="list-style-type: none"> <li>• Contributions of funds or people resources to initiatives</li> </ul>	As in Community Directories
Schools, TAFE colleges and universities	<ul style="list-style-type: none"> <li>• Involvement in research projects</li> <li>• Student involvement in planning and implementing activities</li> </ul>	As in Community Directories and the White Pages
Sporting and recreation groups	<ul style="list-style-type: none"> <li>• Contribution of funds to projects</li> <li>• Lead role in the provision of programs and activities</li> <li>• Promotion of council initiatives or visa versa</li> </ul>	As in Community Directories
The broad community	<ul style="list-style-type: none"> <li>• Involvement on committees and activity organising groups, including fund raising committees</li> </ul>	

## 8.2 Funding Programs and Award Schemes

Information about the main funding programs and award schemes relevant to physical activity are provided below. Councils are eligible for most of them. Where they are not, community organisations are eligible and councils may wish to enter into a partnership with these organisations for the implementation of physical activity initiatives.



### **8.2.1 NSW Sport and Recreation**

#### ***Capital Assistance Program***

Grants are available to assist local councils and non-profit sporting and recreational organisations to develop local sporting and recreational facilities for the general community. This includes the construction of new facilities, the upgrading of existing facilities, and the provision of support facilities e.g. child care. The maximum contribution by the Department will not exceed 50% of the total cost. In recent years, the average grant has been \$10,000.

#### ***Regional Sports Facility Program***

Grants are available to assist local councils and non-profit sporting and recreation organisations to develop and enhance a network of regional sporting facilities throughout NSW that meets the needs of talented and elite athletes and the general community. This includes similar projects as the Capital Assistance Program. Grants are provided on a dollar for dollar basis for projects with a minimum cost of \$40,000 and a maximum cost of \$300,000, although this may be varied in particular circumstances.

#### ***Women in Sport and Recreation Sports Administration Scholarship***

This awards executive development, travel and research scholarships to women working in the sport and recreation industry. To date, two women working in local councils have gained scholarships.

#### ***Active Kids Communities Grants Program***

This funding program is made available to community organisations, schools and local councils that are working in partnership to provide programs that encourage children to participate in physical activity. Grant funding of up to \$5,000 will be allocated to programs, activities or events that have long term goals and implications for achieving physical activity. The funds will only be allocated where at least one party is an Active Australia network member.

Further information about the above funding programs can be obtained from:

NSW Sport and Recreation

Phone: 131302

Website: [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)

### **8.2.2 Australian Sports Foundation (ASF) – Community Benefits Grant Program**

This non-profit organisation established by the Commonwealth Government assists non-profit sporting and community organisations, including local councils, in the following ways:

- ♦ Raises funds to develop sport in Australia. Organisations are required to register a project and once approved, the organisation may seek donations from the general public and corporate sector. All donations to the ASF are tax deductible. Grants are made available every two months to approved projects.
- ♦ Provides a fund-raising consultancy service.
- ♦ Provides seminars and resources on fund-raising.
- ♦ Provides information on funding solutions.

Further information can be obtained from:

Phone: 1300 361 236

Fax: (02) 9552 4090

Email: [info@asf.org.au](mailto:info@asf.org.au)

Website: [www.asf.org.au](http://www.asf.org.au)

### **8.2.3 National Heart Foundation – Local Government Awards**

These annual awards recognise local councils working with their communities to encourage healthier lifestyles. In 1999, \$10,000 was awarded to the national winner for Best Overall Project and \$3,000 was awarded to each of the seven national category winners. Categories include Outstanding Physical Activity Project, Outstanding Policy for Structural Change and Outstanding Small Rural and Remote Community Project.

Further information can be obtained from:

Phone: (02) 9219 2444

Fax: (02) 9219 2424

Website: [www.heartfoundation.com.au/awards/index\\_fr.html](http://www.heartfoundation.com.au/awards/index_fr.html)

### **8.2.4 Active Australia Awards**

These awards recognise organisations and individuals that demonstrate Active Australia goals and principles in their day-to-day activities. Applicants, in the case of local councils, must be recognised Active Australia Providers, members of the Active Australia Local Government Network, or be going through the process of becoming a member. There is a specific award category for local government, and local councils may also be eligible for other award categories.

Further information can be obtained from:

Phone: (02) 6214 1522

Fax: (02) 6214 1640

Email: [Heather.Reid@ausport.gov.au](mailto:Heather.Reid@ausport.gov.au)

Website: [www.ausport.gov.au/partic/actozaw.html](http://www.ausport.gov.au/partic/actozaw.html)

### **8.2.5 NSW Health Department – Healthy Country Communities Competition**

Rural communities have the opportunity to apply for grant funding through NSW Health. The funding program encourages communities to work together to create a health promotion project which meets a local need. The types of projects that have been funded in the past had to demonstrate sustainability, probable movement in health status, built-in evaluation and community support. Interested councils should contact the Health Promotion Co-ordinator in their local Area Health Service.

Further information can be obtained from:

Service Performance Branch

NSW Health Department.

Phone: (02) 9391 9823

## **8.2.6 Roads and Traffic Authority (RTA)**

### ***Local Bikeplans and Bicycle Promotion***

The RTA will fund 50% of the cost of developing a Bikeplan. The Bikeplan can be developed by a specialist consultant or in-house if the expertise exists. Once a plan has been developed, local councils can bid for funds from the RTA for the construction of bicycle facilities identified in the plan. The RTA offers up to 100% funding of bicycle facilities on state roads and/or on routes identified as part of the State Bicycle Network. For bicycle facilities on council roads, the RTA offers 50% of the development funds. It should be noted that the RTA focuses on funding facilities that serve transport needs of the area. Application should be submitted to the RTA regional offices in October for consideration in the next financial year program.

The RTA conducts Bike Week annually. Small amounts of funding are provided to community groups for approved activities which promote cycling as an alternative form of personal transport or as a healthy activity. In addition to funding assistance, the RTA also provides advice, leaflets and technical assistance to other agencies and community groups in relation to cycling.

Further information can be obtained from:

Phone: (02) 9218 6816

Fax: (02) 9218 6693

Email: [bicycle@rta.nsw.gov.au](mailto:bicycle@rta.nsw.gov.au)

Website: [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)

### ***Pedestrian Amenity***

Improved planning for pedestrians is the focus of a new initiative by the Roads and Traffic Authority in association with local government. The initiative will help provide pedestrians with safe and accessible facilities to encourage walking.

The scheme involves a partnership between the RTA and local councils to develop pedestrian-friendly initiatives. Councils in NSW work with the RTA to prepare Pedestrian Access and Mobility Plans for urban areas with high to medium concentrations of pedestrians. The RTA funds the preparation and implementation of the plans on a dollar for dollar basis in partnership with councils. The RTA aims to encourage councils to develop pedestrian plans and offer advice on how each plan can be integrated into the wider transport system.

The plans are designed to recognise the particular needs of commuters, school children, older people, people with disabilities, recreation walkers and tourists. The plans will identify existing facilities and proposed pedestrian infrastructure such as marked footcrossings and traffic lights and determine where access and mobility need to be considered to improve facilities.

Further information can be obtained from:

Manager Pedestrian and Urban Amenity

Phone: (02) 9218 3903

Fax: (02) 9218 6738

Email: [geoff\\_higginbotham@rta.nsw.gov.au](mailto:geoff_higginbotham@rta.nsw.gov.au)

Website:

[www.rta.nsw.gov.au/frames/traffic/o\\_f.htm?/frames/traffic/o3&/traffic/o33\\_c.htm&Pedestrian+Access+and+Mobility+Plans&3](http://www.rta.nsw.gov.au/frames/traffic/o_f.htm?/frames/traffic/o3&/traffic/o33_c.htm&Pedestrian+Access+and+Mobility+Plans&3)

### **8.2.7 NSW Department of Transport**

The NSW Department of Transport is involved in a number of projects that are seeking to reduce car dependence and encourage people to walk, cycle or catch public transport. In particular, disused rail lines are being transformed into cycleways as part of the 'Rails to Trails' Program. In addition, the Department is involved in creating safer and better interchanges between rail and other forms of transport and administers a program where lockers are being installed at stations and wharves in the Sydney Metropolitan Area in partnership with Bicycle NSW. The NSW Department of Transport will provide advice, technical expertise and, in some cases, funding.

Further information can be obtained from:

Transport Planning Group

Phone: (02) 9268 2800

Fax: (02) 9268 2907

Website: [www.transport.nsw.gov.au](http://www.transport.nsw.gov.au)

### **8.2.8 Natural Heritage Trust**

Through the Natural Heritage Trust, the Federal Government is investing \$1.5 billion over six years to address the challenges of repairing past damage to land and water resources and restoring the environment for future generations. 1999-2000 will be the third year of operation. Programs funded by the Trust focus on five themes:

- ♦ Land
- ♦ Vegetation
- ♦ Rivers
- ♦ Biodiversity
- ♦ Coasts and marine

Priorities include restoring the health of river systems, tackling dry land salinity, cleaning up the beaches and coastline, restoring the natural vegetation cover and protecting endangered wildlife. Approximately \$205 million was approved for about 3,200 Trust projects during 1998-99, with the vast majority being in rural and regional Australia.

Further information can be obtained from:

The Community Information Unit

Environment Australia

Phone: 1800 803 772

Website: [www.nht.gov.au](http://www.nht.gov.au)

Or for NSW:

Funding Unit

Department of Land and Water Conservation

Phone: (02) 9228 6223

Fax: (02) 9228 6451

## **8.2.9 NSW Ministry for the Arts**

### ***Community Cultural Development Program***

Grants through this Program aim to encourage initiatives that enable artists and communities to develop and participate in a variety of arts and cultural activities that reflect the cultural diversity of the population of NSW. The two funding categories are 'Infrastructure' and 'Projects'. The Project category would be most relevant to physical activity, with priority given to projects assisting Indigenous artists and communities and those of non-English speaking background.

### ***Dance Program***

This Program aims to promote the creation and presentation of Australian dance and to support professional dance and movement practitioners. Grants are available to professional companies, independent artists, regional activities, programs for young people, community-based dance and movement projects, and organisations providing services to support the development of dance in NSW.

### ***Indigenous Arts Fund***

Grant funding is available on a quarterly basis for initiatives that support and promote Aboriginal cultures, increase opportunities for NSW Indigenous communities to participate in arts and cultural activities, and generally respect and promote Indigenous culture. One-off grants of no more than \$5,000 are provided for projects across a range of art forms.

Further information about the above programs can be obtained from:

Program Information and Co-ordination

Phone: (02) 9228 5533

Fax: (02) 9228 4722

Email: [ministry@arts.nsw.gov.au](mailto:ministry@arts.nsw.gov.au)

Website: [www.arts.nsw.gov.au](http://www.arts.nsw.gov.au)

## **8.2.10 Children and Families**

### ***Children's Week***

Small seed funding grants are available to assist non-profit community organisations with special activities.

Contact:

The Secretary

NSW Children's Week Association Inc.

Phone: (02) 9319 4817

Fax: (02) 9319 4818

### ***Family and Children's Services Program***

This Program, available to local councils, community based non-profit incorporated groups, benevolent societies, commercial operators and employers, provides funding for child care for children and families most in need. Priority is given to children of working families earning low to middle incomes and children with additional needs.



Contact:  
Family and Children's Services Branch  
Commonwealth Department of Health and Family Services  
Phone: (02) 8255 1000  
Fax: (02) 8255 1000

### **8.2.11 Community and Welfare Services**

#### ***Community Services Grants Program***

Available to not for profit community-based organisations and local councils, this Program provides community support services for families with children, young people, families and adolescents under stress or in crisis. Priority is given to disadvantaged groups, including Indigenous communities, people with disabilities, people from non-English speaking backgrounds, and women.

Contact:  
Community Program Officer  
local NSW Department of Community Services Area Office

#### ***National Community Link Awards Program***

These awards recognise and reward the contribution that local volunteer groups make to the community. Forty-two awards are available in six categories. Thirty-six state winners receive \$2,000 each and six national winners receive \$15,000 each.

Contact:  
National Community Link Awards Program  
Phone: 1800 807 121  
Website: [www.national.com.au](http://www.national.com.au)

#### ***International Year of Volunteers Small Grants Program***

Available to local government and community-based organisations, this Program will provide grants up to \$5,000 for activities that support the objectives of International Year of Volunteers in 2001. While applications for the first round of funding will have closed by the time this document is released, applications for the second round of funding which will be available after 1 July 2001 close on 10 April.

Contact:  
Commonwealth Department of Family and Community Services  
Phone: 1300 653 227  
Website: [www.facs.gov.au/IYV2001](http://www.facs.gov.au/IYV2001)

### **8.2.12 Crime Prevention**

#### ***Safer Communities Development Fund***

Available to local government and community-based organisations, the Fund provides non-recurrent grants for a range of crime prevention activities. There are four types of grants currently available – innovative project grants, specific project grants, operational area [under the Children (Protection and Parental Responsibility) Act 1997] grants, and safer community compact grants. Although no limit is placed on the amount of funds granted, most projects receive funding of less than \$65,000 per annum.

Contact:  
Crime Prevention Division  
NSW Attorney General's Department  
Phone: (02) 9228 8307  
Website: [www.lawlink.nsw.gov.au/cpd](http://www.lawlink.nsw.gov.au/cpd)

### **8.2.13 Regional Development and Tourism**

#### ***Main Street/Small Towns Program***

This Program assists small and medium sized communities to take a strategic approach to their economic development which could incorporate opportunities for physical activity. Funding of \$3,000 to \$10,000 is available for the development of a strategic plan. Funding up to \$25,000 is available to employ a co-ordinator and/or implement projects in the strategic plan.

Contact:  
Regional Programs Unit  
Regional Development Division  
NSW Department of State and Regional Development  
Phone: (02) 9338 6720  
Fax: (02) 9338 6726

#### ***Regional Solutions Program***

Available to local councils and non-profit organisations with strong community or regional support, this Program provides grants between \$1,000 and \$500,000 to assist communities with projects that will lead to economic diversification and strengthen their social structures by improving access to and filling gaps in services. It targets regional and rural areas that are experiencing economic stagnation and/or population decline due to industry restructuring or lack of development opportunities; or communities experiencing high levels of unemployment and social disadvantage. Projects and activities that may be eligible for funding are community planning and objective setting, implementation of local projects, regionally based local community enterprise/infrastructure projects, and identifying and assisting community adjustment initiatives. Applicants are encouraged to obtain financial or in kind contributions from other sources, including state government and the private sector.

Contact:  
Commonwealth Department of Transport and Regional Services  
Phone: 1800 026 222 (*Countrylink* – the Federal Government information service)  
Website: [www.regionalsolutions.gov.au](http://www.regionalsolutions.gov.au)

#### ***Regional Tourism Program***

This Program aims to increase the capacity of business and other organisations to deliver higher quality tourism attractions, products and services in regional Australia. Grants between \$30,000 and \$100,000 are available for projects which might include the development of regional tourism businesses; niche tourism markets; attractions and facilities which build on and complement existing industries; and regionally significant cultural heritage tourist attractions, including indigenous and historical attractions.

Contact:  
Commonwealth Department of Industry, Science and Resources  
Phone: (02) 6213 7999  
Email: [RTP@isr.gov.au](mailto:RTP@isr.gov.au)

## **8.2.14 Ethnic Affairs**

### ***Carnivale Grants Program***

Carnivale celebrates cultural diversity in NSW through an annual multicultural festival in late September. This Program provides funds for community organisations to take part in Carnivale. Priority areas include events in non-metropolitan areas and cross-cultural events.

Contact:

Carnivale Ltd

Phone: (02) 9251 7974

Fax: (02) 9251 7973

### ***Australian Multicultural Foundation***

The Foundation provides seed funding up to \$5,000 to organisations proposing projects of national significance that promote cultural diversity and tolerance.

Contact:

Australian Multicultural Foundation

Phone: (03) 9347 6622

Fax: (03) 9347 2218

### ***Community Development Grants Program***

Available on a competitive basis to incorporated community organisations, this Program aims to promote community harmony and encourage the participation of people from ethnic communities in all aspects of life in NSW.

Contact:

The Grants Officer

Ethnic Affairs Commission of NSW

Phone: (02) 9716 2363

Website: [www.eacnsw.com.au](http://www.eacnsw.com.au)

## **8.2.15 Older People**

### ***Seniors Week Grants Program***

Available to local government and non-profit community groups, this Program provides funding for events during the annual Seniors Week.

Contact:

NSW Ageing and Disability Department

Phone: (02) 9367 6811

Website: [www.add.nsw.gov.au](http://www.add.nsw.gov.au)

### ***Veteran and Community Grants***

Available to community-based organisations, these grants aim to maintain and improve the independence and quality of life members of the veteran and ex-service community. Priority is given to projects which are potentially self-sustaining.

Contact:  
Commonwealth Department of Veteran Affairs  
Phone: 1800 113 304 or (02) 9213 7743  
Fax: (02) 9213 7838

### **8.2.16 Women**

#### ***Women's Grant Program***

Available to incorporated non-profit organisations, this Program provides non-recurrent funding for projects which further the NSW Government's Social Justice Objectives in relation to women with limited access to social and economic resources.

Contact:  
Grants Project Officer  
NSW Department for Women  
Phone: (02) 9334 1160  
Fax: (02) 9334 1023

### **8.2.17 Young People**

#### ***Youth Week***

Funds are available to local councils to co-ordinate activities during the annual Youth Week. Youth Week aims to focus community attention on young people (aged 12-24 years), the issues that are important to them and their positive achievements. Grants of \$1,000 to \$2,000, depending on the number of young people living in the area are available on a dollar-for-dollar basis.

Contact:  
Senior Project Officer  
Public Relations Directorate  
NSW Department of Education and Training  
Phone: (02) 9561 1112  
Fax: (02) 9561 8533

### **8.2.18 Other Funding Programs**

Information about other funding programs is available from:

Funding Calendar 2000. A Directory of Community Funding (updated annually)  
WESTIR Limited  
Phone: (02) 9622 3011  
Fax: (02) 9622 3500  
Email: [westir@pnc.com.au](mailto:westir@pnc.com.au)  
Website: [www.westir.org.au](http://www.westir.org.au) (includes order form)  
Cost: \$38.50 (including postage and handling)

The Rural Book: Handbook of Major Federal Government Services and Programmes for Regional and Rural Communities, 1999-2000  
Commonwealth Department of Transport and Regional Services  
Phone: 1800 026 222 (Countrylink)

Commonwealth Assistance for Local Projects, 1999-2000. A Directory for Local Government and its Communities  
National Office of Local Government  
Commonwealth Department of Transport and Regional Services  
Phone: 1800 065 113  
Fax: (02) 6274 8155  
Email: [nolg@dotrs.gov.au](mailto:nolg@dotrs.gov.au)  
Website: [www.nolg.gov.au](http://www.nolg.gov.au) (document is available under Commonwealth Assistance for Local Projects)

NSW Government Community Builders website. This site provides information about community development and services, has links to State Government funding programs, and contains information about other fund raising strategies and writing funding applications.  
Website: [www.communitybuilders.nsw.gov.au](http://www.communitybuilders.nsw.gov.au)

Easy Grants Information Service  
Strategic Australia Pty Ltd  
Email: [strategicaustralia@bigpond.com.au](mailto:strategicaustralia@bigpond.com.au)  
There is a fee for this information

## **8.3 Useful Publications**

### **8.3.1 Physical Activity In General**

*Activate for Life*, journal produced by Australian Sports Commission twice yearly

*Active and Inactive Australians. Assessing and understanding levels of physical activity*, M. Booth, N. Owen & C. Gore, Department of the Environment, Sport and Territories, 1995

*Active Australia. A National Participation Framework*, Australian Sports Commission, 1997

*Active Australia in Local Councils Resource Kit*, Australian Sports Commission

*Active Communities. A collection of innovative physical activity initiatives by communities in western NSW*, NSW Sport and Recreation and Macquarie Area Health Service, February 2000

*Developing an Active Australia: A Framework for Action for Physical Activity and Health*, Commonwealth Department of Health and Family Services, 1998

*Getting Australia Active: Best practice for the promotion of physical activity*, Commonwealth Department of Health and Aged Care (expected to be available in early 2001 from Population Health Division publications, phone 1800 020 103, email [phd.publications@health.gov.au](mailto:phd.publications@health.gov.au))

*Lets Get Physical – Promoting Physical Activity in Sydney's Inner West. Strategic Plan 1996-2000*, Central Sydney Health Promotion Unit



*Local Government Involvement in Promoting Physical Activity: A Case Study of Sutherland Shire Council*, Department of Local Government, 1996

*Local Government Involvement in Promoting Physical Activity: A Case Study of Barraba Shire Council*, Department of Local Government, 1997

*National Physical Activity Guidelines for Australians*, developed by the University of Western Australia and the Centre for Health Promotion and Research for the Commonwealth Department of Health and Aged Care (available from Population Health Division publications, phone 1800 020 103, email [phd.publications@health.gov.au](mailto:phd.publications@health.gov.au))

*NSW Health Promotion Survey 1994. Towards best practice for the promotion of physical activity in the Areas of NSW*, A. Bauman, B. Bellew, M. Booth, A. Hahn, L. Stoker & M. Thomas, National Centre for Health Promotion and NSW Health, 1996

*Participation in Sport and Physical Activities*, Australian Bureau of Statistics (this publication is produced annually, catalogue no. 4177.0)

*Physical Activity and Health. A Special Communication from the Chief Health Officer*, NSW Health, 1996

*Physical Activity. Fitness and Health Consensus Statement*, C. Bouchard, R. J. Shepard & T. Stephens, Human Kinetics Publishers, 1993

*Physical Activity Guidelines for Australians. Scientific Background Report*, A report by the University of Western Australia and the Centre for Health Promotion and Research for the Commonwealth Department of Health and Aged Care, December 1999 (available by email at [egggergj@ozemail.com.au](mailto:egggergj@ozemail.com.au))

*Physical Activity Survey 1998 Summary of Findings*, South Australian Department of Human Services, 1999

*Physical Activity Patterns of Australian Adults. Results of the 1999 National Physical Activity Survey*, T. Armstrong, A. Bauman & J. Davies, Australian Institute of Health and Welfare, Canberra, 2000 (information about how to obtain the publication is available from the Institute's website at [www.aihw.gov.au](http://www.aihw.gov.au))

*Promoting Physical Activity. A Guide for Community Action*, US Department of Health and Human Services Public Health Service, Centres for Disease Control and Prevention, National Centre for Chronic Disease and Health Promotion, and Division of Nutrition and Physical Activity, Human Kinetics Publishers, 1999

*Promoting Physical Activity in your Community. A guide to the 1998 'Active Australia' campaign*, Centre for Population Health, 1998

*Promoting Physical Activity in Your Community*, South West Population Health Unit, 1998

*Regional Physical Activity Partnerships. Working Together to Help People to be Physically Active*, NSW Sport and Recreation, 2000 (available from the Community Development Unit on phone (02) 9923 4234, fax (02) 9923 4237)

*Simply Active Everyday. A plan to promote physical activity in NSW 1998-2002*, prepared by NSW Physical Activity Taskforce, NSW Health Department, 1998

*The Cost of Illness Attributable to Physical Activity in Australia. A Preliminary Study*, Department of Health and Aged Care and Australian Sports Commission, 2000 (available from Population Health Division publications, phone 1800 020 103, email [phd.publications@health.gov.au](mailto:phd.publications@health.gov.au))  
*The Toolkit for NSW Partnerships in Physical Activity*, NSW Health, 1998

*Toward Active Living. Proceedings of the International Conference on Physical Activity, Fitness and Health*, H. Quinney, L. Gauvin & A. Wall (eds), Human Kinetics Publishers, 1994

*1997 Physical Activity Benchmarks Highlights Report Measuring Progress Together*, Canadian Fitness and Lifestyle Research Institute, 1997

### **8.3.2 Sport and Recreation**

*CAPS An Active Australia Leadership Program*, Australian Sports Commission, 1999

*Club Planning. An Easy Guide for Sport and Recreation Clubs*, Australian Sports Commission

*Harassment-free Sport Guidelines for Sport and Recreation Organisations*, Australian Sports Commission, 1998

*Leisure Industry Information Bulletins*, Sport and Recreation Victoria, 1995

*Local Government Sport and Recreation Provision in Australia*, J. Carroll, Confederation of Australian Sport, 1995

*Modified Sport A Quality Junior Sport Approach*, Australian Sports Commission, 1997

*National Junior Sport Policy. A Framework for Developing Junior Sport in Australia*, Australian Sports Commission, 1994

*Recreation and Sport Policy Development. A Guide*, South Australian Office for Recreation and Sport, 1999

*Shaping Up: A review of Commonwealth involvement in sport and recreation. A report to the Federal Government*, 1999 (available at [www.isr.gov.au/sportpost2000/index.html](http://www.isr.gov.au/sportpost2000/index.html))

*Sport and Recreation in Local Government*, Australian Sports Commission, 1998

*The Economic Impact of Recreation and Sport at the Local Government Level*, South Australian Office for Recreation and Sport, 1999

### **8.3.3 Health**

*Draft Health Impact Assessment Implementation Guidelines*, enHealth Council, June 2000 (available at [www.health.gov.au/pubhlth/strateg/envhlth/hia/index.htm](http://www.health.gov.au/pubhlth/strateg/envhlth/hia/index.htm) or via email on [environhealth@health.gov.au](mailto:environhealth@health.gov.au))

*Health Promotion Journal* (available at [www.healthpromotionjournal.com/publications/global/2000-01/index\\_.htm](http://www.healthpromotionjournal.com/publications/global/2000-01/index_.htm))

### **8.3.4 Supportive Environments**

*Supportive Environments for Physical Activity. Guidelines for Local Government*, National Heart Foundation of Australia (SA Division), 1999 (available at Attachment 2 in folder version of this document)

*Exercise in Daily Life – Supportive Environments*, C. Wright, C. MacDougall, R. Atkinson & B. Booth, Department of Health and Family Services, 1996

*Under cover. Guidelines for shade planning and design*, NSW Cancer Council (available by phone 9334 1900, fax 9357 2676).

### **8.3.5 Injury Prevention**

*A National Sports Safety Framework*, SportSafe Australia, 1997

*A Sporting Chance. A risk management framework for the sport and recreation industry*, Tasmanian Officer of Sport and Recreation, Department of State Development, April 1999 (available at [www.osr.tas.gov.au/pubs/riskman1.pdf](http://www.osr.tas.gov.au/pubs/riskman1.pdf))

*How to Become a Sport Safe Club – Guidelines for developing and implementing a sport safety plan*, Sports Medicine Australia, 1998

*Playing it Safe. A guide to risk management for sport and recreation organisations*, Queensland Office for Sport and Recreation, Department of Tourism Sport and Racing, 1998 (cost is \$49.95 including postage, order form can be obtained by phone (07) 3237 9830 – when current stock is sold out it will be placed on the internet at [www.sportrec.qld.gov.au](http://www.sportrec.qld.gov.au))

*Playground Safety for Local Government*, Kidsafe and NSW Health, 1998 (available from the NSW Playground Advisory Unit - \$45 plus \$5 for postage, phone (02) 9845 0890, fax (02) 9845 0895, website [www.kidsafe.org.au](http://www.kidsafe.org.au))

*Safety Guidelines for Children in Sport and Recreation*, Australian Coaching Council Incorporated, 1997

### **8.3.6 Crime Prevention**

*Crime Prevention Resource Manual*, NSW Attorney General's Department, 1998 (available at [www.dlg.nsw.gov.au](http://www.dlg.nsw.gov.au) under Publications and Documents)

*Crime Prevention Through Sport and Physical Activity*, M. Cameron & C. MacDougall, Trends and Issues in Crime and Criminal Justice, No.165, Australian Institute of Criminology, September 2000 (available at [www.aic.gov.au](http://www.aic.gov.au) under Publications)

*Plan it Safe. A guide for making public places safer for women*, Safe Women Project, 1998 (available at [www.socialchange.net.au/planitsafe](http://www.socialchange.net.au/planitsafe))

*Safer Cities and Shires. A Guide to Developing Strategic Partnerships*, Community Safety and Crime Prevention, Department of Justice Victoria, 1997

*Safer Communities Development Fund. Summary of projects funded as at June 1999*, NSW Attorney General's Department, 1999 (available from Crime Prevention Division, phone (02) 9228 8307)

### **8.3.7 Women**

*Active Women. National Policy on Women and Girls in Sport, Recreation and Physical Activity 1999-2002*, Australian Sports Commission, 1999

*Gender Equity in Health*, NSW Health, (available at [www.health.nsw.gov.au/policy/hsp/publications/gender.equity.pdf](http://www.health.nsw.gov.au/policy/hsp/publications/gender.equity.pdf))

*How to Include Women and Girls in Sport, Recreation and Physical Activity*, Australian Sports Commission, 1999

*Issues of Importance to Women in NSW*, Department for Women (available at [www.women.nsw.gov.au](http://www.women.nsw.gov.au))

*Mentoring for Women in Sport*, NSW Sport and Recreation, 2000

*Mum's the Word. Exercise during pregnancy*, NSW Sport and Recreation

*NSW State Plan for Women in Sport and Recreation 1999-2002*, NSW Sport and Recreation, 1999

*Safe Sports Facilities. Making physical activity safer and more accessible for women*, NSW Sport and Recreation, 2000

*Sexual Harassment Policy and Guidelines for the NSW Sport and Recreation Community*, NSW Sport and Recreation

*Social Justice Checklist – Policy Development and Implementation*, NSW Sport and Recreation, 1999. This checklist is also relevant to other specific population groups.

*Women's Sport and Recreation Scholarship Program. Research reports 1997-1999*, NSW Sport and Recreation, 2000

### **8.3.8 Parents and Carers of Young Children**

*Child care guidelines for sport, recreation and fitness organisations*, NSW Sport and Recreation, 2000

### **8.3.9 Older People**

*Advances in Exercise Adherence*, R. Dishman, Human Kinetics, Champaign IL, 1994

*Healthy Ageing and Physical Activity*, NSW Health, 1999

*Never Too Late: Older people's perceptions of physical activity*, W. Brown, B. Fuller, C. Lee, J. Cockburn & L. Adamson, Health Promotion Journal of Australia, Vol.9, No.1, 1999, pp 55-63

### **8.3.10 Children and Young People**

*Bikes, Bands & Strategic Plans. Including young people in the business of local government*, Local Government Association of Queensland, 1997

*Child-friendly Environments*, NSW Department of Urban Affairs and Planning and the NSW Play Alliance, 1999

*Urban Design Guidelines with Young People in Mind*, Department of Urban Affairs and Planning, 1999

*Youth Studies Australia*, journal produced by the Australian Clearinghouse for Youth Studies (information about how to subscribe can be obtained at [www.acys.utas.edu.au](http://www.acys.utas.edu.au))

### **8.3.11 Disability**

*A Guide for Making Mobility Maps*, Local Government and Shires Associations of NSW (available by phone 9242 4000 – cost is \$25.00)

*NSW Government Disability Policy Framework*, Ageing and Disability Department and NSW Health, 1998

*Recreation and Leisure are Serious Business! NICAN National Policy on Recreation for People with a Disability*, NICAN, Canberra, 1999 (available by phone 1800 806 769, fax (02) 6285 3714, email [nican@spirit.com.au](mailto:nican@spirit.com.au))

*Sport and Recreation Access for All – A Guide to the Design of Accessible Indoor and Outdoor Recreation and Sporting Facilities*, Villamanta Publishing (available by phone (03) 5229 2029 or fax (03) 5229 3354 – cost is \$40)

### **8.3.12 Transport**

*Action for Bikes – BikePlan 2010 NSW*, Roads and Traffic Authority, 1999

*Bicycle access to public transport: learning from abroad*, M. Replogle, ITE Journal, December 1992, pp15-21

*Bike it – you'll like it! A campaign to encourage cycling in the Leichhardt and Ashfield Council areas*, Health Promotion Unit Central Sydney Area Health Service, 1999 (this report can be obtained from the Health Promotion Unit – see Attachment 4 'Area Health Service Contact Details')

*Charter on Transport, Environment and Health*, World Health Organisation, 1999 (available at [www.who.dk/London99/WelcomE.htm](http://www.who.dk/London99/WelcomE.htm))

*Cycling: Towards Health and Safety*, British Medical Association, Oxford University Press, London, 1992

*Journal of World Transport Policy and Practice* (this is available at [www.ecoplan.org/wtpp/wt\\_index.htm](http://www.ecoplan.org/wtpp/wt_index.htm))

*Marrickville Walk Wise Report*, J. Bindon, Central Sydney Health Promotion Unit, 1999 (this report can be obtained from the Health Promotion Unit – see Attachment 4 'Area Health Service Contact Details')



*Producing and Using Transport Access Guides*, Sustainable Energy Development Authority (available at [www.seda.nsw.gov.au/pdf/Tag310.pdf](http://www.seda.nsw.gov.au/pdf/Tag310.pdf))

*Providing Transport Choice. Integrating Land Use with Transport. Guidelines for Planning and Development Practice in NSW*, Department of Urban Affairs and Planning, Department of Transport, Roads and Traffic Authority, 1999

*The Australian Pedestrian Charter*, Pedestrian Council of Australia (available from the Council on (02) 9968 4544, or at [www.walk.com.au](http://www.walk.com.au))

*The Greening of Urban Transport: Planning for Walking and Cycling in Western Cities*, R. Tolley (ed), Belhaven Press, London, 1990

*Transport and health: en route to a healthier Australia?*, C. Mason, Medical Journal of Australia, Vol 172, March 2000, pp230-232 (available at [www.mja.com.au/public/issues/172\\_05\\_060300/mason/mason.html](http://www.mja.com.au/public/issues/172_05_060300/mason/mason.html))

*Walking in Central Sydney*, J. Bindon, Central Sydney Health Promotion Unit, 2000 (this report can be obtained from the Health Promotion Unit – see Attachment 4 'Area Health Service Contact Details')

### **8.3.13 Funding**

*Commonwealth Assistance for Local Projects 1999-2000. A directory for Local Government and its communities*, Commonwealth Department of Transport and Regional Services, 1999

*Funding Calendar 2000. A Directory of Community Funding*, WESTIR, (this publication is produced annually and information about purchasing it can be obtained by email at [westir@pnc.com.au](mailto:westir@pnc.com.au))

*The Rural Book. The handbook of major Federal Government services and programmes for regional and rural communities*, Commonwealth Department of Transport and Regional Services, 1999

## **8.4 Other Resources**

### **8.4.1 Internet Sites**

Active Australia [[www.activeaustralia.org](http://www.activeaustralia.org)]

Active Australia - Active Australia Day [[www.activeaustraliaday.com](http://www.activeaustraliaday.com)]

Active Australia – Awards [[www.ausport.gov.au/partic/activeoz.html](http://www.ausport.gov.au/partic/activeoz.html)]

Australian Sports Commission – sports participation [[www.ausport.gov.au/partic](http://www.ausport.gov.au/partic)]

Australian Local Government Association [[www.alga.com.au](http://www.alga.com.au)]

Benefits Online. Your guide to the personal, social, economic and environmental benefits of recreation, sport, fitness, arts, culture and parks, Canadian Leisure Information Network [[www.lin.ca/benefits.htm](http://www.lin.ca/benefits.htm)]

Canadian Fitness and Lifestyle Research Institute [[www.cflri.ca](http://www.cflri.ca)]

Deakin University School of Health Sciences Physical Activity and Health Program  
[[www.hbs.deakin.edu.au/healthsci/research/PAH/default.htm](http://www.hbs.deakin.edu.au/healthsci/research/PAH/default.htm)]

It's Everywhere You Go, US Centre for Disease Control [[www.cdc.gov/nccdphp/dnpa/readysite/index.htm](http://www.cdc.gov/nccdphp/dnpa/readysite/index.htm)]

National Information Communication Awareness Network provides a free information service to people with disabilities, families, service providers and the community [[www.nican.com.au](http://www.nican.com.au)]

National Office of Local Government [[www.nolg.gov.au](http://www.nolg.gov.au)]  
National Office of Local Government – National Awards for Innovation in Local Government  
[[www.dotrs.gov.au/nolg/nailg/index.html](http://www.dotrs.gov.au/nolg/nailg/index.html)]

NSW Department of Local Government [[www.dlg.nsw.gov.au](http://www.dlg.nsw.gov.au)]

NSW Sport and Recreation [[www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)]

NSW Health Department [[www.health.nsw.gov.au](http://www.health.nsw.gov.au)]

NSW Heart Foundation [[www.heartfoundation.com.au](http://www.heartfoundation.com.au)]  
National Heart Foundation – Local Government Awards  
[[www.heartfoundation.com.au/awards/index\\_fr.html](http://www.heartfoundation.com.au/awards/index_fr.html)]  
Pedestrian Council of Australia [[www.walk.com.au](http://www.walk.com.au)]

Roads and Traffic Authority [[www.rta.nsw.gov.au/frames/traffic/o\\_f.htm](http://www.rta.nsw.gov.au/frames/traffic/o_f.htm)]

Towards Best Practice, LGSA [[www.lgsa.org.au/web/projects.nsf](http://www.lgsa.org.au/web/projects.nsf) under Community Services, Recreation and Culture]

Western Australia Travelsmart, a community-based program administered by the Western Australian Department of Transport that encourages the use of alternatives to travelling in private cars, including cycling, walking and using public transport. The Program also involves local councils  
[[www.travelsmart.transport.wa.gov.au/local\\_gov.html](http://www.travelsmart.transport.wa.gov.au/local_gov.html)]

#### **8.4.2 Physical Activity Networks**

Information about Active Australia Regional Physical Activity Partnerships is provided in the document 'Regional Physical Activity Partnerships. Working Together to Help People be Physically Active' (see Section 8.3.1 under 'Useful Publications')

There are a number of other council initiated networks that have been established and place a strong emphasis on physical activity, for example:

##### ***Illawarra Region of Councils***

Council members are Wollongong, Shellharbour, Kiama, Shoalhaven, and Wingecarribee.

Contact for further information:

Lesley Scarlett

Executive Officer

Illawarra Region of Councils

Phone: (02) 4232 3200

Email: [kmiroc@tpgi.com.au](mailto:kmiroc@tpgi.com.au)

***Northern Region Physical Activity Taskforce***

Council members are North Sydney, Mosman, Manly, Warringah, Pittwater, Hornsby, Ku-ring-gai, Willoughby, Lane Cove, Ryde, and Hunters Hill.

Contacts for further information:

Katrina Oliver

Recreation Officer

North Sydney Council

Phone: (02) 9936 8192

Sally Castell

Physical Activity Coordinator

Healthy Lifestyles Unit

North Sydney Area Health Service (provides coordination and administrative support)

Phone: (02) 9906 4092

# ATTACHMENT 1

## Other Physical Activity Examples

### Supportive Environments

<b>Council</b>	Lithgow
<b>Project</b>	Greater Lithgow and District Bicycle Advocacy Group (GLAD BAG)
<b>Description</b>	A bicycle advocacy group which aims to educate the community about the benefits of cycling as a healthy mode of transportation and to improve conditions for cyclists.
<b>Contact details</b>	Rosemary Hastings Portland Community Health Centre Ph (02) 6355 5008
<b>Council</b>	Scone
<b>Project</b>	Cycle Way and Walking Paths
<b>Description</b>	Over the past 5 years Council in conjunction with the RTA devised and constructed a cycle/walk way that links subdivisions, schools and the CBD. The project has been ongoing as new sections are added.
<b>Contact details</b>	Meegan O'Neill Community Services Officer Ph (02) 6540 1132
<b>Council</b>	Inverell
<b>Project</b>	Shared Paths for Cycling and Walking
<b>Description</b>	Council has developed an extensive network of shared paths throughout Inverell including the local schools.
<b>Contact details</b>	Greg Moran Director, Technical Services Ph (02) 67 288288
<b>Council</b>	Inverell
<b>Project</b>	Pool Upgrade and Heating Facilities
<b>Description</b>	Council recently upgraded the swimming pool complex including covering a part of the main pool area and heating a section of the pool.
<b>Contact details</b>	Tim Russell Manager Environmental Services Ph (02) 67 288 243
<b>Council</b>	Cowra
<b>Project</b>	Cowra Great Escape Walking Track
<b>Description</b>	A 10 km walking track designed to encourage residents and visitors to Cowra to be physically active.
<b>Contact details</b>	Alan Lindsay Environmental Planning Manager Ph (02) 6340 2045

<b>Council</b>	Parkes
<b>Project</b>	Parkes Walking Track
<b>Description</b>	The Parkes Injury Prevention Committee initiated this track which is a 4 km circular track through the town of Parkes.
<b>Contact details</b>	John Mason Mid West Area Health Service Ph (02) 6360 7804
<b>Council</b>	Dubbo
<b>Project</b>	Tracker Riley Path
<b>Description</b>	The Tracker Riley Path is an off road path for walking and cycling.
<b>Contact details</b>	Steve Clayton Manager, Civil Infrastructure & Solid Ph (02) 6881 4222
<b>Council</b>	Coonabarabran
<b>Project</b>	Coonabarabran Walking Track
<b>Description</b>	A walking track close to the Coonabarabran central business district and residential areas.
<b>Contact details</b>	Lynda Row Coonabarabran Health Service Ph (02) 6842 2211
<b>Council</b>	Drummoyne, Ashfield and Leichhardt
<b>Project</b>	Bay Run for Iron Cove
<b>Description</b>	The Department of Urban Affairs and Planning working together with three local councils have planned the following improvements to the Bay Run - a decomposed granite jogging track, planting more trees, an exercise station, a continuous on and off road cycle path, electric lighting along the route and new seating and signage.
<b>Contact details</b>	Department of Urban Affairs and Planning Ph (02) 9391 2219
<b>Council</b>	Tamworth
<b>Project</b>	Mile Post Signs
<b>Description</b>	Mile Posts have been erected along bicycle /walking tracks within the city indicating distances travelled to and from specific land marks.
<b>Contact details</b>	Phil Lyon General Manager Ph (02) 6755 4441
<b>Council</b>	Narromine
<b>Project</b>	Narromine Sports and Fitness Centre
<b>Description</b>	An indoor centre that attracts around 900 participants per week of a population of 6,500 (also catering for people with disabilities). Provides a safe, clean, healthy indoor physical activity venue, with a wide variety of programs at a reasonable price.
<b>Contact details</b>	Rex Gower Narromine Sports and Fitness Centre Ph (02) 6889 1180



**Council** Fairfield  
**Project** Wetherill Park Reserve  
**Description** The redevelopment of Wetherill Reserve will provide 2 playgrounds ( 1. 5-12 years, 2. 13 – 18 years), a women's space area, a cycleway, an Amphitheatre and passive recreation areas.  
**Contact details** Annette Stafford  
Project Officer  
Ph (02) 9725 0882

**Council** Fairfield  
**Project** Fairfield City Farm  
**Description** The farm is the location of the Olympic mountain bike venue. Sections of the track are open to the public. This is part of an adventure zone currently under development.  
**Contact details** Annette Stafford  
Project Officer  
Ph (02) 9725 0882

**Council** Fairfield  
**Project** Creek Regeneration  
**Description** Extensive work is in progress to restore the creeks in the Fairfield area and encourage the community to visit the waterways through daily walking, cycling etc.  
**Contact details** Annette Stafford  
Project Officer  
Ph (02) 9725 0882

**Council** Fairfield  
**Project** Cycleway  
**Description** A cycleway is currently under construction to link Canley Vale Station to Fairfield City Farm. The majority of the cycleway is off road and where possible follows Orphans Creek.  
**Contact details** Annette Stafford  
Project Officer  
Ph (02) 9725 0882

## Activities and Events

**Council** Scone  
**Project** Newcastle Harbour Swim  
**Description** As part of 'Healthy Lifestyles in the Upper Hunter' Council promoted the Newcastle Harbour Swim which is from ferry terminal to ferry terminal.  
**Contact details** Meegan O'Neill  
Community Services Officer  
Ph (02) 6540 1132

**Council** Tweed  
**Project** Tweed Games  
**Description** An annual sports festival spanning the month of October.  
**Contact details** Stewart Brawley  
Manager Recreation Services  
Ph (02) 6672 0491

<b>Council</b>	Tamworth
<b>Project</b>	Bike It You'll Like It
<b>Description</b>	Coincides with Bike Week. Involves a full day where children can participate in a set program, including safety inspections, demonstration rides, and games and competitions.
<b>Contact details</b>	Patsy Bourke, New England Health Ph (02) 6768 3877
<b>Council</b>	North Sydney
<b>Project</b>	North Sydney Aquathlon
<b>Description</b>	A mini biathlon event for all the community held under the Sydney Harbour Bridge along the waterfront and into the Olympic Pool.
<b>Contact details</b>	Katrina Oliver Recreation Officer Ph (02) 9936 8192
<b>Council</b>	North Sydney
<b>Project</b>	Aboriginal Heritage Walks
<b>Description</b>	Throughout 1999 council's Aboriginal Heritage Officer conducted Heritage walks through several North Sydney LGA harbourside parks and reserves.
<b>Contact details</b>	Katrina Oliver Recreation Officer Ph (02) 9936 8192
<b>Council</b>	North Sydney
<b>Project</b>	Move and Improve Challenge
<b>Description</b>	A walking/jogging program held once a week for six weeks to improve physical fitness and encourage people to be physically active in their lunch hour.
<b>Contact details</b>	Katrina Oliver Recreation Officer Ph (02) 9936 8192
<b>Council</b>	Fairfield
<b>Project</b>	Jungle gym
<b>Description</b>	A basic motor skills and co-ordination program for 2 – 5 year olds with their parent or carer.
<b>Contact details</b>	Rachelle Stark Dry Recreation Planner Ph (02) 9754 2078
<b>Council</b>	Fairfield
<b>Project</b>	Get Up and Go
<b>Description</b>	A program developed in conjunction with Fairfield Community Health to enable carers and patients to participate in structured activity without leaving their home.
<b>Contact details</b>	Rachelle Stark Dry Recreation Planner Ph (02) 9754 2078

<b>Council</b>	Fairfield
<b>Project</b>	Cardiac Phase III program
<b>Description</b>	A program run in conjunction with Fairfield District Hospital and their Shared Care Program. This program allows those people who have suffered heart conditions or are susceptible to suffering them to participate under supervision in an ongoing exercise program.
<b>Contact details</b>	Rachelle Stark Dry Recreation Planner Ph (02) 9754 2078

## Information

<b>Council</b>	Blacktown
<b>Project</b>	Workers Walk Maps in Blacktown
<b>Description</b>	Maps promoting 15 – 20 minute walks that can be undertaken in the Blacktown CBD by workers in their lunch breaks.
<b>Contact details</b>	Michelle Azizi Health Promotion Team Ph (02) 9881 8757

<b>Council</b>	Holroyd
<b>Project</b>	Holroyd City Walks
<b>Description</b>	Maps promoting physical activity in Holroyd City.
<b>Contact details</b>	Angela Delli Pizzi Road Safety Training Officer Ph (02) 9840 9810

<b>Council</b>	Tamworth
<b>Project</b>	Community Map
<b>Description</b>	A community map has been produced for various centres throughout the region supplying details of walking trails.
<b>Contact details</b>	Patsy Bourke, New England Health Ph (02) 6768 3877

<b>Council</b>	North Sydney
<b>Project</b>	What's on in North Sydney
<b>Description</b>	An annual brochure highlighting all the local events for the year.
<b>Contact details</b>	Katrina Oliver Recreation Officer Ph (02) 9936 8192

## Partnerships

<b>Council</b>	Inverell
<b>Project</b>	Recreational/Cultural Grants to Villages and Rural Areas
<b>Description</b>	Council provides grants of up to \$2000 for villages and rural areas on a dollar for dollar basis with the committee providing their value either in money or in kind labour or materials.
<b>Contact details</b>	Sharon Stafford Administrative Officer Ph (02) 67288 288

**Council** North Sydney  
**Project** Local Sports Development Grants  
**Description** Council provides local sports groups with funding grants of up to \$500 to help in the provision of equipment and programs.  
**Contact details** Katrina Oliver  
Recreation Officer  
Ph (02) 9936 8192

**Council** Wollongong and Shoalhaven  
**Project** Wollongong Sports Liaison Committee and Shoalhaven Sports Board  
**Description** The establishment of a co-operative committee to assess the needs of sporting organisations in the Wollongong and Shoalhaven areas.  
**Contact details** Lyndee Matthews  
Regional Director  
Ph (02) 4228 5355

## Older People

**Council** Baulkham Hills  
**Project** Older People are Active People  
**Description** Two seminars were held in which people participated in physical exercise, recreational and social activities and participants were given information on staying healthy and active.  
**Contact details** Ula Karas  
Aged & Disability Services Co-ordinator  
Ph (02) 9843 0191

**Council** Canterbury  
**Project** Older Men: New Ideas - Canterbury  
**Description** A men's group that meets fortnightly at Canterbury City Community Centre and is supported by a Neighbour Aid Worker.  
**Contact details** Rose Incampo  
Neighbour Aid Co-ordinator  
Ph (02) 9750 9344

**Council** Canterbury  
**Project** Happy Seniors Gathering Days  
**Description** A day for seniors to try out activities such as gentle exercise and tai chi, join in some folk dancing and singing, listen to guest speakers and socialise over morning tea.  
**Contact details** Rose Incampo  
Neighbour Aid Co-ordinator  
Ph (02) 9750 9344

**Council** North Sydney  
**Project** Older Active Australia Program for Seniors Week 2000  
**Description** A range of activities held over one week to encourage seniors to maintain physical activity, join clubs, meet new friends, and enjoy sports and activities.  
**Contact details** Katrina Oliver  
Recreation Officer  
Ph (02) 9936 8192

**Council** North Sydney  
**Project** Northern Sydney Walks for Older People  
**Description** Council contributed three walks as part of the Northern Sydney Area Health Team and Local Physical Activity Taskforce brochure for seniors on easy walks in the northern area of Sydney.  
**Contact details** Katrina Oliver  
 Recreation Officer  
 Ph (02) 9936 8192

**Council** Fairfield  
**Project** Active 50's Program  
**Description** Fitness classes for the over 50's. Information sessions on nutrition, falls prevention, exercise and diabetes are often held in conjunction with this program.  
**Contact details** Rachelle Stark  
 Dry Recreation Planner  
 Ph (02) 9754 2078

## **Children and young people**

**Council** Wyong  
**Project** Picnic Point Skatepark  
**Description** The design and development of a pre-cast modular skatepark by the council, with extensive consultation with local youth.  
**Contact details** Allen Rudy  
 Recreation Planning Officer  
 Ph (02) 4350 5542

**Council** Inverell  
**Project** Lions Park Development  
**Description** The development of a skate park, BMX track and baseball field within 8 hectares of parkland.  
**Contact details** Graham Benedeich  
 Manager Services and Special Projects  
 Ph (02) 67 288288

**Council** Bathurst  
**Project** Bathurst PCYC Skate Park  
**Description** A skate park built to provide a safe environment for young people to participate in physical activity through skating and to improve street safety in Bathurst's central business district.  
**Contact details** Special Constable Ray Mendez  
 Bathurst PCYC  
 Ph (02) 6331 2191

**Council** Gosford  
**Project** Skateboard Clinics  
**Description** Every school holidays skateboard clinics designed to encourage young people from all backgrounds to use the skateboard facilities are conducted.  
**Contact details** John Ferguson  
 Recreation Officer  
 Ph (02) 43 258 430



**Council** Fairfield  
**Project** Skate Facility  
**Description** Development of an outdoor skate facility in the Wetherill Park area to complement the youth space at Wetherill Park Reserve.  
**Contact details** Annette Stafford  
Project Officer  
Ph (02) 9725 0882

**Council** Leichhardt  
**Project** Walk to School  
**Description** This project aims to encourage parents to walk their children to school instead of driving them through the establishment of a "Walking Bus" program, auditing and promoting safer walking routes to increase physical activity and reduce traffic/parking problems around schools.  
**Contact details** Vera Zaccari  
Road Safety Officer  
Ph (02) 9367 9000

## **People with Disabilities**

**Council** North Sydney  
**Project** "We're in it Together"  
**Description** A series of seminars to inform leaders of leisure and sporting organisations of the importance of and procedures to ensure that people with disabilities are included.  
**Contact details** Chris Taylor,  
Community Worker, Age/Disability  
Ph (02) 9936 8100

## **ATTACHMENT 2**

### **Supportive Environments for Physical Activity. Guidelines for Local Government - Heart Foundation SA 1999**

This document is only available in the folder version of this document.

# ATTACHMENT 3

## Calendar of Events

DATE	EVENT	CONTACT PHONE/WEBSITE
2001	International Year of Volunteers	United Nations Information Centre (02) 9262 5111 <a href="http://www.iyv2001.org">www.iyv2001.org</a>
8 March	International Women's Day	United Nations Information Centre (02) 9262 5111 <a href="http://www.un.org/womenwatch">www.un.org/womenwatch</a>
18-25 March	Seniors Week	NSW Ageing and Disability Department (02) 9367 6839 <a href="http://www.add.nsw.gov.au">www.add.nsw.gov.au</a>
March/April (16 days)	RTA Big Ride	Roads and Traffic Authority (02) 9218 6816 <a href="http://www.rta.nsw.gov.au">www.rta.nsw.gov.au</a>
1-8 April	Youth Week	Office of Children and Young People (02) 9228 5146 <a href="http://www.youth.nsw.gov.au">www.youth.nsw.gov.au</a>
7 April	World Health Day	United Nations Information Centre (02) 9262 5111 <a href="http://www.who.int">www.who.int</a>
21-29 April	Heritage Festival	The National Trust of Australia (02) 9258 0129
29 April –5 May	Heart Week	National Heart Foundation (NSW Division) (02) 9219 2444 <a href="http://www.heartfoundation.com.au">www.heartfoundation.com.au</a>
6 May	International No Diet Day	NSW Health (02) 9391 9000 <a href="http://www.health.nsw.gov.au">www.health.nsw.gov.au</a>
15 May	International Day of Families	United Nations Information Centre (02) 9262 5111 <a href="http://www.un.org/esa/socdev/family">www.un.org/esa/socdev/family</a>

<b>DATE</b>	<b>EVENT</b>	<b>CONTACT PHONE/WEBSITE</b>
<b>5 June</b>	World Environment Day	United Nations Information Centre (02) 9262 5111 <a href="http://www.unep.org">www.unep.org</a>
<b>1st week July</b>	NAIDOC Week	ATSIC, Public Affairs (02) 9256 6128 <a href="http://www.atsic.gov.au">www.atsic.gov.au</a>
<b>9 August</b>	International Day of the Worlds Indigenous People	United Nations Information Centre (02) 9262 5111 <a href="http://www.un.org/rights">www.un.org/rights</a>
<b>23-27 July</b>	Local Government Week	Local Government & Shires Associations (02) 9242 4000 <a href="http://www.lgsa.org.au">www.lgsa.org.au</a>
<b>September</b> (last week before school holidays)	Bike Week	Roads and Traffic Authority (02) 9218 6816 <a href="http://www.rta.nsw.gov.au">www.rta.nsw.gov.au</a>
<b>September/ August</b> (date to be determined)	Public Transport Week	Major Coordination Unit NSW Department of Transport (02) 9268 2806 <a href="http://www.transport.nsw.gov.au/ptw.html">www.transport.nsw.gov.au/ptw.html</a>
<b>1 October</b>	International Day of Older Persons	United Nations Information Centre (02) 9262 5111 <a href="http://www.un.org/esa/socdev/ageing">www.un.org/esa/socdev/ageing</a>
<b>October</b>	Active Australia Day	NSW Sport & Recreation 13 13 02 <a href="http://www.dsr.nsw.gov.au">www.dsr.nsw.gov.au</a>
<b>20-27 October</b>	Childrens Week	Department of Community Services (02) 9557 0900 <a href="http://www.community.nsw.gov.au">www.community.nsw.gov.au</a>
<b>October/ November</b>	Walk to Work Day	Pedestrian Council of Australia (02) 9968 4544 <a href="http://www.walk.com.au">www.walk.com.au</a>
<b>3 December</b>	International Day of People with a Disability	United Nations Information Centre (02) 9262 5111 <a href="http://www.who.int">www.who.int</a>

# **ATTACHMENT 4**

## **Area Health Service Contact Details**

### **Central Coast Health**

Health Promotion Officer, Physical Activity  
Health Promotion Unit  
Ph (02) 4349 4800

### **Central Sydney Area Health Service**

Health Promotion Officer  
Health Promotion Unit  
Ph (02) 9515 3356

### **Greater Murray Area Health Service**

Manager, Health Promotion  
Health Promotion Unit  
Ph (02) 6058 1700

### **Hunter Area Health Service**

Evaluation Officer  
Hunter Centre for Health Advancement  
Ph (02) 4924 6240

### **Illawarra Area Health Service**

Public Affairs Manager  
Area Administration  
Ph (02) 4275 5111

### **Macquarie Area Health Service**

Health Improvement Officer  
Centre for Population Health  
Ph (02) 6841 2321



**Mid North Coast Area Health Service**

Health Promotion Officer

Health Promotion Unit

Ph (02) 6588 2836

**Mid Western Area Health Service**

Heart Health Coordinator

Community Development & Primary Care

Ph (02) 6360 7704

**New England Area Health Service**

Health Promotion Officer

Community Health Centre

Ph (02) 6768 3877

**Northern Rivers Area Health Service**

Health Promotion Officer

Health Promotion Unit

Ph (02) 6620 2743

**Northern Sydney Area Health Service**

Physical Activity Coordinator

Health Promotion Unit

Ph (02) 9906 4092

**South East Sydney Area Health Service**

Physical Activity Coordinator

Health Promotion Unit

Ph (02) 9382 8147 (Zetland Unit) or (02) 9350 1785 (St George Unit). Please note that these units will be merging in 2001.

**South West Sydney Area Health Service**

Program Manager

Health Promotion Unit

Ph (02) 9828 5911

**Southern Area Health Service**

Health Promotion Officer

Health Improvement & Prevention Unit

Ph (02) 6299 1725

**Wentworth Area Health Service**

Health Improvement Officer

Population Health Unit

Ph (02) 4734 3719

**Western Sydney Area Health Service**

Physical Activity Coordinator

Health Promotion Unit

Ph (02) 9840 3708

## **ATTACHMENT 5**

### **In House Training Package**

To be provided following the Active Australia Local Government Network Conference in March 2001. It will include resources that council staff can use to run information or training sessions with other council staff about physical activity.