

Healthy Lifestyle Group Strategic Framework

Vision

Supportive environments for healthy living in the Bundaberg Region

Mission Statement

Working in partnership to create healthy communities through smoke free environments, nutritious and active living

Strategic Breakdown

Nutritious Living

OVERALL GOAL

Raise the profile of healthy food options in the community to increase access for all in the community



MAIN STRATEGIES

1. Develop local partnerships in the Bundaberg Region to identify opportunities to increase access to healthy food options
2. Influence local healthy eating policies across a number of settings
3. Improve access to Healthy Foods for all within the community



utilise settings approach across strategic focus areas, including promotion of smoke free environments.



Active Living

OVERALL GOAL

Increase the participation in walking as a means of transport, recreation and exercise by creating local environments that support and encourage physical activity



MAIN STRATEGIES

1. Gather baseline information re physical activity opportunities in the Bundaberg Region
2. Advocating and lobbying for policy and infrastructure changes to increase walking and physical activity uptake in the Bundaberg area
3. Promotion of walking opportunities to the residents and visitors of Bundaberg using a variety of mediums and resources



utilise settings approach across strategic focus areas, including promotion of smoke free environments.





- **EXPECTED OUTCOMES FOR 2011**
- ✓ Number of relationship built with a view to development of a partnership, with stakeholders associated with food production, distribution, retail
- ✓ Promotion of healthy eating resources
- ✓ Development & sign off of HW Policy at CRU

Guiding principles

- ✓ Equity, Access & Opportunities for all
- ✓ Most impact
- ✓ Sustainability
- ✓ Responsive to needs of the region
- ✓ Integrity in decision making
- ✓ Measurable Outcomes / Evaluation
- ✓ Evidence based
- ✓ Community Capacity Building



- **EXPECTED OUTCOMES FOR 2011**
- ✓ Walkability & Walking Trail Audit Completed incl Report and recommendations
- ✓ Development & sign off of HW Policy at CRU
- ✓ 10 000 Steps signage at designated points in the community
- ✓ 10000 Steps Walking Maps & Walking trails brochure/ booklet drafted

Ottawa Charter Strategies For Action

- ✓ Strengthen Community action
- ✓ Creating Supportive Environments
- ✓ Building healthy Public Policy

Documents that guide the HLG ACTIONS

STRATEGIC PLAN
AIM: Define the groups vision, medium-long term goals and strategies to achieve the goals
 ✓ HLG SP 2011_2013

ACTION PLAN
AIM: Breakdown of strategies into key actions to be undertaken annually to achieve strategic goals
 ✓ HLG AP 2011

HOLISTIC GUIDING DOCUMENTS AND PLANS
 (Eg. Regional Sport and Recreation Strategy, Towards Q2)

Membership: As per HLG TOR



Current Facilitator Details:
 Sport & Recreation Team
 Bundaberg Regional Council
 Tel: 07 4130 4170

Email:
sportandrec@bundaberg.qld.gov.au

Ratified: 1st December, 2010