

G21 Active Living Map – 18/05/2017



Explanation Note:

This map illustrates the activity that occurs by multi-agencies across the G21 Region. It is a point in time based on participation in a workshop held on 18th May 2017.

The maps will be used to assist in the development of a joined up plan by multi-agencies who share the common agenda of Healthier Eating & Active Living.

How to read the map:

Each label on the map represents a factor, nominated by the workshop participants, as a driver of healthy eating or active living in the G21 area.

The arrows connecting the factors represent causal relationships, explaining how these factors influence one another.

The arrows describe two types of relationship – for example:

A **solid arrow** means that the first factor causes the second factor to **change in the same direction**.



As age-friendly urban design goes up – access to physical activity opportunities goes up OR as age-friendly design goes down – access goes down.

A **dashed arrow** means that the first factor causes the second factor to **change in the opposite direction**.



Some factors on the map have a number “2” after their name – i.e. “Finances/Resources 2” on the right of the map. These are copies of factors listed elsewhere on the map (in this case the original “Finances/Resources” is located on the lower-left). This is a shortcut used to minimise visual clutter, and crossover of arrows on the map. Any arrow that applies to the copy applies to the original as well.

Themes:

The factors in the map have been classified into a number of categories that show the prominent themes in the factors that participants identified. The themes have been colour coded as follows:

Social Determinants of Health (including access & inclusion)

Active Transport

Community Capacity and Coordination

Environments for Health

Health Attitudes, Understanding and Messaging

Active Living Actions:

Below is the full list of actions impacting Healthy Eating discussed by the workshop participants, classified by the themes from the map.

Environments for Health

- Supporting and promoting preschool services to incorporate a "bush kinder" component to their curriculum
- Supporting and promoting nature play within the community
- Open space strategy
- Safe Routes to School (11 schools)
- Supporting Bike Ed in schools in North and East Geelong
- Sustainable Communities- infrastructure development guidelines
- Joint Use Agreements promoting community access to school sites and recreational facilities
- Ongoing implementation of the Active Transport Strategy Recommendations
- Open space strategy implementation
- Council endorsed strategies: Paths and Trails, Recreation, Playspace
- Budget allocations to development/maintenance of infrastructure to support active living
- Strength Training Groups- Rokewood, Inverleigh & Beac
- Facilities Provision
- Implementation of a footpath strategy to enable greater connectedness
- Play and Skate Zone Torquay
- Winchelsea Netball Pavilion application submitted to Building better Regions Fund
- Planning and design underway for indoor multipurpose stadium for Torquay
- Implement Shire Wide Open Space Strategy
- Position Anglesea as an outdoor adventure hub as part pf implementing Growing Adventure Tourism Strategy action plan – incl. maintenance of Surf Coast Walk.
- Upgraded 10 tennis court surfaces - Spring Creek Torquay, Aireys Inlet, and Anglesea.
- Master planning processes soon complete for Stribling Reserve Master Plan (Lorne) and Anderson Roadknight Reserve Master Plan (Aireys Inlet)
- New Grenville Oval construction complete in North Torquay (official opening in June 2017)
- SRV funding submission to upgrade lighting at Stribling Reserve Lorne
- Renewal and upgrade to infrastructure within BOQ. Foreshore, parks and garden assets and revitalisation projects in place that provide the community with greater access that increases participation in physical activity
- Maintain and upgrade existing parks and trails for access and use to promote physical activity.
- Urban design and public open space design focusing on greater participation in physical activity for all levels and abilities.
- Northern Community Hub- Community Garden

Social Determinants of Health (including access & inclusion)

- Active Service Model for aged and disability services
- Women's Participation Project
- Fees and Charges review for community facilities to ensure affordable usage, enhance program delivery, and efficient use of resources
- Aged Support Movers and Shakers Program

Active Transport

- Provide advocacy and support to Northern Bellarine Transport Action Group whose aim it is to improve frequency, accessibility, connectivity and efficiency of public transport on the Northern Bellarine
- Provide advocacy and support to Bellarine Bicycle Users Group, whose aim it is to improve the safety and appeal of cycling on the Bellarine
- No Fuss Buss Practical and informational session delivered to the community to increase confidence using public transport in the Bellarine
- Bellarine Belles Beginner's women's cycling group. Assisting the voluntary group leaders in the facilitation and marketing of the group.

Community Capacity and Coordination

- Partnerships with regional stakeholders, eg Active My Way
- Regional network participation
- Children's Network PD facilitation
- Support state wide initiatives including Walk to School, Premiers Active April, and Ride to Work
- Fair Play Strategy nearing completion
- Program partnerships to deliver physical activity programs eg: YMCA, Ballarat Community Health, Sons of the West
- "Create Crate" resource for community to support community led activity
- Support of "active living" initiatives through council grant programs eg: support the development of 2 girls football teams

Health Attitudes, Understanding and Messaging

- Sexual & Reproductive Health- working with Grade 5/6 students and building capacity with the teaching staff- guided by "Catching on Early" (Department of Education and Early Development). Components of the program discuss physical activity.
- Social media, website, and collateral

The following are activities raised that don't easily align with a relevant theme

- Municipal Public Health and Wellbeing Planning
- Greater Geelong Physical Activity Strategy
- Review and implement Physical Activity Strategy
- Municipal Health and Wellbeing Planning
- Integrated Health Promotion Plan

- Actively support Locomote- Northern Bellarine walkability action group with their Happy Feet campaigns designed to improve pedestrian conditions on the Northern Bellarine
- Bike Maintenance Workshops providing free workshops to community members to provide basic bike maintenance skills
- Active travel (developing an Active Travel Plan, Implementation of the PBN and PPN, Active Travel Maps)
- Vic Health Walk to School annually
- Walking groups- Rokewood & Inverleigh
- Walking Soccer

- Volunteer training program to provide support to sporting and recreation club volunteers to assist and educate clubs to ensure they are inclusive and encourage participation by all
- Council community grants program emphasises Active Living as a criteria - Eight community recreation projects funded in the March 2017 round
- Community Planning Program, a number of community plans have activities identified by community to support active living. Seed funding is provided to assist community in developing and delivering identified items within plan.
- Facilitation of events and activities such as walk to school day, music festivals and markets that promote active living within the community.
- Older Adults programs
- AAA Activities

- Farm Safety Program (grade 5/6 students)- while this program is focussed in injury prevention, it has strong messages of playing outside (on rural properties) safely.
- Programs that encourage/support physical activity, Trailblazers Walking program, Steady Feet No Falls etc

- Participation in key networks including G21 PA working group
- School holiday programs
- Working with Barwon Water to implement Healthy Communities Project
- Integrated Council and Health and Wellbeing Plan