Creating an environment that embraces physical activity, identifying cost-effective interventions to increase ongoing participation in sports, exercise and other activities.

1.1 Create a region-wide physical activity strategy to improve ongoing participation in sports, exercise and other activities.


1.2 Work with service providers to connect their work in integrated health promotion, health literacy, chronic disease management and service coordination with increased physical activity.

HWB Executive identifies opportunity to collaborate with partner agencies that work with the Aboriginal, disability and CALD populations to increase their access to physical activity opportunities. Findings of the Early Integration and Integrated Care Plan (2013-2017) shared with the Physical Activity Working Group.

1.3 Develop a Universal Access tool that will guide development in the built and natural environment to increase participation for people with disabilities.

Initial consultation with representatives from the five local Councils indicate that the Universal Mobility Index tool is not suitable, but they are interested in other opportunities to explore the possibility of universal access in public places.

Funding opportunities investigated (through NDIS and RDV) but no funding secured. Without funding the project is not viable.

1.4 Facilitate professional development to support place based physical activity and health. Includes urban and workplace design, strategic planning and CPTED.

COGG develops ‘Sustainable Communities Infrastructure Development Guidelines’ that has a ‘Healthy Active by Design’ lens.

1.5 Advocate for improved amenities that will increase physical activity (bike paths, trails). Encourage vulnerable population groups to increase their incidental activity.

Advocate for improved amenities that will increase physical activity (bike paths, trails). Encourage vulnerable population groups to increase their incidental activity.

1.6 Develop local resources with community champions that promote physical activity in natural environments.

Each LGA identifies amenities to increase physical activity in its natural environment and funding channels for these to be implemented.

At a regional level, the G21 Board supports significant infrastructure projects for state or federal government funding. The G21 Adventure Trails, a current G21 Priority Project, is an example of this.

1.7 Coordinate whole of population social media strategy and regional directory that links physical activity projects being delivered with service providers and the local community.

Without funding the project is not viable.
Connecting people through relationships, the roles they take on, their participation in groups and their bond to their community. Ensuring that everyone can access work, services and community, and have the connections to have their voices heard.
A systematic and reliable evidence base that provides stakeholders with an informed understanding of the health and wellbeing status of the region, identifies areas of regional concern and supplies credible data to advocate for funding.