

Outcome Area 2: A whole-of-community approach to active living

Communities are complex systems; and traditionally some sectors, agencies or organisations have approached the establishment of services and initiatives using a 'silo' style. A whole-of-community approach encourages integrated actions that address a broad range of socio-ecological determinants of physical activity.



Action Area 2.1 Community capacity for active living

Communities require resources such as skills, knowledge and networks to drive and sustain active living at local levels. General community development principles apply. They can be focussed on key active living issues at local levels through community public health planning and health impact assessment tools.

Objectives

- To improve access to resources for communities to drive and sustain active living at the local level
- To promote physical activity opportunities for those most in need and to close the health gap between different population groups as a result of geography, ethnicity, and socio-economic status

Current action – What is already being done?

Health Sector Strategies	Lead Agencies
<p>Supporting the establishment and evaluation of comprehensive, community-wide physical activity demonstration programs which employ multiple evidence-based strategies in a range of settings:</p> <ul style="list-style-type: none"> 10,000 Steps Just Walk It 	<p>various LGAs or PATs NHFA, DLGPSR, QH</p>
<p>Working with other sectors to facilitate access by the non-health workforce and community members to health-related training that supports their role in physical activity:</p> <ul style="list-style-type: none"> Just Walk It Supportive Environments for Active Living (SEAL) Workforce Development Strategy 	<p>NHFA, DLGPSR QH</p>
<p>Building collaborative partnerships with organisations from relevant sectors to develop initiatives that support inactive people to be active</p>	<p>QH, NHFA</p>
<p>Identifying opportunities to support physical activity through healthy public policy that considers supportive codes and standards, legislation and legal liability, financial incentives and disincentives, and health impact assessment tools</p>	<p>QH, NHFA</p>
<p>Implementing physical activity initiatives with an emphasis on building social capital, positive community relationships and cohesion, and reducing social isolation:</p> <ul style="list-style-type: none"> Steady Steps Just Walk It 	<p>FQ, QH, DLGPSR NHFA, DLGPSR</p>
<p>Encouraging community consultation to guide the development, implementation and evaluation of community-based physical activity programs and services:</p> <ul style="list-style-type: none"> SEAL Community Consultation Guide 	<p>QH</p>

Other Sectors' Strategies	Lead Agencies
<p>Supporting the establishment and evaluation of comprehensive, community-wide physical activity demonstration programs which employ multiple evidence-based strategies in a range of settings:</p> <ul style="list-style-type: none"> Get Active Queensland Schools Program Active after schools program Eat well, be active – healthy kids for life The Queensland Government first action plan 2005–2008 	<p>DLGPSR ASC QH, Human Services</p>
<p>Identifying opportunities to support physical activity through healthy public policy that considers supportive codes and standards, legislation and legal liability, financial incentives and disincentives, and health impact assessment tools</p>	<p>govt & NGOs</p>
<p>Publicly recognising the contribution of volunteers and paid employees and highlighting innovation and good practice in physical activity promotion:</p> <ul style="list-style-type: none"> Thanks Coach, Thanks Ref 	<p>DLGPSR</p>
<p>Sponsoring cycle events (Bike Week, Cycle Queensland, Wilson HTM Brisbane to Gold Coast Challenge)</p>	<p>QT</p>
<p>Cycle safety education, particularly child education (Bike Ed program)</p>	<p>QT</p>
<p>Distributing cycle encouragement information (www.transport.qld.gov.au/cycling)</p>	<p>QT</p>



Other Sectors' Strategies	Lead Agencies
Offering funding for projects such as participation programs, sports equipment, travel to sporting competitions, bicycle paths and large scale capital works for sport and active recreation facilities: <ul style="list-style-type: none"> ▪ State Development Program ▪ Major Facilities Program ▪ Minor Facilities Program ▪ Indigenous Community Development Program ▪ The Club Development Program ▪ Rural Living Infrastructure Program ▪ Regional Centres Program 	DLGPSR
Continuing to explore options to utilise existing funding programs to develop industry and community capacity to support participation opportunities	DLGPSR
Providing workshops to identify new opportunities for volunteers, club officials and coaches to learn about programs and governance initiatives that are flexible and relevant to adapt to the changing sport and active recreation environment: <ul style="list-style-type: none"> ▪ Building Active Communities Workshops and Locker Room Forums 	DLGPSR
Promoting safe and exciting participation in outdoor recreation via recreation centres offering a range of programs and activities (including ropes courses, bouldering, fishing, swimming, surfing, squash, basketball and tennis): <ul style="list-style-type: none"> ▪ Active Recreation Centres 	DLGPSR
Providing a community partnerships funding program to enhance physical activity and healthy eating initiatives in local communities: <ul style="list-style-type: none"> ▪ Community Partnerships Program 	DLGPSR, EQ, QH, QT, DATSIP & other govt & NGOs

Potential actions – What more is required?

- Provide coordinated and sustainable funding and structures to support the provision and evaluation of affordable community-based physical activity programs targeting different population sub-groups (older people, young women, diabetics) and differing abilities and interests, that are relevant to social and community needs (dance, traditional games, camps, walking).
- Develop and disseminate good practice guidelines and complementary resources to improve the development of, and access to, physical activity programs and services for population groups with special needs.
- Develop cultural awareness and sensitivity guidelines for mainstream physical activity services.
- Develop and implement a framework for Health Impact Assessment for local government authorities, planners and developers.
- Use GIS-type technology in physical activity planning and service delivery and monitoring.
- Explore options to use equity impact assessment tools in physical activity policy, planning and program development.

Strategic forums and documents

- 10,000 Steps Program - www.10000steps.org.au
- Just Walk It Program - National Heart Foundation of Australia
- Get Active Queensland Schools Program – Department of Local Government, Planning, Sport and Recreation





Action Area 2.2

Local community environments

Relationships have been observed between physical activity levels and the characteristics of our communities, such as proximity of facilities, street design, density of housing, availability of public transport and active transport facilities, and feelings of safety (Centre for Disease Control 2004, National Heart Foundation of Australia 2004, King et al 2000). Evidence indicates that a combination of urban design, land use patterns and transportation systems that promote walking and bicycling will help create active, healthier and more liveable communities (Handy et al 2002). The World Health Organisation has also identified increasing urbanisation and various aspects of city planning as important physical activity issues (WHO Global Strategy 2004).

In Queensland, the *Integrated Planning Act 1997* seeks to promote ecological sustainability through coordinating and integrating planning at the local, regional and state levels, and managing the development process and the effects of development. Queensland Transport has developed a number of plans and guidelines to assist with developing environments that promote physical activity. These seek to influence the preparation and review of planning schemes in order to facilitate communities that support public transport use, cycling and walking, and are less reliant on private motor vehicles.

The Local Government Finance Standard 1994 has been amended, stipulating that a local government corporate plan must include information about public health management as part of its assessment of local and regional issues. Promoting physical activity through physical activity programs and infrastructure is one way in which local government can address public health, in conjunction with land transport, socialisation and crime reduction issues.

Objectives

- To improve local development mechanisms to consider design for active living that reflects community needs for physical activity
- To explore the principles of a strategy for Queensland to establish a close and consistent link between land use and transportation plans, active living and priorities across government and industry sectors



Current action – What is already being done?

Health Sector Strategies	Lead Agencies
Advocating for the establishment of a framework that facilitates the consideration of physical activity strategies as part of the statutory and non-statutory planning processes of state and local government	QH, NHFA
Developing a Health Impact Assessment framework	QH
Healthy Regions Strategic Project	QH
Reviewing Local Government Planning Schemes	QH
Healthy by Design: A Planner's Guide to Environments for Active Living	NHFA
Supporting the adoption of planning guidelines by state and local governments that support physical activity	QH
Advocating for the provision of physical environments and the removal of barriers to providing environments which support communities to be active	QH, NHFA

Other Sectors' Strategies	Lead Agencies
Developing a framework that facilitates the consideration of evidence-based physical activity strategies as part of the statutory and non-statutory planning processes of state and local government: <ul style="list-style-type: none"> ▪ Local Government Finance Standard ▪ Social Planning Guidelines for Queensland Local Government ▪ A Guideline for Integrating Community Wellbeing into Planning Schemes 	DLGPSR & other govt agencies, LGAs DLGPSR LGAQ LGAQ
Collaborating with other sectors to support a coordinated, sustainable approach to promoting and supporting active transport initiatives: <ul style="list-style-type: none"> ▪ Smart Travel Choices for South East Queensland ▪ TravelSmart ▪ Translink 	QT QT QT
Advocating for the provision of physical environments and the removal of barriers to providing environments which support communities to be active	govt & NGOs
Cycle Notes for developing safer cycle facilities at the local government level	QT
Regional Cycle Network Plan for South East Queensland – a framework to guide the provision of a coordinated and well connected network of cycling infrastructure in South East Queensland	QT
Draft report on a study of the effects of environmental factors on non-motorised trips in South East Queensland	QT
Exploring the use of technology (eg. GIS) in physical activity planning and service delivery and monitoring	govt & NGOs
Needs-based planning to increase the number, safety and connectivity of walkways and bikeways (in conjunction with local government authorities) to improve the walkability and cycleability of communities	DLGPSR & other govt agencies, LGAs
Providing pedestrian and cycling facilities and walkable and cycle-friendly environments around public transport stations, workplaces, retail centres and schools	DLGPSR & other govt and NGOs
Improving access to all government facilities by walking, cycling and public transport	govt agencies, LGAs
Advocating and making recommendations for development codes that encourage more appropriate accommodation of walking and bicycling options: <ul style="list-style-type: none"> ▪ Trialling cycle centres in selected local government areas 	QT, LGAs




Maximising the provision, access and aesthetics of open spaces to foster physical activity opportunities	LGAs, QPW
Considering international, Australian and local approaches and developments regarding road policies, standards, parking requirements and fees to improve connectivity, safety, street design and incentives for using public transport and active	govt & NGOs
Considering options for feasible changes in policy and legislation for design of healthier communities: <ul style="list-style-type: none"> Review of the <i>Integrated Planning Act 1997</i> 	DLGPSR
Building a better understanding of good practice in the development of policy and guidelines within building codes, planning guidance and approval processes (to encourage compact community design and a tighter mix of activities which make it possible to work, play, shop and go to school within walking and cycling distance of people's homes)	govt & NGOs
Exploring mechanisms to improve funding for pedestrian and cycling-oriented capital improvements and public transit orientated areas (eg. transit oriented destinations)	OUM

Potential action – What more is required?

- Regulate planning schemes and building codes to ensure quality of urban design and end-of-trip facilities.
- Re-design existing communities with a focus on walkability, cycleability and active living.
- Provide incentives for employers to provide better walking and cycling facilities in workplaces.
- Review speed limits in select local streets which are used by high volumes of pedestrians and cyclists.
- Explore innovative ways to share community resources (eg. schools, open spaces, sporting grounds and swimming pools) to maximise physical activity opportunities.
- Use innovative strategies to support the provision of community facilities (pools, courts and equipment) and programs, particularly for priority population groups.
- Implement integrated planning for 'mixed use localities' and the availability of facilities (eg. swimming pools) in rural and remote areas.
- Provide leadership and coordination, strong policy support and increased resources to develop policies, programs, environments and infrastructure that support and encourage populations with special needs to be active (eg. people with disabilities).
- Develop the roles of all tiers of government in the built environment approval processes, local codes and other policies that are consistent with land use and transportation plans and that promote active living.
- Seek joint calls to action by key government representatives and non-government organisations (from local government, sport and recreation, transport, planning, environment and health) to encourage the shaping of environments that support active living.
- Seek to establish a framework that facilitates the consideration of physical activity strategies as part of the statutory and non-statutory planning processes of state and local government.
- Monitor the implementation of planning schemes to ensure that planning for the physical environment incorporates ecological sustainability and supportive environments for physical activity.
- Encourage planning authorities to incorporate Supportive Environments for Active Living Guidelines into state and local planning activities.



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- Inform reviews and amendment of the *Building Codes Act* to ensure that existing and new buildings/ facilities are accessible to all and conducive to active living.
 - Assist local governments to use available resources to shape urban design that supports active living.
 - Collaborate with other sectors to support a coordinated, sustainable approach to promoting and supporting active transport initiatives.
 - Identify aspects of local environments that require development or renewal in order to enhance participation in physical activity and promote personal safety and security (eg. walking and cycling paths, maintenance of open spaces, lighting, reception counters at wheelchair height etc).
 - Conduct workshops to identify and address local barriers and enablers for active living (eg. urban design, land use patterns, transportation systems and the importance of neighbourhoods).
 - Advocate for physical activity recognition as a state interest under the *Integrated Planning Act 1997*.
 - Identify the role/influence that other sectors have for physical activity under the *Integrated Planning Act 1997*. Identify gaps and develop strategies and roles of departments to ensure physical activity is incorporated into planning processes.
 - Ensure that QH staff are equipped to promote, support and monitor land use planning, including dissemination of relevant information and comment to key stakeholders.
 - As part of land use planning principles, state government facilities (eg. QH, EQ and SRQ) should ensure they are accessible through efficient public transport services and connected to active transport modes such as walkways and cycle paths.
 - Ensure that building codes include end-of-trip facilities and are pedestrian friendly so active transport is a priority.
 - Use signage (point of decision and to local destinations - including distances).

Strategic forums and documents

- *Integrated Planning Act 1997*
- Local Government Finance Standards 1994
- Community public health planning, health impact assessment techniques and other equity assessment tools
- Queensland Transport Action Plan for Pedestrians 2006-2009
- Queensland Transport's Queensland Cycle Strategy 2007-2009
- South East Queensland Regional Plan
- Local government planning schemes
- Queensland Transport Integrated Planning Act Guideline 2 - Planning Schemes and Cycling
- QTIPS No. 2 – Queensland Transport's cycling interests in planning schemes
- Queensland Transport Integrated Regional Transport Plans
- Queensland's State Cycle Committee and State Pedestrian Committee (and their associated plans and resources)
- Local government physical activity plans and active transport initiatives
- Department of Main Roads' Bicycle Policy (DMR provides on-road bike lanes subject to funding and appropriate risk assessment)





- Department of State Development: best planning practices for integrated employment areas
- Department of Housing: state planning policy
- Department of Main Roads' bike policy
- Queensland Police Service's CPTED (crime prevention through environmental design)
- Safe communities initiatives
- LGA planning policies and processes
- Queensland Transport integrated transport plans, passenger transport strategy and action plan for pedestrians
- Tourism initiatives
- Developers' master plans
- Council of Mayors' strategic actions (especially transport)
- TravelSmart initiative encouraging environmentally friendly travel choices (Queensland Transport)
- Healthy by Design: A Planner's Guide to Environments for Active Living (NHFA 2004)
- Queensland Health's Supportive Environments for Active Living



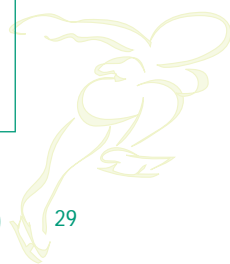
Action Area 2.3

Health services

Several factors restrict the ability of health services to engage with physical activity promotion initiatives. These include limited funding for primary prevention and lack of incentives embedded within funding systems; and a lack of workforce capacity to plan, implement and evaluate local physical activity programs. However, the imperative is growing for health services to promote physical activity as a means for preventing and managing chronic illnesses.

Objectives

- To promote the importance of physical activity throughout the health sector and urge all health organisations to commit to, and adequately fund, the promotion of physical activity
- To implement strategies that ease restrictions on the ability of health services to engage with physical activity promotion initiatives



Current action – What is already being done?

Health Sector Strategies	Lead Agencies
Building on current initiatives, supporting the coordinated development and expansion of the physical activity related lifestyle prescription initiatives within General Practice (especially for high need groups) and customising prescription to meet and respect physical and cultural differences: <ul style="list-style-type: none"> ▪ Lifescripts 	DoHA, QDGP
Supporting further development of effective and sustainable physical activity interventions in General Practice	DoHA, QDGP
Exploring options and alternative models to expand the prescription of physical activity to other health professionals including Aboriginal and Torres Strait Islander health workers	QH, QAIHC
Aboriginal and Torres Strait Islander physical activity brief intervention initiative	QH
Advocating for the inclusion of best practice standards into aged care accreditation, and funding frameworks and the writing of guidelines	Govt & non-Govt agencies
Establishing funding mechanisms to improve access to appropriate exercise prescription by people with special health needs: <ul style="list-style-type: none"> ▪ Medical Benefits Scheme exercise physiologist rebate scheme 	DoHA
Promoting the uptake of the Physical Activity Service Delivery Model	QH
Funding programs that promote strength, stability and falls prevention across in-home, residential aged care, and acute care settings: <ul style="list-style-type: none"> ▪ Steady Steps ▪ Stay on Your Feet ▪ HeartMoves 	Fitness Qld QH NHFA
Developing practical strategies to assist community controlled health services and mainstream health services to encourage Aboriginal and Torres Strait Islanders to be active	QH, QAIHC
Providing programs that promote healthy eating, physical activity and healthy weight: <ul style="list-style-type: none"> ▪ Lighten Up to a Healthier Lifestyle ▪ Living Strong 	QH QH
Supporting the development and dissemination of good practice guidelines to support health workers to appropriately assess, inform and refer patients to community-based physical activity support services: <ul style="list-style-type: none"> ▪ Physical activity recommendation for people with cardiovascular disease ▪ Disseminating the national physical activity guidelines 	NHFA QH
Trialling innovative interventions to provide physical activity advice using new and emerging technologies such as internet and automated telephone systems: <ul style="list-style-type: none"> ▪ VIP Diabetes 	QUT

Potential actions – What more is required?

- Promote the adoption and/or funding of physical activity promotion strategies and programs amongst QPHF members and other health services.
- Develop and disseminate models for physical activity service delivery within health services across the care continuum.
- Explore options to remove or reduce funding and financial barriers to health services and providers supporting physical activity.





- Trial and then implement a collaborative version of the Diabetes Prevention Program based on the successful intensive lifestyle advice programs identified in the literature.
- Trial the implementation of a healthy hospital model.
- Include accurate information about physical activity in lifestyle interventions (ie. prevention of diabetes, maintenance of healthy weight).
- Advocate for the inclusion of physical activity standards in aged care accreditation, funding frameworks and guidelines.
- Encourage community-based programs that are based on theory for health behaviour change and are able to be individually-adapted.
- Further develop and disseminate appropriate roles and indicators for health services in the promotion and support of physical activity.
- Provide health service managers with evidence-based physical activity service models and cost effectiveness data.
- Improve maternal physical activity in the time before, during and after pregnancy.
- Increase the number of Aboriginal and Torres Strait Islander health professionals working in specialist physical activity roles (across government and non-government agencies).
- Develop practical strategies for community controlled health services and mainstream health services to encourage Aboriginal and Torres Strait Islanders to be active.
- Provide education and tools that assist primary health care providers to include the physical activity component of health assessments for Aboriginal and Torres Strait Islander people aged 15 to 54 years.

Strategic forums and documents

- The SNAP Behavioural Risk Factor Framework (Joint Advisory Group on General Practice and Population Health 2003)
- Queensland Health Physical Activity Service Delivery Model
- Promotion, Prevention and Early Intervention: Improving the Mental Health and Well-being of Queenslanders (Mental Health Unit, Queensland Health)
- The Department of Health and Ageing's General Practice lifestyle prescriptions initiative
- National Chronic Disease Strategy and National Service Improvement Frameworks
- Medicare Enhanced Primary Care initiatives
- National Strategic Framework for Aboriginal and Torres Strait Islander Health (SCATSIH)
- National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan in relation to workforce development activities
- Healthy Weight 2008 – Australia's future: The national action agenda for children and young people and their families
- Living Strong (Queensland Health)
- Lighten Up to a Healthier Lifestyle (Queensland Health)
- Eat Well Australia
- Indigenous Community Development Program (Department of Local Government, Planning, Sport and Recreation)
- Building a Healthy Active Australia initiatives that promote health eating and active lifestyles in children



- *Be Active Australia: A framework for health sector action for physical activity 2005-2010* (NPHP, 2005)
- *Preventing Chronic Disease: A strategic framework* (NPHP, 2001)
- *National Falls Prevention for Older People Plan: 2004 onwards* (NPHP, 2001)
- *National Environmental Health Strategy* (enHealth Council, 2001)
- *Queensland Strategy for Chronic Disease 2005-2015* (Queensland Health 2005)
- *Community engagement and community public health planning tools and initiatives*
- *Queensland Obesity Taskforce*
- *QPHF Active Living Working Group*
- *Developing a National Public Health Action Plan for Children* (DoHA, 2004)
- *National Public Health Action Plan for an Ageing Australia* (DoHA, 2004)
- *National Framework for Aboriginal and Torres Strait Islander Health* (NATSIHC, 2003)
- *Working Together for a Healthy, Active Australia* (DoHA, 2006)



Action Area 2.4

Schools and outside school hours care services

Schools and outside school hours care (OSHC) services potentially offer young people the chance to participate in physical activity that is supervised and non-threatening; and that contributes to learning objectives and more broadly, to health. Schools and OSHC are also community centrepieces with respect to transport and socialisation for students and their families. Therefore, schools should not be viewed in isolation, but addressed within the broader community and familial context.

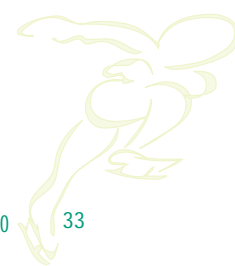
Objectives

- Advocate for the provision of physical environments and the removal of barriers to providing environments which support children to be active
- To involve schools and outside school hours care (OSHC) effectively in the promotion and implementation of physical activity opportunities

Current action – What is already being done?

Health Sector Strategies	Lead Agencies
<p>Providing appropriate resources to assist OSHC to offer opportunities for children to eat healthily and be more physically active:</p> <ul style="list-style-type: none"> Physical Activity and Nutrition in Outside School Hours (PANOSH) Eat Smart, Play Smart 	<p>QH NHFA</p>
<p>Working with the education sector and other appropriate sectors to develop a state collaborative, cross-agency approach to support physical activity in the school and early childhood sectors:</p> <ul style="list-style-type: none"> based on, and supportive of, the needs of the education sector regarding the promotion of physical activity takes account of the specific needs of the disadvantaged, Aboriginal and Torres Strait Islander people, and special needs children and their families includes the coordinated development, testing and implementation of innovative and best practice strategies 	<p>QH</p>
Queensland Health and Education Queensland Joint Work Plan	EQ, QH
Eat well, be active – healthy kids for life The Queensland Government first action plan 2005–2008	QH
Queensland Obesity Taskforce	DPC
Disseminating and promoting the National Physical Activity Guidelines for Children and Young People and complementary support resources to education and OSHC services	QH

Other Sectors' Strategies	Lead Agencies
Active After School Communities Program	ASC
Sport and Recreation Queensland resources for schools and childcare – implementation strategy and professional development support	DLGPSR
TravelSmart Schools programs	QT
Active School Travel Programs	QT, LGAs
Walking/cycling, school buses	QT, LGAs
Children and Young People Strategy	DLGPSR
Get Active Queensland Accreditation Program	DLGPSR
Active Recreation Centres	EQ





Potential actions – What more is required?

- Seek a joint call to action from relevant Queensland Government Ministers (including Education, Sport and Recreation, Communities and Health) regarding the importance of schools and OSHC services in promoting active living.
- Identify and evaluate active living interventions for children and young people undertaken through the health sector in Queensland, and share the information with other jurisdictions.
- Contribute to the development of model active living policies and programs for schools and OSHC services.
- Identify factors of school and childcare environments (physical, organisational, social) that influence physical activity participation and safety; and produce guidelines for developing supportive environments.
- Promote guidelines for the safe conduct of active living programs and activities in school and childcare environments to assist teachers and external activity providers.
- Identify and review physical activity related interventions undertaken through the health sector; and disseminate information and resources (training packages, resources, policy guidelines).
- Establish partnerships with key childcare service organisations to develop and promote physical activity programs and policies that are consistent with accreditation and funding requirements.
- Advocate for the implementation of Healthy Weight 2008 - Australia's Future: the National Action Agenda for Children and Young People and their Families.
- Develop children-oriented active transport initiatives.
- Support local Healthy Active Australia outside school hours care initiatives.
- Develop specific school-based physical activity programs for Aboriginal and Torres Strait Islander peoples, including the further development and promotion of Indigenous games resources, use of role models (elite athletes, disabled people and 'local heroes') and appropriate curriculum guidelines and resources.

Strategic links forums and documents

- Healthy Weight 2008 - Australia's Future: the National Action Agenda for Children and Young People and their Families
- Healthy Active Australia – Department of Health and Ageing and Australian Sports Commission
- National Physical Activity Recommendations for Children and Young People
- Healthy Weight component of the joint work plan between Education Queensland and Queensland Health
- Physical Activity and Nutrition in Outside School Hours (PANOSH) resources for 0-4 year olds





Action Area 2.5 Workplaces

Effective physical activity promotion in the workplace offers potential benefits for employers and employees. These include increased health and wellbeing and reduced absenteeism. Active transport initiatives that substitute all, or part, of the journey to and from work have health and environmental benefits as well as the ability to help relieve traffic congestion. There is a need for additional high quality studies in the workplace area.

Objectives	<ul style="list-style-type: none"> ▪ To encourage government and non-government agencies to provide leadership in developing and evaluating workplace policies, programs and infrastructure that support physical activity and assist workers to be active in their work, travel and home lives ▪ To inform employees of the workplace benefits of promoting physical activity
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Current action – What is already being done?

Health Sector Strategies	Lead Agencies
Working Hard on Optimising Staff Health (WHOOSH) Project - QE11 Hospital Area Health Service & Redcliffe/Caboolture Area Health Service	QH
Desktop Physical Activity Exercises (TAPHS)	QH
LIFE Committee: Healthier workplaces (Prince Charles Hospital)	QH
Physical Activity Special Interest Group (Royal Brisbane & Women's Hospital)	QH
Our Public Service – Our Heart: Making a difference through lifestyle change	NHFA
Workplace Walking Groups <ul style="list-style-type: none"> ▪ Just Walk It ▪ throughout area health services 	NHFA, DLGPSR QH
Promoting 10,000 Steps Workplace Challenge Program	QH



Other Sectors' Strategies	Lead Agencies
Encouraging workplaces to develop and/or promote active transport options and initiatives for employees:	QT, BCC
<ul style="list-style-type: none"> TravelSmart Workplaces 	QT
<ul style="list-style-type: none"> TravelSmart household level individualised educational program (including awareness, motivational interviewing, skills in trip planning and incentives) 	QT
Draft Cycle Notes to encourage workplace end-of-trip facility availability (Cycle Note C3: Bicycle parking facilities and Cycle Note C4: End-of-trip facilities for cyclists)	QT
Reviewing local planning schemes to encourage provision of bicycle end-of-trip facilities at workplaces	govt & non-govt agencies
Workplace challenges (eg. 10,000 Steps)	govt & non-govt agencies
Workplace group programs and corporate membership arrangements with service providers	govt & non-govt agencies
DLGPSR Healthy Lifestyle Program	DLGPSR
Healthy Public Sector Workforce Plan - Queensland Obesity Taskforce	DIR
Business partnerships award to encourage healthy lifestyle programs in the private sector	DPC
The Quality Public Service Workplaces Framework:	DIR
<ul style="list-style-type: none"> targets improvements in organisational health and reductions in the incidence and cost of work-related stress, harassment, grievances and avoidable absence develops initiatives to include physical activity promotion as part of the public service 	

Potential strategies – What more is required?

- Provide leadership in developing and evaluating workplace policies, programs and infrastructure that support physical activity and assist workers to be active in their work, travel and home lives.
- Encourage the inclusion of regular moderate-intensity physical activity in workplace health and safety policies, and encourage employers to provide physical activity opportunities for staff.
- Include active transport initiatives integrating physical activity into other workplace health promotion programs, and encourage other employers to support physical activity in their workplace.
- Promote the uptake of point-of-decision materials that encourage choice of active options such as stair use and walking.
- Commission the development of guidelines and evidence-based strategies for creating physical activity friendly workplaces; and evaluate their application in health units.
- Review options to provide incentives (financial and non-financial, regulatory, rewards, occupational health and safety) and reduce barriers (public liability) for workplaces to encourage and support physical activity; and recommend future actions.
- Promote the provision of end-of-trip facilities (change rooms, showers, bicycle racks etc) in workplaces, with information about suitable facility designs and size to meet employee needs.
- Encourage green transport plans for workplaces.

- Encourage end-of-trip facilities for active transport and recreation via building codes.
- Encourage active transport modes in the workplace via car lease policies and car use policies in the workplace.
- Commission the development of guidelines and practical suggestions for physical activity friendly workplaces; and trial and evaluate them in health units.

Strategic forums and documents

- The national TravelSmart initiative (Managed in Queensland by QT, it encourages the use of environmentally-friendly transport such as public transport, cycling, walking and car pooling. Demonstration projects are currently active.)
- Brisbane City Council's cleaner and greener active transport initiatives
- 10,000 Steps workplace challenge

Other comments

Implementation of *Be Active Queensland*

This document outlines a comprehensive approach to increasing active living. To ensure that Be Active Queensland is effectively and efficiently implemented, a two-year implementation plan will be developed that outlines the responsibilities and accountabilities of QPHF members. This planning process will involve close consultation and collaboration between QPHF members and key inter-sectoral partners. Other agencies are encouraged to develop implementation plans to help guide their work in this important area.





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Appendices

Appendix 1: QPHF Active Living Working Group representatives

Rachelle Foreman	National Heart Foundation of Australia – Queensland Division (Chair, November 2003 to January 2006)
Bryce Hines	Local Government Association of Queensland Inc
Bruce Morton	Australian Institute of Environmental Health (Chair, January to August 2006)
Damian O’Sullivan	Queensland Health
Michael Tilse	Queensland Health
Martin Webb	Queensland Public Health Forum
Rick Williams	Department of Communities

Appendix 2: Queensland Public Health Forum member organisations

Australasian Faculty of Public Health Medicine – Queensland Branch
Australian Health Promotion Association – Queensland Branch
Australian Institute of Environmental Health – Queensland Branch
Australian Department of Health and Ageing – Queensland Branch
Department of Aboriginal and Torres Strait Islander Policy
Department of Communities
Diabetes Australia – Queensland Branch
Education Queensland
James Cook University
Local Government Association of Queensland Inc
National Heart Foundation of Australia – Queensland Division
Public Health Association of Australia Inc – Queensland Branch
Queensland Aboriginal and Islander Health Council
Queensland Cancer Fund
Queensland Centre for Public Health
Queensland Council of Social Service Inc
Queensland Divisions of General Practice Association Inc
Queensland Health

Appendix 3: Agencies that responded to the consultation of *Be Active Queensland*

Australian Health Promotion Association – Queensland Branch
Australian Institute of Environmental Health – Queensland Branch
Department of Aboriginal and Torres Strait Islander Policy
Department of Communities
Department of Local Government, Planning, Sport and Recreation
Department of Transport
Local Government Association of Queensland Inc
National Heart Foundation of Australia – Queensland Division
Queensland Divisions of General Practice Association Inc
Queensland Health
Queensland Public Health Forum

Appendix 4: Current action at a glance

The following summary includes some of the existing strategies and programs and other useful resources mentioned in the Framework or likely to be utilised as part of the Framework's implementation. Please note that while many programs are government funded, some are funded, led or implemented by agencies outside government.

Name of program, resource or term	Brief description/status	Lead agencies
Active-Ate	This program was developed in North Queensland by Queensland Health. It is for teachers, students and the broader school community to use to promote physical activity and healthy eating. Resources include curriculum notes and practical activities. See: www.health.qld.gov.au/activeate	EQ
Active choices	This is an online checklist for parents to select suitable sport and recreation clubs and groups for their children. See: www.srq.qld.gov.au/community_programs/choosing_suitable_clubs.cfm	DLGPSR
Active Australia Schools Network	AASN provides support to member schools across Australia that share an interest in sport and physical activity and value the contribution to the overall health and wellbeing of young people and communities. See: www.ausport.gov.au/schools/index.asp	Australian Sports Commission
Active Recreation Centres	The 12 centres across Queensland promote safe and exciting participation in outdoor recreation, with programs and activities such as ropes courses, bouldering, fishing, swimming, surfing, squash, basketball and tennis. These experiences aim to instil in participants, particularly children and young people, a lifelong appreciation of the benefits of participating in physical activity. The centres support the development and piloting of the Active-Ate school-based healthy eating and physical activity initiative.	DLGPSR
Building Active Communities Workshops	These workshops provide information and training for coaches, administrators and volunteers to help build active communities. See: www.sportrec.qld.gov.au	DLGPSR
Children and Young People Strategy	Resources and programs have been provided for parents, early childhood professionals and teachers. Since October 2003, more than 75,000 resources and 30,000 information kits have been sent to parents, schools/teachers and early childhood professionals across the state. In addition, over 500 people have participated in the early childhood workshops series and over 600 teachers have taken part in professional development activities associated with utilising school-based resources.	DLGPSR
Creating a Healthier Queensland	This one-day training workshop aims to help health professionals provide consistent messages based on physical activity and nutrition guidelines, and assist consumers with issues related to healthy weight. See: www.health.qld.gov.au/HealthyLiving/CHQ.PDF	QH
Daily Physical Activity – A Guide for Schools	A 'how to' manual and workshop for primary and secondary teachers focus on getting school children active and instilling positive attitudes towards an active lifestyle.	DLGPSR



Eat well, be active – healthy kids for life	The Queensland Government's first action plan 2005–2008. The across-agency action plan includes approximately 100 initiatives to promote healthy weight of children and young people, which are being implemented through a coordinated multi-strategy approach. Agencies are Queensland Health, the Department of Communities, Education Queensland, Sport and Recreation Queensland, Queensland Transport and the Department of Aboriginal and Torres Strait Islander Policy.	QH
Fair Go Program (Get Active Queensland)	This program and associated resources promote fair play in sport. See: www.sportrec.qld.gov.au	DLGPSR
Get Active Queensland Accreditation Program	This program provides teachers, teacher aids, school sport volunteers and tertiary and senior school students throughout Queensland with free training that can lead to coaching, officiating, inclusive sport and physical activity, sports trainer and sports first aid accreditation. The program (formerly the Teacher-Coach Accreditation Program) has attracted more than 5,100 participants since it started in 2002 and is a key component of the Queensland Government's commitment to getting more Queenslanders involved in sport and active recreation.	DLGPSR
Living Strong	Living Strong is a culturally appropriate community-based weight management and healthy lifestyle program for Aboriginal and Torres Strait Islander adults.	QH
Health Impact Assessment	HIA is an internationally recognised approach, not a program. It is a combination of procedures, methods and tools used to judge the potential effects of a policy, program or project on the health of a population, and the distribution of those effects within the population. Internationally, HIA methodologies are being fine tuned to assist planners, developers and commercial enterprises etc to appraise how their activities may support or be detrimental to health in some way. HIA can be used to: <ul style="list-style-type: none"> ▪ prevent negative, unintended, unhealthy consequences of development ▪ enhance spaces, facilities or programs to promote health ▪ link with environmental impact statements or triple bottom line objectives. The emphasis is still on making future predictions rather than retrospective analysis. HIA and EIA (Environmental Impact Assessment) are often a complementary linked process. HIA identifies the prospective health impact of a proposed policy or program or project; while EIA identifies a range of potential impacts of a proposed project (only), such as the development of a new landfill site or the impact of extending an existing freeway near a residential area.	QH
Just Walk It	Just Walk It is Australia's largest group walking program with nearly 5,000 participants across Queensland. It is a free program that aims to help people become more physically active by walking regularly and as part of a group.	NHFA, with funding from DLGPSR
Kids Playground website	This website contains a range of activities and resources to encourage children to get active and stay active. See: www.sportrec.qld.gov.au/kids/	DLGPSR

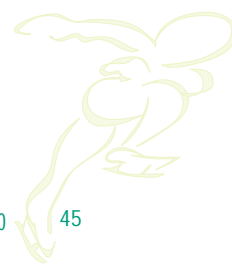


Lighten Up to a Healthier Lifestyle	This is a group-based healthy lifestyle program for adults that supports behaviour change. Contact your local Community Health Centre to find out if the program is available in your local area.	QH
Locker Room series	Forums are held for providers of sport and recreation activities to learn, at a 'grassroots' level, from high profile coaches, officials and industry professionals. See: www.sportrec.qld.gov.au	DLGPSR
Move Baby Move	This resource for parents and carers includes advice about the best types of physical activities for babies as they develop. See: www.sportrec.qld.gov.au	DLGPSR
Obesity Taskforce Initiatives	Community Partnerships Program <ul style="list-style-type: none"> The community partnerships initiative supports innovative and sustainable projects aimed at increasing participation in physical activity and improving eating patterns. 	DLGPSR
	Supportive Environments for Physical Activity <ul style="list-style-type: none"> The project will support other Queensland Government initiatives that aim to get Queenslanders more active as it will aim to ensure that the policy and legislation that influences the urban environment in Queensland encourages an environment that will make it easier for Queenslanders to incorporate physical activity in their every day lives. The project will bring together Queensland Government agencies that influence the built environment so that policies and actions are considered by all stakeholders and work is done on a collaborative basis. 	DLGPSR
	Healthy Public Sector Workforce plan <ul style="list-style-type: none"> This initiative is designed to improve the health of the public sector through developing mechanisms to encourage and provide support to agencies to enhance and/or introduce healthy lifestyle programs. 	DIR
Outdoor Recreation Centres	Sport and Recreation Queensland operates 12 Outdoor Recreation Centres across Queensland that provide opportunities for Queenslanders to participate in sport and active recreation; and experience a broad range of aquatic, adventure and sporting based activities such as swimming, canoeing, kayaking, abseiling and other team sports.	DLGPSR
Physical Activity and Nutrition out of School Hours program (PANOSH)	PANOSH resources and training packages assist Outside School Hours Care services to provide healthy food choices, and to keep children active during afternoon and vacation care.	QH
Sport and Recreation Queensland Funding Programs	In 2004-05, 99% of financial assistance provided through Sport and Recreation Queensland programs (approximately \$86.5 million) will go to fund opportunities for children and young people to participate in, and experience, sport and recreation.	DLGPSR





10,000 Steps	This innovative community-based, multi-strategy program focuses on physical activity, and involves working with the local community. The 10,000 Steps program was a two-year research project funded by Queensland Health through Health Promotion Queensland in Rockhampton in 2001. See: www.10000steps.cqu.edu.au/index.php	QH
TravelSmart TravelSmart Schools	TravelSmart encourages individuals and organisations to increase the use of environmentally friendly transport such as walking, cycling and public transport. It raises awareness through campaigns, improves access to information and promotes alternatives to car use. This program provides a package of environmentally friendly travel options to support schools that encourage students to walk, cycle and use public transport, and promote car pooling among staff/parents.	QT
'Walkability'	The term means the degree to which the environment enhances and supports walking. See: www.walkinginfo.org/cps/checklist.htm	N/A
Healthy Lifestyle Program	The program aims to promote healthy, active individuals by providing a safe, healthy environment and appropriate programs that enhance employee wellbeing. Initiatives are determined through a holistic view of wellness, and include flu vaccinations, quit smoking programs and information presentations. An eCalendar outlines all events for the calendar year.	DLGPSR
Working Together for Healthy Schools	This is a position statement/practice framework that provides clear direction about how Queensland Health will work with schools to maximise health and contribute to achieving learning outcomes. It also clarifies what the government and non-government education systems can expect from Queensland Health (how it will work with school communities).	QH





Appendix 5: Commonly used terms and definitions

“In a nutshell, physical activity is something you do. Physical fitness is something you acquire – a characteristic or an attribute one can achieve by being physically active. And exercise is structured and tends to have fitness as its goal.”

Michael Pratt, MD, MPH

1993 CDC Division of Nutrition and Physical Activity References 77,78

Active transport

This term relates to physical activity undertaken as a means of transport. It includes travel by foot, bicycle and other non-motorised vehicles. Use of public transport is also included in the definition because it often involves walking or cycling to and from pick-up and drop-off points. Active transport does not include walking, cycling or other physical activity that is undertaken for recreation.

Travel Access Plans

Travel Access Plans or workplace travel plans are used to describe green transport plans. They provide a framework for initiatives that a workplace can take to encourage active/sustainable transport. A plan can address issues such as staff car parking constraints, lack of awareness about relevant public transport services, staff concerns about bicycle facilities, and opportunities for active transport that can provide health benefits to staff.

Exercise

Exercise is physical activity that is planned or structured. It involves repetitive bodily movement performed in order to improve or maintain one or more of the components of physical fitness – cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and body composition. Sometimes the word ‘exercise’ is used to communicate with the public because this is a better understood term than ‘physical activity’. For example “Find thirty: It’s not a big exercise”.

Fitness

Fitness comes with being more active; and through it people usually develop cardiorespiratory fitness (heart, lungs and circulatory systems) as well as muscular strength, stamina, flexibility and body composition (a reduction in the percentage of body fat). Fitness is determined by a combination of regular activity and genetically inherited ability. It takes a different type of physical activity to improve things like power, speed, reaction time and coordination, but these are not necessary for good health.

Household physical activity

Physical activities in the household include sweeping floors, scrubbing, washing windows and raking the lawn.

Inactivity

This term describes not engaging in any regular pattern of physical activity beyond daily functioning.





Kilocalorie

The amount of heat required to raise the temperature of 1 kg of water 1°C. Kilocalorie is the ordinary calorie discussed in food or exercise energy-expenditure tables and food labels. *Be Active Australia: A Framework for Health Sector Action for Physical Activity 2005–2010*

Leisure time physical activity

This relates to physical activity performed during exercise, recreation or any additional time other than that associated with one's regular job duties, occupation or transportation.

MET - Definition

The standard metabolic equivalent, or MET, level. This unit is used to estimate the amount of oxygen used by the body during physical activity.

1 MET = the energy (oxygen) used by the body as you sit quietly, perhaps while talking on the phone or reading a book.

The harder your body works during the activity, the higher the MET.

Any activity that burns 3 to 6 METs is considered moderate-intensity physical activity.

Any activity that burns > 6 METs is considered vigorous-intensity physical activity.

Moderate-intensity physical activity

Moderate-intensity physical activity generally requires sustained rhythmic movements. The individual should feel some exertion but should be able to carry on a conversation comfortably during the activity. It refers to a level of effort equivalent to:

- a 'perceived exertion' of 11 to 14 on the Borg scale
- 3 to 6 metabolic equivalents (METs)
- any activity that burns 3.5 to 7 calories per minute (kcal/min) or
- the effort a healthy individual might expend walking briskly, mowing the lawn, dancing, swimming or cycling on level terrain.

Occupational or workplace physical activity

This is regular activity that is part of one's job. It includes activities such as hauling, lifting, pushing, carpentry, shovelling and packing boxes.

Physical activity

Physical activity is any bodily movement produced by skeletal muscles that results in an expenditure of energy. The World Health Organisation states that physical activity includes "all movements in everyday life, including work, recreation, exercise and sporting activities". It can include:

- active recreation (eg. bush walking, skateboarding and surfing)
- sport (eg. netball, soccer and volleyball)
- dance (eg. line dancing, ballet and ballroom dancing)
- exercise (eg. strength training, balance exercises, Tai Chi and flexibility activities)
- active play, using playground equipment and skipping
- active living, where physical activity is integrated into everyday life (eg. using the stairs, energetic housework and gardening) and in some occupations that involve physical activity
- active transport (eg. walking to public transport, walking or cycling to locations).





Regular physical activity

This term is used to describe a pattern of regular physical activity performed:

- most days of the week (preferably daily)
- five or more days of the week if moderate-intensity activities are chosen, or
- three or more days of the week if vigorous-intensity activities are chosen.

Sedentary

In scientific literature, sedentary is often defined in terms of little or no leisure time physical activity. A sedentary lifestyle is a lifestyle characterised by little or no physical activity.

Sports

Sports are one type of exercise; however unlike physical activity, sports are usually planned, competitive and include rules or guidelines.

Be Active Australia: A Framework for Health Sector Action for Physical Activity 2005–2010

'Sufficient' activity

There are two ways to calculate 'sufficient' activity for health (based on the Australian Guidelines). These are:

- 'sufficient time' - at least 150 minutes per week of moderate-intensity physical activity
- 'sufficient time and sessions' - at least 150 minutes of moderate-intensity physical activity accrued over at least five sessions per week.

For population-monitoring purposes, sufficient time (down to 10 minutes) and number of sessions can be beneficial as well, provided they add up to the required total over the week.

Vigorous-intensity physical activity

Vigorous-intensity physical activity is intense enough to represent a substantial challenge to an individual, and results in a significant increase in heart and breathing rate. It generally requires sustained, rhythmic movements and refers to a level of effort equivalent to:

- a 'perceived exertion' of 15 or greater on the Borg scale
- greater than 6 metabolic equivalents (METs)
- any activity that burns more than 7 kcal/min, or
- the effort a healthy individual might expend while doing activities such as jogging, mowing the lawn with a non-motorised push mower, chopping wood, participating in high impact aerobic dancing, swimming continuous laps, or cycling uphill.

Be Active Australia: A Framework for Health Sector Action for Physical Activity 2005–2010

