Supportive Environments for Physical Activity and Healthy Eating Project

Local Government options to create environments that support physical activity and healthy eating

Executive Summary
February 2008
The Supportive Environments for Physical Activity and Healthy Eating Project is a joint initiative of the Heart Foundation, Queensland Health, Department of Local Government, Sport and Recreation, Maryborough Shire Council, Toowoomba City Council, Gold Coast City Council, and Urban Research Centre, Griffith University. The project was supported by the Queensland Government’s Eat Well Be Active - Community Partnership Grants Program.

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Supportive Environments for Physical Activity and Healthy Eating Project, Phase One: Options Paper, Executive Summary
PART I: ABOUT THE SUPPORTIVE ENVIRONMENTS FOR PHYSICAL ACTIVITY AND HEALTHY EATING PROJECT

1. The Supportive Environments for Physical Activity and Healthy Eating project (SEPAHE) aims to guide and assist local governments in Queensland to create environments that support increased physical activity and improved nutrition.

2. Phase 1 of the project comprised of a desk top study and a survey of local governments in Queensland to develop a better understanding of the options for Councils to promote physical activity and healthy eating. The findings are used to define a set of options and tools for addressing physical activity and healthy eating within local government and other agencies. The outcomes of phase 1 are documented in this options paper.

3. A stakeholder workshop, with representation from local and state government, industry, professional associations, tertiary institutions and non-government agencies, will consider which of the options to take forward into Phases 2 and 3 of the Project.

4. Based on the options paper and recommendations from the stakeholder workshop, a set of “tools” and resources, including guidelines will be developed in Phase 2 to assist local governments to develop and implement instruments and measures to promote physical activity and healthy eating. The tools and resources developed in Phase 2 will be applied in one or more local government pilot projects before being rolled out across the State in Phase 3.

PART II: DESK TOP STUDY

Health, Physical Activity and Healthy Eating

5. Physical activity and healthy eating are significant independent risk factors of ill health in Australia.

6. Overweight and obesity is closely linked to low levels of physical activity and poor nutrition, has reached pandemic proportions and is a leading contributor to the burden of global disease and deaths. The rise of overweight and obesity in Australia reflects international trends and places an enormous burden on the health system, economy and the community.

7. Physical activity is a fundamental means of improving the physical health, functional strength, general well-being and mental health of individuals and there are additional health benefits to be gained from physical activity that are independent of other risk factors such as overweight/obesity and nutrition. Similarly, there are health and quality of life benefits to be gained from better nutrition that are unrelated to overweight and obesity.

Environment, Physical Activity and Healthy Eating

8. Contemporary society exists in an obesogenic environment that discourages physical activity and healthy eating habits and encourages sedentary lifestyles and unhealthy food choices.

9. The study of the relationships between the environment and physical activity and food and nutrition behaviours is a relatively new field of enquiry. However, for the area of physical activity, two independent bodies (US Transportation Research Board and US Centres of Disease Control) have concluded that there is sufficient evidence that community and street-scale urban design and land-use policies are effective physical activity interventions. And further, that “…implementing these policies and practices at the community-level should be a priority of public health practitioners and community decision-makers”. The evidence for nutrition is also emerging, with growing support for the role the environment may play in healthy eating behaviour.

10. The evidence suggests that the environment can be modified to make it easier for people to become more active and make better food choices through two approaches:

(a) Changing the physical activity and healthy eating behaviours of people at an individual level; and

(b) Changing the physical environment to make it easier for people to change their behaviour. This can be achieved through three broad strategies:

(i) Changing land use patterns:
(ii) Implementing healthy lifestyle friendly urban design measures at the individual building/site, street and neighbourhood levels; and
(iii) Influencing modes and patterns of transport.

11. Current planning theory and practice generally support increased physical activity and healthier eating. It would also seem that the general trend towards the acceptance of planning principles that support physical activity and healthy eating is likely to be supported by international concerns such as global warming and peak oil.

Options for Local Government to Support Physical Activity and Healthy Eating

12. Local governments have a number of options available to create environments that support physical activity and healthy eating. These options are a function of the policy and planning “tools” offered by the Local Government Act, 1993 and Integrated Planning Act, 1997.

13. The Local Government Act, 1993 makes provision for:

- **Corporate and operational plans** that must include strategies and the measures to implement the strategies to “develop the community, provide services to improve, maintain or restore their welfare or well being of individuals and protect and promote public health and the prevention of disability, illness or injury”. The range of measures local governments can initiate to promote increased physical activity and healthier eating are only limited by willingness, budget and the need to be consistent with State and Federal legislation, policies, plans and programs.
- **Local laws** that enable local governments to regulate the way in which people and businesses use the built and natural environment for advertising, recreational, transport and other uses relating to physical activity and healthy eating. It may be possible for the Minister (for Local Government) to propose a Model Local Law that could address one or more matters that inhibit or promote physical activity and healthy eating.

14. The Integrated Planning Act, 1997 makes provision for planning schemes to manage growth and change in the area of a local government through measures such as:

- **Desired Environmental Outcomes** (DEO’s) that set the overall strategic direction for the management of growth and change and may include statements about how the local government intend to support physical activity and healthy eating.
- **Planning scheme maps** that may identify parks, reserves, sporting fields, cycle ways and other land and infrastructure for recreation and active transport. Where appropriate, land may also be reserved for the production of food.
- **Development assessment tables** that identify the level of assessment of a development proposal and the criteria, including planning scheme codes against which the proposal is to be assessed. These criteria may include measures that promote physical activity and healthy eating.

15. The Integrated Planning Act, 1997 also makes provision for planning schemes instruments to manage growth and change in the area of a local government. These are:

- **Planning scheme policies** that require applications for development to be assessed against measures that promote physical activity and healthy eating such as the provision of areas for breast feeding and end-of-trip facilities. Planning scheme policies may also require the advice of physical activity and nutrition stakeholders be sought for the assessment of certain types of applications for development.
- **Priority Infrastructure Plans** (PIPs) made to coordinate land use planning and the provision of infrastructure. PIPs are instruments for the planning and funding of trunk infrastructure, including infrastructure that support physical activity such as public transport, walk- and bicycle ways, indoor and outdoor recreation facilities, parks and other public open space.

16. Planning schemes are limited in their potential to promote physical activity and healthy eating. The reasons for this are:

- Local governments must balance a wide range of considerations, including the need to promote physical activity and good nutrition when they make planning schemes. Consequently, a local government may have little choice but to compromise on a matter related to physical activity or healthy eating to accommodate wider economic, social or environmental considerations.
• Planning schemes can only promote aspects of physical activity and healthy eating that are “development” and can only retrofit the existing built environment if it is part of a new application for development.

17. Although not part of a planning scheme, the Integrated Planning Act, 1997 also empowers a local government (or relevant Minister) to designate land for community infrastructure that supports physical activity and healthy eating, including public open space, parks and other recreational facilities.

18. There are a number of similarities between planning schemes and corporate plans. However, unlike planning schemes, corporate plans are not limited by the narrow definition of development and have a significant potential to develop and implement physical activity and healthy eating plans, strategies, campaigns and other initiatives. Local governments also have a wide discretion when it comes to measures to implement its corporate plan.

19. In addition to measures required under legislation (such as making provision for physical activity infrastructure in Priority Infrastructure Plans), some local governments are making use of their powers under the Local Government Act, 1993 to voluntarily undertake initiatives aimed at promoting physical activity. These efforts have already been recognised by the Heart Foundation Local Government Awards.

20. Local governments are generally structured to provide the same key services. The most important of these for the promotion of physical activity and healthy eating are the Customer Services, Planning and Policy and Corporate Service Departments.

21. Unless it can be funded as an integral component of the normal services provided by Councils, the ability of local government to establish environments that support physical activity and healthy eating largely depends on external sources of revenue, and in particular grants from State and Federal Government.

22. Current local government reforms offer a window of opportunity to enhance the ability of local government to support physical activity and healthy eating through:

- The improvement of tools under the Local Government Act, 1993 and Integrated Planning Act, 1997 including corporate plans, model local laws, the expansion of statutory regional plans and streamlining of Priority Infrastructure Plans;
- The review of corporate plans and planning schemes necessitated by amalgamations and boundary adjustments.

Options for Stakeholders to Support Local Government to Promote Physical Activity and Healthy Eating

23. Queensland’s system of government establishes a policy and planning framework that enables the coordination of policy and planning at the State, regional and local levels and empowers State and local government, regional level organisations as well as non-government organisations to progress physical activity and healthy eating.

24. There is currently no State legislation or associated codes with direct relevance to physical activity and healthy eating. However, there are a number of Acts with an indirect bearing, the most important being the Integrated Planning Act, 1997, the Local Government Act, 1993 the Transport Planning and Coordination Act 1994 and the Food Act, 1981. Also, Queensland Transport has a role as referral agency to assess the public transport implications of impact assessable applications for development submitted to local governments.

25. There are currently a number of State level policies, plans, programs and initiatives with direct relevance to supporting physical activity and healthy eating at the local level. State government may also improve existing and develop new policy, plans and programs to support physical activity and healthy eating at the local level.

26. Regional plans serve to coordinate and implement State level policies, plans and programs and gives direction and provide an avenue to help fund local government policy and plans to promote physical activity and healthy eating. With the move towards statutory regional plans, these tools are set to increase in importance and have the potential to be key instruments for physical activity and nutrition stakeholders to promote their interests.
27. **Non government stakeholders** have a key role to play in Queensland’s policy and planning framework through general advocacy, including meetings with officers and political representatives, developing their own plans and policies for coordination and integration in State and local government policies and plans and the development of advice on measures to integrate their specific matters of interest into policies and plans.

**Examples of physical activity and healthy eating initiatives**

28. The need to address physical activity and healthy eating is not confined to Queensland and there are a number of lessons to be learned from similar initiatives in other States and jurisdictions. The following are examples of these initiatives:

- **The Western Australian Premier’s Physical Activity Taskforce**, a permanent entity with its own offices that promote physical activity through whole of government coordination, funding support for community based organisations and working closely with local government. Queensland has similar funding and other initiatives.

- **The Western Australian Liveable Neighbourhoods Code** that provide clear direction to local governments on promoting physical activity through the planning system of Western Australia. There is no equivalent measure in the Queensland planning system.

- **The City of Fremantle Physical Activity Strategic Plan 2005 - 2009** that sets the strategic direction for, and coordinates the promotion of physical activity in the City of Fremantle. The equivalent measure in the Queensland policy and planning framework would be the development of a “Physical Activity and Healthy Eating Strategy” to inform the development of a local government corporate plan and planning scheme.

- **Healthy by Design: a planner’s guide to environments for active living** is an initiative of the Victorian Division of the Heart Foundation. It demonstrates the capacity of non government organisations to operate outside the confines of government to work with State, local government and private sector stakeholders to develop advice, including guidelines on how to integrate measures to promote physical activity in corporate plans and planning schemes.

**PART III: LOCAL GOVERNMENT SURVEY**

**Introduction**

29. A survey of local governments was undertaken as part of Phase 1 of the Supportive Environments for Physical Activity and Healthy Eating Project to develop a better understanding the opportunities and constraints faced by Councils in creating environments that support physical activity and healthy eating.

30. All Councils across Queensland (n=157, including Indigenous Councils) were approached to complete a written self-administered questionnaire.

31. Twenty-seven Councils responded to the survey, representing a response rate of 17%. Responding Councils service 49% of the Queensland population and represented a cross section of varying sized Councils in urban, regional and remote local governments.

**Findings**

32. Most Councils are ready to invest and/or are investing in physical activity, the most important investment priorities being recreation facilities (81%), physical activity programs (44%) and pathways (19%). Some Councils are ready, and about one-third of Councils are investing, in healthy eating, with investment priorities being nutrition education (44%) and food audits and hygiene (19%).

33. Most Councils rate physical activity as a moderate priority for Council and believe that constituents would like them to invest in it. Most Councils rate healthy eating as a low priority and report mixed perceptions as to whether constituents would like Council to invest in it.

34. Most Councils are already implementing or are developing a range of physical activity initiatives, predominantly through the provision of sport and recreation, landscape and active transport
infrastructure. These initiatives are delivered through corporate and land use planning processes and information programs to modify lifestyle behaviour.

35. However, with less than 50% of Councils making use of local laws, planning schemes, planning scheme policies and priority infrastructure plans to progress physical activity and only 20% of respondents having commenced with their priority infrastructure plans, there is considerable scope for improving the use of the tools available to local governments to create environments that support physical activity.

36. The efforts of Councils to promote healthy eating are focussed on food safety and hygiene with some use made of the regulation of food consumption facilities (including local laws) corporate and land use planning (including the protection of local food production) and nutrition education. Very little use is made of planning schemes and planning scheme instruments to progress healthy eating.

37. Sixty-four percent of Councils reported a moderate or high level of integration and coordination of physical activity within their organisations (15% reported none). In contrast, only twenty-two percent of Councils reported a moderate or high level of integration and coordination of healthy eating within Council (44% reported none).

38. Councils derive most of their support for physical activity and healthy eating initiatives in the form of funding, access to staff and to a lesser extent, training and pamphlets and other material provided by Sport and Recreation Queensland and Queensland Health.

39. The majority of respondents listed cost and insufficient staffing as barriers to investment in physical activity. Specific guidance, tools and resources and support from Council decision-makers were reported as key incentives for investment.

40. For healthy eating, cost, it not being a priority of Council, insufficient staff and a lack of expertise were reported as barriers to investment. Knowing investments would be effective, specific guidance and tools as well as the support of decision makers were listed as the primary incentives.

41. Land use planning for physical activity, active transport, landscape for physical activity, and food safety and hygiene resources were among the most frequently requested resource needs of Councils. Respondents used terms such as “guidelines”, “examples”, “best practice”, “standards”, mandatory requirements”, “draft codes”, “evaluation”, “design manual” and “training” to describe the new tools (and their format) that would help inform their physical activity and healthy eating investments.

42. The development of best practice guidelines (for corporate plans and planning schemes), including a concept planning scheme code and a State Planning Policy are considered the tools with the best potential to assist local governments to create environments that support physical activity and healthy eating.

43. The survey concluded with open ended questions that invited respondents to, in their own words describe what support they need to assist them to deliver on physical activity and healthy eating. Funding to employ staff, decision maker support, resources to implement programs, enabling local governments to levy developer contributions, staff training and high level policy development, guidelines and best practise examples and resources to implement programs were listed by most respondents as the best tools and resources that would most assist local government to deliver supportive environments for physical activity and healthy eating.

PART IV: SUMMARY OF OPTIONS AND TOOLS

44. The Table below summarises the options available to local governments in Queensland to encourage its constituents to change their behaviour and create environments that support increased physical activity and healthier eating. The table also details the tools and measures that may be used to exercise and implement the options.

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Tools</th>
<th>Measures/Examples/Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inform residents</td>
<td>Corporate plan</td>
<td>Brochures on the health benefits of lifestyle behaviours, guidelines for physical activity and healthy eating, directories</td>
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</tbody>
</table>
and maps of recreational and active transport facilities, website with links to other Federal, State and NGO resources, community and targeted education and workshops, lunch box sessions and motivational talks etc.

| Support existing community groups | Corporate plan | “Heart Foundation Walking”, 10,000 steps and other current initiatives. |
| Establish new community groups | Corporate plan | Link into current “Heart Foundation Walking”, 10,000 steps and other initiatives. Develop programs that respond to specific community needs. |
| Provide material support | Corporate plan, Capital Works Program, Planning Scheme | Provide land, facilities and equipment for initiatives such as community gardens/kitchens and exercise groups. |
| Regulate the use of open space and facilities that support physical activity. | Local Laws | Regulation can promote public safety and the prevention of unsocial behaviour such as skateboards on walking paths, nuisance behaviour in parks and public swimming pools and the commercial use of recreation facilities. |
| Regulate licensing and developmental aspects (size, appearance etc.) of outdoor food advertising. | Local Laws, Planning schemes | Cannot regulate content of advertising but can regulate location, size, type of sign. |

### Approach: Modify the Physical Environment

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Tools</th>
<th>Measures/Examples/Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Modification through land use allocation</strong></td>
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<tr>
<td>Create activity destinations.</td>
<td>Planning scheme including: • DEO’s • Strategies • Land Use Zones</td>
<td>Ensure land use allocation and “land use mix” places residential, commercial, industrial, recreational and other trip generating land uses within walking or cycling distance from each other.</td>
</tr>
<tr>
<td>Increase land parcels allocated to recreational land use.</td>
<td>• Corporate plan/budget • Capital works program • Designation of Community Infrastructure • Planning scheme</td>
<td>The more and the higher the density of land parcels dedicated to active recreation, the more opportunities to be physically active.</td>
</tr>
<tr>
<td>Protect land for food production</td>
<td>Planning scheme including: • DEO’s • Strategies • Land Use Zones</td>
<td>Need to reflect State Planning Policy 1/92: Development and Conservation of Agricultural Land in planning schemes.</td>
</tr>
<tr>
<td>Optimise accessibility to healthy food</td>
<td>Planning scheme including: • DEO’s • Strategies • Land Use Zones</td>
<td>Distance to supermarkets and local stores influence the variety and competitive pricing of healthy foods.</td>
</tr>
<tr>
<td>Minimise accessibility to unhealthy food</td>
<td>Planning scheme including: • DEO’s • Strategies • Planning Scheme Policies • Tables of assessment and Codes</td>
<td>The higher the density of fast food outlets, particularly around schools, the higher the consumption of energy dense, nutrient poor foods.</td>
</tr>
<tr>
<td>Support initiatives to change individual lifestyle behaviours</td>
<td>• Corporate plan/budget • Capital works program • Designation of Community Infrastructure • Planning scheme</td>
<td>Allocate, designate and purchase land for Council programs and community groups.</td>
</tr>
<tr>
<td><strong>Modification through Urban Design at the site/building level</strong></td>
<td></td>
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<tr>
<td>Prevent crime and increase actual and perceived levels of personal safety.</td>
<td>Planning scheme including: • DEO’s • Strategies • Planning Scheme Policies • Tables of assessment and Codes</td>
<td>Measures that requires appropriate: • levels of lighting; • building orientation and setbacks; • landscaping, including vegetation and; • surveillance</td>
</tr>
<tr>
<td>Plan and develop “landscape” and outdoors recreational infrastructure</td>
<td>Corporate plan/budget, Capital works program, Planning scheme including:</td>
<td>Includes the provision of sport fields, walking paths and bicycle ways in parks and reserves.</td>
</tr>
<tr>
<td>and facilities</td>
<td>Plan and develop indoors recreational facilities.</td>
<td>Provides appropriate embellishments (i.e. play equipment, benches and water fountains).</td>
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<td>---------------------------------------------------</td>
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<tr>
<td>• Corporate plan/budget</td>
<td>Includes provision of aqua centres, squash and basketball courts, gymnasiums in buildings designated for public and private use (such as an on-site gym for use by employees).</td>
<td>Includes play equipment, BBQ facilities, benches, water fountains and toilets/change rooms.</td>
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<tr>
<td>• Capital works program</td>
<td></td>
<td></td>
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<tr>
<td>• Planning scheme, particularly the Priority Infrastructure Plan.</td>
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<tr>
<td>Provide or regulate for the provision of public and employer amenities that support physical activity and healthy eating.</td>
<td>• Corporate plan/budget</td>
<td>Includes areas for breast feeding and end-of-trip facilities such as bicycle lock-ups and changing facilities.</td>
</tr>
<tr>
<td>• Capital works program</td>
<td>• Planning scheme, particularly: Planning Scheme Policies; Tables of assessment and Codes; and Priority Infrastructure Plans</td>
<td></td>
</tr>
<tr>
<td>Establish local community gardens, school gardens, home gardens and edible landscapes.</td>
<td>• Corporate plan and budget</td>
<td>Provide fresh produce with potential educational, social and nutritional benefits.</td>
</tr>
<tr>
<td>• Capital works program</td>
<td>• Planning scheme, particularly Desired Standards of Service in Priority Infrastructure Plans</td>
<td></td>
</tr>
<tr>
<td>Modification through Urban Design</td>
<td>Design at the street level</td>
<td>Measures that requires appropriate: levels of lighting; building orientation and setbacks; landscaping, including vegetation and; surveillance</td>
</tr>
<tr>
<td>Prevent crime and increase actual and perceived levels of personal safety.</td>
<td>• Planning scheme including: Planning Scheme Policies; Tables of assessment and Codes</td>
<td></td>
</tr>
<tr>
<td>Enhance the aesthetic values of the streetscape</td>
<td>• Corporate plan/budget</td>
<td>Landscaping and embellishments such as bus shelters, sculptures, benches and other street furniture.</td>
</tr>
<tr>
<td>Modification through Community/Neighbourhood Urban Design</td>
<td>• Planning scheme including: Planning Scheme Policies; Tables of assessment and Codes</td>
<td>A high level of interconnectivity of transport infrastructure such as sidewalks (including dedicated walkways) and cycle lanes (including dedicated cycle ways) reduces the time and physical distance between destinations and encourages the use of active transport.</td>
</tr>
<tr>
<td>Ensure a high level of neighbourhood connectivity.</td>
<td>• Planning scheme including: Planning Scheme Policies; Tables of assessment and Codes</td>
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<tr>
<td>Increase densities.</td>
<td>Higher densities increase the number of residential and commercial premises in an area. This has the effect of increasing the number of persons with access to recreational and transport activity infrastructure, retail outlets such as supermarkets, public transport and other facilities that support physical activity and healthy eating. High levels of usage, in turn increases the viability and level of service provided by these facilities and infrastructure.</td>
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</tr>
<tr>
<td>Transportation</td>
<td>Planning scheme, particularly: Planning Scheme Policies, tables of assessment and Codes.</td>
<td>Provide ready access to bus stops and walk and cycle ways.</td>
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<tr>
<td>Facilities and active transport infrastructure.</td>
<td>Provide for separation of motorised vehicles and pedestrians and provide cycle ways and parks in business parks and regional shopping centres.</td>
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<td>-----------------------------------------------</td>
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<tr>
<td>Integrate active transport infrastructure and recreation facilities in major mixed use developments</td>
<td>Planning scheme, particularly: Planning Scheme Policies, tables of assessment and Codes.</td>
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</tr>
<tr>
<td>Provide active transport infrastructure</td>
<td>Corporate plan and budget</td>
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<tr>
<td>Planning scheme, particularly: Planning Scheme Policies and Priority Infrastructure Plans</td>
<td>Primarily side-walks and cycle ways. Can be shared (pedestrians/vehicles and cyclists sharing the same reserve) or dedicated infrastructure</td>
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<tr>
<td>Encourage the use of active transport infrastructure</td>
<td>Corporate plan and budget</td>
<td></td>
</tr>
<tr>
<td>Planning scheme, particularly Desired Standards of Service in Priority Infrastructure Plans</td>
<td>Measures include kerb type, traffic management and control devices, street crossings and crossing aides, verge width, driveway crossovers to aid continuity, vehicular and cycle lane markings and adequate sighting distances.</td>
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</tr>
<tr>
<td>Encourage public transport and discourage motorised transport</td>
<td>Corporate plan and budget</td>
<td></td>
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<tr>
<td>Local Laws</td>
<td></td>
<td></td>
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<tr>
<td>Designation of Community Infrastructure</td>
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<tr>
<td>Planning scheme including:</td>
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<td>DEO’s</td>
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<td>Strategies</td>
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<td>Planning Scheme Policies</td>
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<tr>
<td>Tables of assessment and Codes</td>
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<tr>
<td>Priority Infrastructure Plans</td>
<td>Measures include imposing neighbourhood parking restrictions and providing park-and-ride facilities close to public transport.</td>
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**PART V: WORKSHOP OUTCOMES AND RECOMMENDATIONS**

45. A workshop of State and local government as well as industry and non-government stakeholders was held on 3 December 2007 to assess the Options Paper and make recommendations about the best tools, guidance, examples and other resources and support State government and other stakeholders can offer to assist Local Government.

46. Overall, workshop participants generally supported the options and tools identified in the Options Paper. There were a number of considerations identified to inform the development of resources and tools for each option. These considerations have been integrated into the final options listed in this document.

47. Three key priority areas of investment emerged from the workshop:

(i) Advocacy for healthy eating to be considered within Council activities with consideration given to presenting the evidence-base for healthy eating intervention and case study examples to Council mayors, Councillors and other Council decision-makers;

(ii) Integration of issues within Council land use planning policy and practice with consideration given to the utilisation of regulatory (eg state planning policy) or voluntary measures (e.g. planning scheme codes), and

(iii) Incentive schemes targeting the development industry with consideration given to the utilisation of regulatory or voluntary approaches.

**RECOMMENDATIONS**

48. Based on the findings of the initial consultation with stakeholders in developing this project, desk top study, the local government survey and the workshop outcomes it is recommended that the following resources be developed in Phase 2 of the SEPAHE Project (to assist local government to create environments that support physical activity and healthier eating):

(i) **Guidelines** that provide practical information about how to integrate physical activity and healthy eating within the options and the tools available to local governments for its implementation. The guidelines could include:

(a) Information on the options and tools available to local governments;
(b) Concept strategies for integration in corporate plans;
(c) Matters for consideration in Local Laws;
(d) Concept desired environmental outcomes and planning scheme strategies;
(e) A concept planning policy and a planning scheme code for consideration in planning schemes;
(f) Best practise desired standards of service for priority infrastructure plans (to assist with the planning of parks and other community infrastructure as well as active transport infrastructure);
(g) Information of GIS as tool to map physical activity and healthy eating resources at the local level.
   (i) A directory with information on:
       (a) Existing physical activity and healthy eating initiatives and project ideas and examples.
       (b) Accessing external funding for local government physical activity and healthy eating investments. Such a guide could list the available sources of funding for physical activity and healthy eating funding and tips on how to apply for each source.

49. In addition, it is recommended that:

   (i) A communication strategy be devised and implemented to raise awareness and galvanise local governments and other stakeholders into action. The campaign should be timed for the release of the guidelines and may include:
       (a) Information and training sessions with Councillors, Council Officers and Town Planners and associated professionals;
       (b) The recruitment of designated champions within each Council and the relevant Professional Associations to progress the physical activity and healthy eating agenda.

   (ii) Stakeholders in Queensland support the use of a rating scheme for new developments to provide incentive for developers to achieve physical activity and healthy eating measures, such as those provided in the guidelines, and to stimulate further innovation. Such an initiative should investigate means to provide input into existing measures and rating systems in conjunction with the development industry.