

MAKE
YOUR
MOVE

Greater Dandenong Physical Activity Strategy 2020–2030



Table of Contents

Mayor's Foreword	1
Executive Summary	2
Strategic Context	5
Our Community Profile	8
Our Community's Health Profile	11
City of Greater Dandenong – Level of physical activity	12
Our Role	14
Strategy Aim	15
Strategy 1	16
Strategy 2	18
Strategy 3	20
Strategy 4	22
Strategy 5	24
References	27



Mayor's Foreword

The health and wellbeing of our residents is always at the forefront of the work Council carries out.

The Make Your Move Physical Activity Strategy 2020-2030 is designed to help us give our community the tools needed to live a more active, and healthy lifestyle.



Through this strategy Council will identify opportunities to improve the health and wellbeing of our community by empowering them to be more active.

Less than half of Greater Dandenong's residents meet Australian physical activity guidelines (49 per cent). This is much lower than the Victorian average of 73 per cent. We know there are many barriers to an active lifestyle, including environmental, financial and personal factors. While this strategic plan is for our whole community the main focus is on helping the less active members to move more.

Extensive community consultation has provided us with a clear snapshot of the challenges facing our residents when it comes to health and activity levels, and we will use this knowledge to help remove those barriers where we can.

Council's long-term vision is to create a happier and healthier community. Council will be promoting the importance and benefit of physical activity as part of its Make Your Move Campaign. The aim of this campaign is to create more opportunities for people to get active and to provide environments that encourage increased recreational activity.

Staying active is proven to have long-term health benefits, Physical exercise can assist in reducing the risk of obesity-related illness, diabetes and cardio-vascular disease. We also know the younger you are when you introduce an active lifestyle, the greater the chance of seeing lifelong health benefits.

The Make Your Move Physical Activity Strategy provides a road map to creating a healthier and more active community. It guides our community in making better decisions and empowers them to take more control over their overall health and wellbeing. Council believes working collaboratively achieves the best results.

This strategy provides a clear direction on where we are at and where we need to be to ensure better health outcomes for our community.

I believe by working together we can create a healthier and more active community for all.

Cr Jim Memeti
Mayor

Executive Summary

Participating in regular physical activity and limiting the amount of time we are sedentary has significant health and social benefits. Physical activity reduces the risk of chronic conditions and disease risk factors such as overweight and obesity and improves social and emotional health and wellbeing. While there are many opportunities to be physically active every day, our social, environmental and cultural context are important determinants of our physical activity levels.



Inactivity and obesity levels are rising rapidly in Australia with 10.1 per cent of all deaths in Australia due to physical inactivity, compared to 9 per cent worldwide.¹ In Greater Dandenong, physical activity levels are low, and health and wellbeing indicators are very poor compared with other communities in Australia and Victoria. This is driven by multiple factors including the high levels of cultural diversity and socioeconomic disadvantage in the community.

A review of national, state and local participation trends and key research has identified people are choosing unstructured physical activity ahead of organised sport, and that increasingly governments are focusing upon encouraging people to be physically active rather than more traditional sport and recreation pursuits.

The change in the way people participate in physical activity is being driven by:

- Increasingly busy and time-fragmented lifestyles
- A desire for greater flexibility about when and how we access physical activity opportunities

- The cost of participating in organised sport
- Significant growth in the range of physical activity opportunities available to the community
- A decrease in health and physical literacy levels and
- Growth in the availability and appeal of non-physical activity related opportunities.

National, state and local governments all have a critical role in improving health and wellbeing outcomes for communities. The City of Greater Dandenong (CGD) has a long-term commitment to providing physical activity opportunities and delivering positive health outcomes for those who live, work, study or visit the municipality. This new Strategy with an annual implementation plan will guide the future provision of opportunities across the physical activity spectrum as illustrated in diagram 1.

The Strategic Plan is for the whole community but with a focus upon getting the less active more active through active living, active transport, active recreation and social sport.

The five strategies the Plan is centred around are:

-  **Empower the community** to be physically active, supporting them to make choices through easy to understand information.
-  **Support and facilitate** opportunities for our community to be physically active.
-  **Be a leader** in supporting physical activity participation and advocate for our community to improve health, social and wellbeing outcomes through increased participation in physical activity.
-  **Create environments** that encourage and support our community to be physically active.
-  **Use evidence** to guide and drive decisions on how to increase participation in physical activity and improve the health of our community.

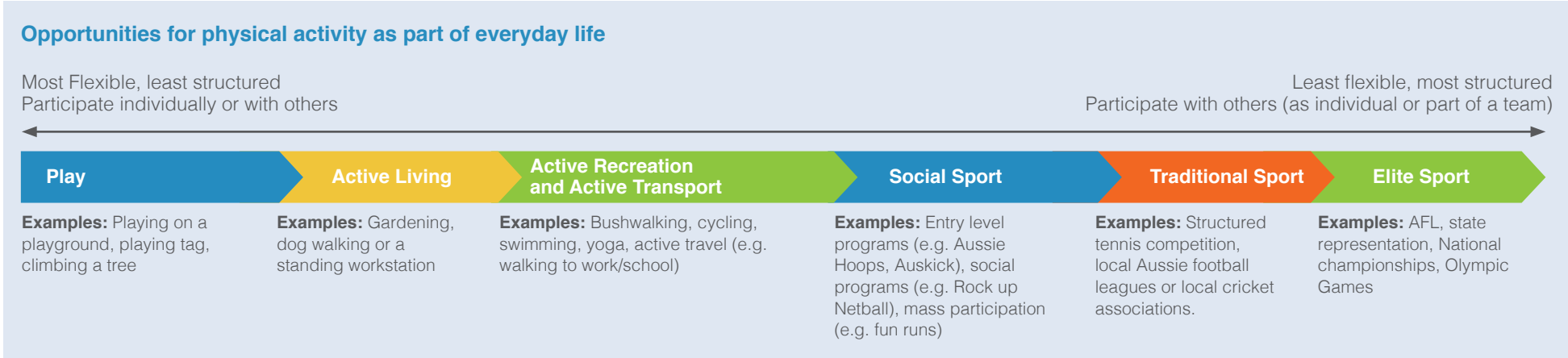


Diagram 1: Opportunities for physical activity as part of everyday life (based on model by VicHealth, 2019).



Strategic Context

In planning for the provision of physical activity needs in the community it is important to acknowledge how the *Make Your Move Physical Activity Strategy 2020-2030* aligns with the City of Greater Dandenong and Victorian Governments' strategic context.

Victorian Government	Council
<p>Active Victoria – A strategic framework for Sport and Recreation Victoria 2017-21</p> <ul style="list-style-type: none"> • Aiming to support more people to tap into the benefits sport, and active recreation delivers. 	<p>Imagine 2030</p> <ul style="list-style-type: none"> • Sport and recreation opportunities will be affordable, diverse and accessible to all, especially for young people, families and those less well-off than others. • Everyone will have access to parks and open space in their localities to enjoy and recreate in. • Culturally and Linguistically Diverse groups view sport and recreation as family gathering opportunities rather than just for getting fit.
<p>Victorian Public Health and Wellbeing Plan 2019-2023</p> <ul style="list-style-type: none"> • Prioritises healthier eating and active living for Victorians. • Tackling climate change and its impact on health. 	<p>Council Plan 2017-21</p> <ul style="list-style-type: none"> • Council's vision is for Greater Dandenong to be a safe and vibrant city of opportunity for all to visit, work, live and play. • Strategic Objective 1: A vibrant, connected and safe community. • Strategic Objective 3: A healthy, liveable and sustainable city.
<p>VicHealth Physical Activity Strategy 2019-2023</p> <ul style="list-style-type: none"> • Increasing the physical activity levels of people who are less active. 	<p>Health & Wellbeing Plan 2017-21</p> <ul style="list-style-type: none"> • Objective 1.1: Create places for people to enjoy and actively participate in their local community, including open spaces and recreational opportunities. • Objective 3.1: Improve the health and wellbeing of all residents through collaborative planning and enhancing health promoting services and opportunities. • Objective 4.3: Provide opportunities for vulnerable community members to participate in community life.

What is Physical Activity?

Physical activity can take many different forms. You can be active at home, at school, at work and in the community, as part of leisure time, travel, active play, organised and non-organised sports, games or physical education. You can be physically active by undertaking simple activities such as taking a walk, playing with your children, climbing a tree, and working in your garden.



The Australian Physical Activity and Sedentary Guidelines state that people should do at least 30 minutes of moderate to vigorous exercise each day.

– Australian Physical Activity and Sedentary Behaviour Guidelines. Australian Government

Too many Australians, young and old, are leading increasingly sedentary lives and are missing out on the multitude of benefits that come from participating in Physical Activity.



Why is Making Your Move important?

- Physical Activity is fun, reduces stress and makes you feel happier.
- It can reduce obesity-related illnesses, diabetes and cardio-vascular disease.

It is well researched that Physical Activity can lead to a healthier nation, both physically and mentally.

The combined impact of poor diet, physical inactivity and being overweight or obese is one of Victoria's (and Australia's) greatest health challenges. There is an urgent need for obesity prevention to become a more prominent health priority as obesity rates for children and adults continue to rise.

Regular participation in physical activity has many positive physical, social and economic benefits:



It improves both short and long-term psychosocial wellbeing by reducing feelings of stress, anxiety and depression.



Participating in physical activity can be fun for everyone. For children and young people, it provides an opportunity to make social connections, build physical literacy and escape from day to day challenges such as family conflict, homelessness or drug and alcohol use.



It delivers numerous social development benefits including Human Capital Uplift; Community Pride; Increased levels of trust; Positive role modelling; A reduction in crime/anti-social behaviour; Elite sporting outcomes and disaster response/community meeting place.



If children's early experiences in physical active fail to be enjoyable and build basic movement capacities, then children will be less likely to try, enjoy, and succeed in their future physical challenges, impacting upon their development.



It provides economic development opportunities to governments, business and the community, with every dollar spent on Physical Activity returning \$7 of total benefits to Australia.



Children and young people who play sport have improved cognitive development (physical literacy), are more attentive at school, achieve better academic results, are able to make social connections and are provided a positive escape from the day to day challenges.



Developing and maintaining physical literacy helps individuals feel competent and skilled in fundamental skills and ABCS (agility, balance, coordination and speed) which supports them in their work-related activities and daily living activities.



“Too many Australians, young and old, are leading increasingly sedentary lives and are missing out on the multitude of benefits that come from participating in Physical Activity.”

– Preventative Health Taskforce

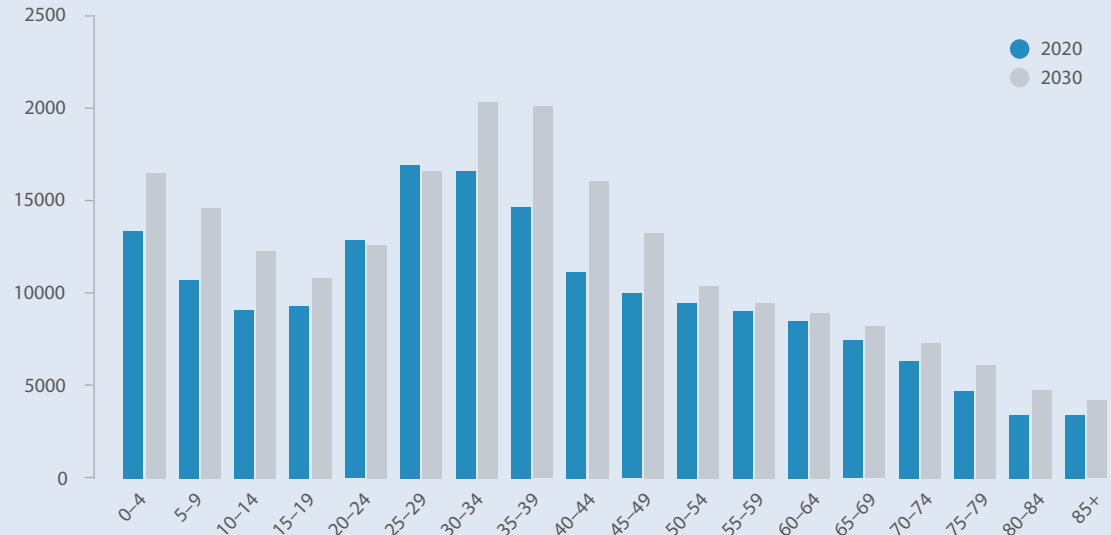
Our Community Profile

Forecasted population change Greater Dandenong 2020 to 2030



Average household family size is 3.1 and the number of children is 1.8 per household.

– Australian Bureau of Statistics (2016)



People with a Disability

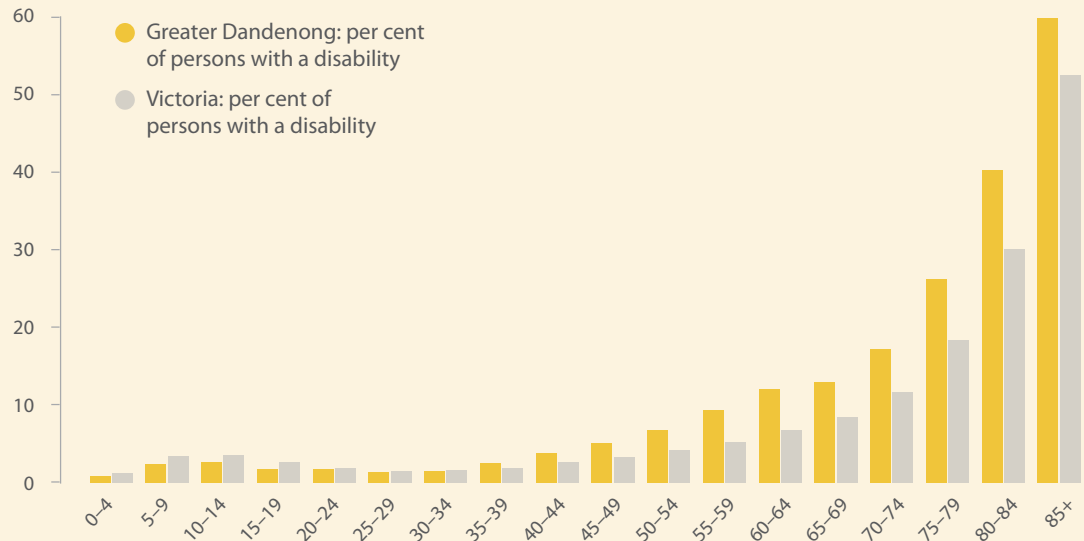
The prevalence of severe or profound disability rises markedly with age, from less than 2 per cent among residents aged up to 24 years, to 4.6 per cent among those aged 25-64, then 13 per cent of those aged 65-69, and 71 per cent of those over 90.

6.8%

of Greater Dandenong residents have a severe or profound disability



– Australian Bureau of Statistics (2016)



Resident median income

Resident median household income is \$659/week (\$41,022pa).
Victoria's household median is \$1,560/week (\$81,120pa).

City of Greater
Dandenong

\$659



Victoria

\$1,560



- Australian Bureau of Statistics (2016)

Diversity



64%

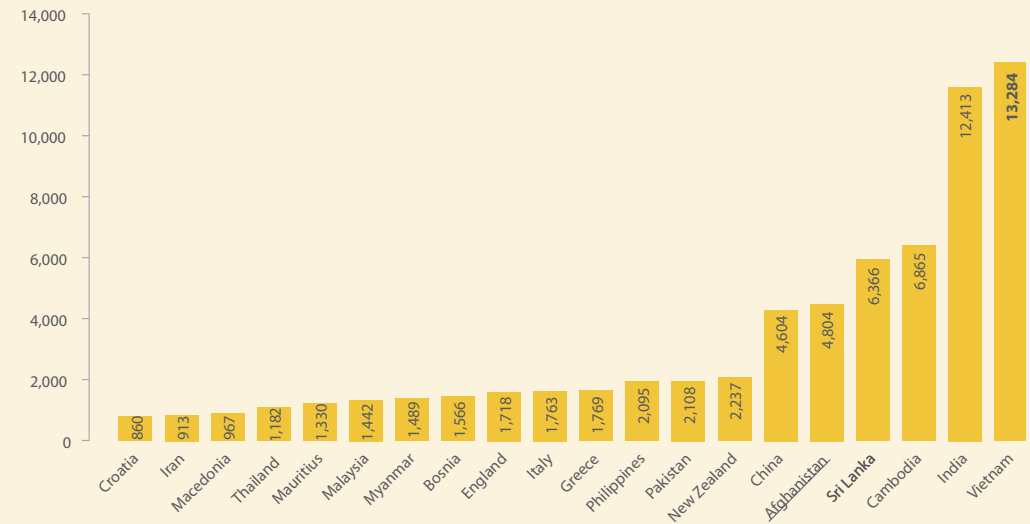
of Greater Dandenong residents born overseas

Greater Dandenong is the most culturally diverse locality in Australia, with residents from 157 different birthplaces and well over half (64 per cent) of its population born overseas. Birthplaces recorded by the 2016 Census included Vietnam, Cambodia, China, India, Sri Lanka, Pakistan, Afghanistan, New Zealand and Great Britain. More than four out of five residents have at least one overseas-born parent.

¹ Diversity of birthplaces among the residents of each municipality is measured as the probability that two people from a community, chosen at random, would come from different birthplaces. This measure provides an index of birthplace diversity which gives a balanced measure of the range of birthplaces and number of persons from each, and permits localities of widely varying population to be compared. The probability, or index of birthplace diversity, in Greater Dandenong is 60.9, compared with 29.3 across Victoria.

– Australian Bureau of Statistics (2016)

Population by Birthplace (Top 20): Greater Dandenong, 2016



Spoken language

Nearly two-thirds of the residents of Greater Dandenong speak languages other than English in their homes, while one in seven has limited fluency in the use of spoken English.

In 2016, over 70 per cent of residents spoke languages other than English in their homes – the largest proportion in Victoria and more than twice the metropolitan level of 31 per cent. Among the more than 130 different languages spoken are Vietnamese, Khmer, Chinese, Greek, Punjabi and Sinhalese.

Greater Dandenong has the highest diversity of languages in Victoria and the second highest in Australia.



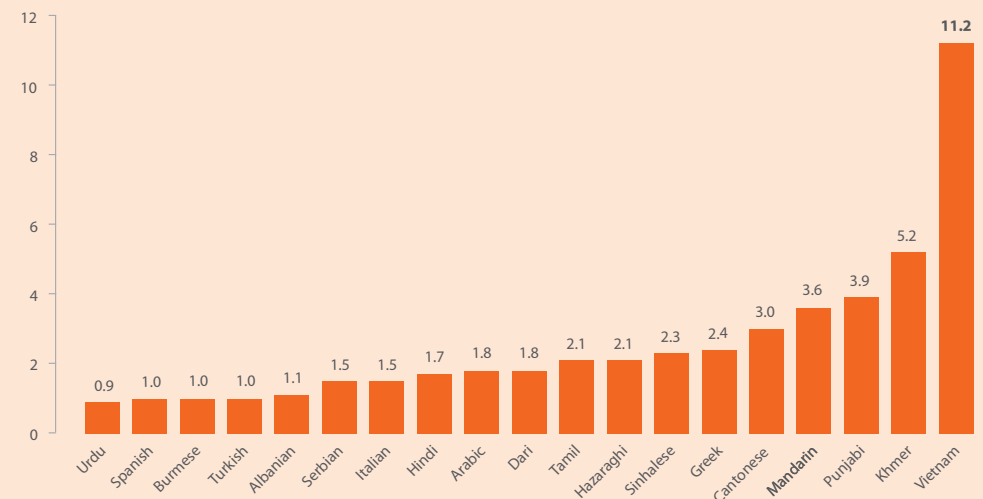
1 in 4

Greater Dandenong residents are not fluent English speaking.

About one in five residents, accounting for 25,500 people or 18 per cent of the population at the time of the 2016 Census, has limited fluency in the use of spoken English – four times the metropolitan level of 4 per cent and the highest rate in Victoria.

– Australian Bureau of Statistics (2016)

Spoken Languages: Greater Dandenong, 2016



Our Community's Health Profile

33.9%

of Southern Melbourne Region* adults are Pre-obese (overweight).

21.0%

of Southern Melbourne Region* adults are Obese.

= 54.9%

of Southern Melbourne Region* adults are overweight or obese

* Southern Region consists of Greater Dandenong, Casey and Cardinia.

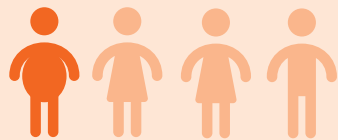


68%

of Victorian adults are overweight or obese.



1 in 4 children are overweight or obese.



– Victorian Public Health and Wellbeing Plan 2019–2023. (2019). Victorian Government.

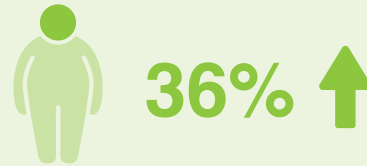
– Department of Health and Human Services, Victorian Government.

The mental wellbeing of the City of Greater Dandenong residents is significantly lower than the Victorian average.



– VicHealth Indicators Survey 2015 Results – Greater Dandenong Profile

The prevalence of diabetes (type 2) is 36% higher in the City of Greater Dandenong than the Victorian average of 9%



– Australian Bureau of Statistics (2017-2018)

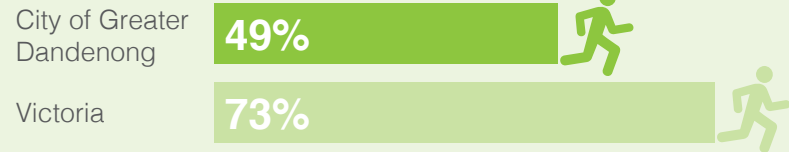
Healthy eating is a significant issue in the City of Greater Dandenong with an average of 1.7 serves of vegetables consumed per day, which was significantly lower than the Victorian average of 2.2 and recommended 5 serves per day.



– VicHealth Indicators Survey 2015 Results – Greater Dandenong Profile

City of Greater Dandenong – Level of physical activity

Who meets Australian physical activity guidelines?



72%



of participation is in non-organised sport in the City of Greater Dandenong.

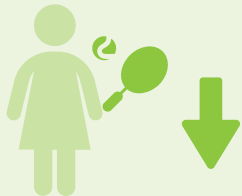
– Sport and Active Recreation Participation Survey 2019, City of Greater Dandenong; State Sporting Association data.



Organised sport participation is declining overall with the exception of football (soccer) and cricket in CGD.



There is a significantly low level of junior participation in organised sport in CGD compared to Victoria.



Significantly low levels of female participation in organised sport in CGD compared to Victorian data.

– Sport and Active Recreation Participation Survey 2019, City of Greater Dandenong; State Sporting Association data.

Top 20 Physical Activities in Greater Dandenong



- | | |
|-----------------------------|-------------------------------|
| 1 Walking | 11 Yoga |
| 2 Gym/Group Fitness/Fitness | 12 Football (Aussie Football) |
| 3 Swimming | 13 Netball |
| 4 Running | 14 Badminton |
| 5 Football (Soccer) | 15 Golf |
| 6 Basketball | 16 Volleyball |
| 7 Cycling | 17 Martial Arts |
| 8 Cricket | 18 Boxing |
| 9 Dancing | 19 Tai Chi |
| 10 Tennis | 20 Bushwalking |

– Sport and Active Recreation Participation Survey 2019, City of Greater Dandenong; State Sporting Association data.

“Physical Activity participation by Australians is becoming increasingly passive. Australians need to put down the remote control and mobile devices and head outdoors for a half-hour walk.”

– Dr David Hughes, AIS Chief Medical Officer

The main barriers to participating in physical activity:



Lack of information, communication and marketing



Affordability



Lack of time or motivation



Safety concerns

– CGD Sport & Active Recreation Participation Survey (2019)

As a community what do we need to do to improve health outcomes for the Greater Dandenong community and get people moving?

- ✓ Focus on Active Living, Active Recreation, Active Transport and Social Sport.
- ✓ Encourage participation and activation. We have to get the less active, active.
- ✓ Education and Information is critical, for the community to know how, why, where and when they can be active.
- ✓ Create environments that make it easy for people to be physically active.



Our Role

Historically in Australia, there has been a strong focus upon traditional sport (organised) ahead of other forms of physical activity. State and Federal governments are increasingly turning their focus towards the broader concept of physical activity and supporting the less active to be more active. A key example of this is the Victorian State Government initiative Active April which encourages Victorians to get healthy and enjoy the benefits of an active lifestyle.

Internationally, Canada has recognised there is a need to focus on the broader concept of physical activity. They have recognised that physical activity [and sport] are integral parts of Canadian culture and society and produce benefits in terms of health, social cohesion, linguistic duality, economic activity, cultural diversity and quality of life.ⁱⁱ In addition, the UK have identified that *“to turn the tide of inactivity, there must be a continued focus and investment on interventions that target physically inactive groups at a population level.”*ⁱⁱⁱ

Local government has a long history of supporting the community to be physically active. While historically there has been a strong focus upon organised sport, this has changed significantly in recent decades with increased understanding of the benefits and importance of offering a wide range of physical activity opportunities and supports for communities. Council has a key role in supporting the community to be physically active, and in doing so must consider the following:

- **Balancing** the expectations of traditional sports with the growing focus upon unstructured and non-organised physical activity opportunities.
- **The role the whole organisation** has in supporting the community to be physically active. For example:
 - Maternal Child and Health: This is a key opportunity to educate parents about the importance of physical activity and the role they can play in encouraging their children to be physically active.”
 - Urban Planning: Ensuring the built environment provides safe, accessible and appealing spaces for all members of the community. Connections to open space, community infrastructure and the availability of amenities is critical.
 - Transport: Ensuring that where possible cycling connections, are located off-road or are separated from vehicles. The provision of accessible public transport in neighbourhoods is also critical. Evidence suggests that lack of personal safety can restrict adult’s walking and their children’s independent mobility. Lower vehicle speeds will improve liveability, improve road safety and contribute to increased rates of walking and cycling.
- **The resources available to Council**. With a shift towards a provision model focused on increasing physical activity, Council will need to consider how it directs resources, to facilitate physical activity education, programs, advocacy and services.

Council must consider how to effectively manage and maintain public facilities and spaces, ensuring they support the focus upon increasing physical activity levels and delivering value to the community. This includes consideration of climate change risks and the impacts on the community’s physical activity levels. The application of fees and charges is an important lever Council must review to ensure an equitable and strategic approach that supports increased participation in physical activity.

The research has identified participation in formal organised physical activity is reducing while participation in unstructured recreation pursuits is increasing. This confirms Council will need to prioritise providing infrastructure that supports informal recreation pursuits.

While the provision of active sporting infrastructure remains important this infrastructure needs to work harder, supporting a wider range of physical activity pursuits and users.

Councils’ aquatic and leisure centres and stadiums need to be more responsive to the wider community including those with less disposable income. It is these members of the community who are generally less active and have less capacity to pay to access aquatic and leisure facilities.

Strategy Aim

The research has identified the key benefits of Physical Activity are improved health and wellbeing and social outcomes, however, to achieve this, there needs to be positive behavioural change by individuals towards a healthier and more active lifestyle.

Aim

Increase the physical activity levels and health of our community.

Focus Populations

General Community with a focus upon the following specific populations:

- Adults aged 18-30 years old
- Children aged 3-12 years old and their families
- Girls aged 12-16 years old
- Older adults aged 65 years and older
- People with a disability aged 18 years and older (incl. families and carers)

Underpinning principles

To support the implementation of the Make Your Move Physical Activity Strategy, the following guiding principles are recommended to guide future decision making and planning in relation to physical activity. These are:

- Affordability: Fees and charges reflect the capacity of community members to pay.
- Cost to Council: There must be a balanced consideration of community needs and Councils' capacity to resource programs, activities, services and infrastructure that will support the community to be physically active.
- Equitable and Inclusive: Council will strive to deliver fair and equal access to physical activity opportunities and resources for people who might otherwise be excluded or marginalised.
- Partnerships: Effective and mutually beneficial partnerships will be pursued with community organisations, educational institutions, research agencies and government to support Council to effectively and efficiently implement programs and services.
- Systems-Approach: Multiple policy actions, strategies, programs and services involving organisations and individuals from across the community will be pursued to fundamentally change physical activity patterns in the City of Greater Dandenong.
- Universal Design: Universal design principles will underpin all decisions about the design of assets, services and programs that support the community to be physically active, ensuring they are accessible to all people, regardless of age, disability or other factors.



Strategy 1

Empower the community to be physically active, supporting them to make choices through easy to understand information.



Strategy



Empower the community to be physically active, supporting them to make choices through easy to understand information.

Building knowledge and understanding within Council and the community about the benefits of physical activity to the physical, mental and social health and wellbeing of individuals and about the many ways it is possible to be physically active. Council must have a greater focus upon supporting unstructured and non-organised opportunities for people to be physically active.

Identifying and implementing innovative and diverse ways of communicating with the community about physical activity opportunities available in Greater Dandenong and surrounds. This will be critical given the multicultural profile in the municipality.

Objectives



Increase our community's understanding of the importance of being physically active.



Increase awareness of physical activity opportunities in the municipality focusing on active living, active recreation, social sport and health.

Case Study: Active Parramatta Van

The Active Parramatta Van is a free service operated by the City of Parramatta, New South Wales, which aims to make Parramatta a more active, healthy and connected city by delivering community sports programs targeting early years' development, primary school aged children and youth and promoting healthy lifestyles, aging well and lifelong learning. Programs delivered are free to participants.

The objectives of the van include:

- increasing awareness of the benefits of healthy and active lifestyles
- increasing participation to improve the community's health and wellbeing
- improving community cohesion and connectedness through active participation and social inclusion
- increasing opportunities to engage with local youth through active participation and council
- providing access to literacy and educational programs to connect residents with their local communities and
- the presence of partner organisations to deliver community based, health and well-being outcomes.



Strategy 2

Support and facilitate opportunities for our community to be physically active.



Strategy



Support and facilitate opportunities for our community to be physically active.

Objectives



Offer opportunities to be physically active with a focus on self-organised activities.



Support health and community agencies to build capacity in physical activity opportunities.



Collaborate with sport and active recreation providers, supporting them to provide innovative new ways the community can participate in physical activity.

Supporting and encouraging the less active to be more active.

The World Health Organisations' Global Action Plan on Physical Activity 2018-2030 identifies that action on improving physical activity should be focused towards the least active populations within the community.^{iv} This is also supported by VicHealth's Action Agenda for Health Promotion 2019-23 strategy to *"increase the physical activity levels of people who are less active."*

Case Study: Sport 4 Life Program

Sport 4 Life is a program designed to assist disadvantaged/vulnerable members (11–29 year old) of society such as unemployed and struggling to find a job (lack of confidence and motivation). Sport 4 Life provides intervention towards employability through training and 1 on 1 assistance with education, using sport to assist with the development of social and personnel skills/individuality. Sport 4 Life has engaged 1,532 people within the previous year with 566 of them being youth.



Sport 4 Life UK, Birmingham, United Kingdom.



Strategy 3

Be a leader in supporting physical activity participation and advocate for our community to improve health, social and wellbeing outcomes through increased participation in physical activity.

Strategy



Be a leader in supporting physical activity participation and advocate for our community to improve health, social and wellbeing outcomes through increased participation in physical activity.

Being a leader in the physical activity space.

This means Council must lead by example and demonstrate what it is doing to encourage councillors and staff to be physically active.

Working in partnership with others,

particularly education organisations, workplaces, councils and community organisations.

Objectives



Be a healthy and physically active workplace.



Build a community that values the importance of physical activity.



Identify and mobilise community champions to facilitate increased physical activity participation.



Partner with our community and education providers to improve health and social outcomes through increased participation in physical activity.



Work with governments and peak bodies to strengthen and grow physical activity opportunities.

Case Study: Active Workplace Program

County Durham Sport's Active Workplace programme endeavours to provide new, fun and social ways to encourage workplaces to prioritise the health and wellbeing of their staff and get employees more active, more often. Introduction of organised after work runs and boxercise classes after work and during lunch time provides opportunities for workplaces to become more active.

Since County Durham Sport's initial work, the team have continued to get an increasing number of their workforce active. The



beginners running group has continued as a permanent workplace running group following the initial 8-week programme.

County Durham Sport, Durham County Council, United Kingdom.

Strategy 4

Create environments that encourage and support our community to be physically active.



Strategy



Create environments that encourage and support our community to be physically active.

Objectives



Provide a diversity of physical activity opportunities and infrastructure that support the needs of local communities.



Increase the opportunities to participate in physical activity by making spaces, services and facilities more affordable, safe, inclusive and functional to the needs to local communities.



Improve pathways and connection linkages to physical activity opportunities for our community.

Reducing barriers to participation,

particularly in relation to the cost and affordability of programs, services, equipment and transport to access physical activity opportunities.

Creating physical environments that support and encourage people to be physically active in their day to day lives. Walking and cycling paths that support active transport opportunities such as people walking to work or public transport connections, children and families walking to school or preschool, older members of the community walking to local shops or community facilities such as libraries.

Case Study: “Pick-up Sport”

Ashfield Park in Sydney's inner west comes alive in the late afternoons as Sudanese, Nepalese, Indian, Chinese, Afghan, Iranian and Turkish people gather for park soccer. On Friday nights, a group of Colombian men play against Chileans. Both groups wear homemade team jerseys. On Sunday afternoons in summer the informal Sydney Nepalese Soccer Club uses the park to train. Later in the evening, men from Nepal and India play social cricket.

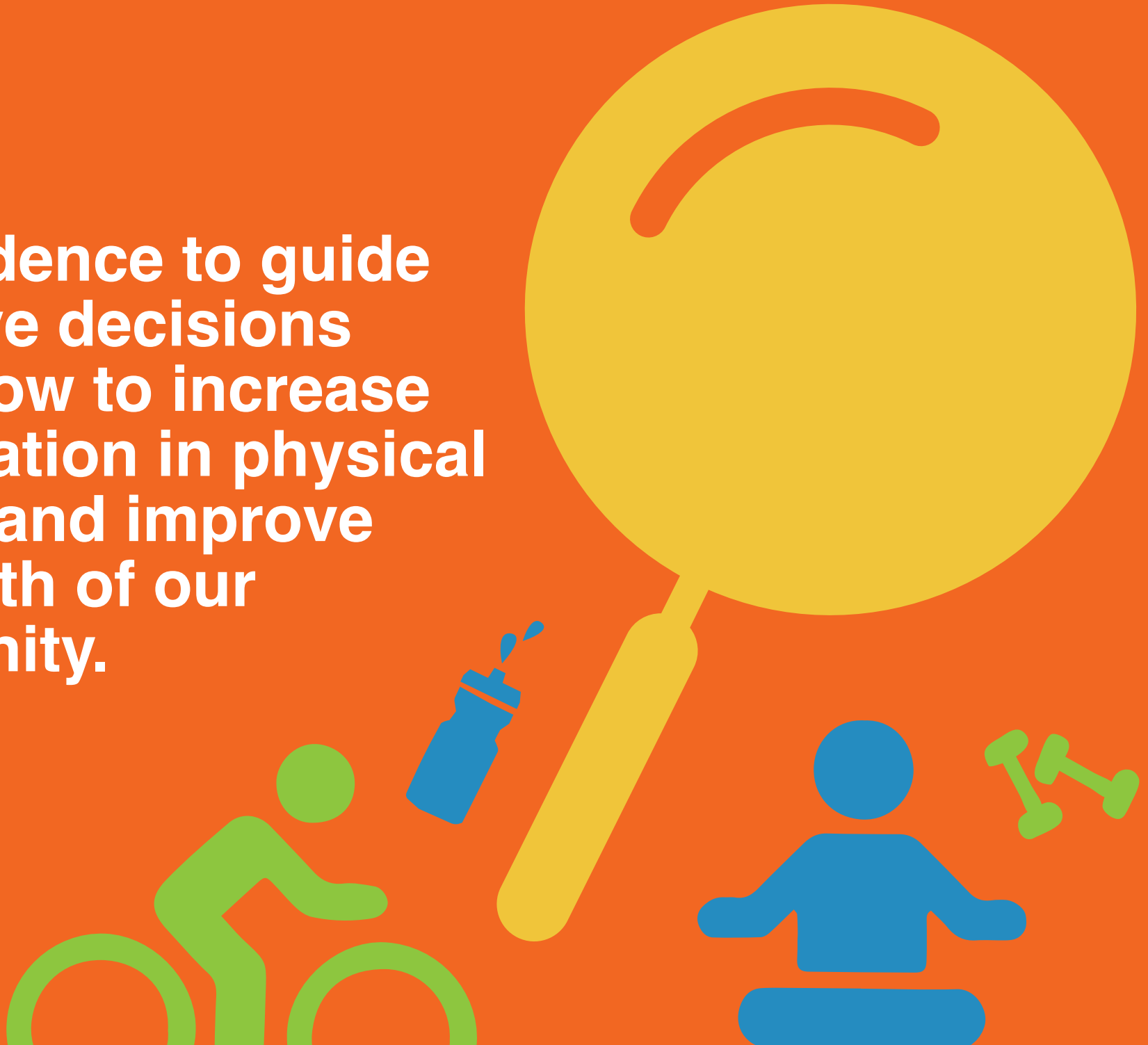
These games have histories. Many of the players have gathered weekly for years. In some cases, informal teams have evolved into official leagues. However, these informal gatherings are at threat as formal/official

bookings, managed by Council are taking over due to demand for structured competitions and training from clubs.



Strategy 5

Use evidence to guide and drive decisions about how to increase participation in physical activity and improve the health of our community.



Strategy



Use evidence to guide and drive decisions about how to increase participation in physical activity and improve the health of our community.

Research has an important role to play in informing the implementation and evaluating the effect of the initiatives Council delivers. This research will identify new initiatives and measure them to ensure the development, delivery and demonstrated effectiveness of physical activity programs and policies is understood.

Objectives



Develop an evaluation framework that effectively monitors the impacts of the Make Your Move Physical Activity Strategy.



Respond to the changing needs of the community using effective consultation with our community and stakeholders and evidence-based research.



Engage with external stakeholders about research, evaluation and planning opportunities and pursue a regional approach where relevant.

Case Study: Research Project for Older People

The City of Whittlesea and Wyndham City Council in partnership with the National Ageing Research Institute (NARI) developed and conducted a study on the first outdoor exercise park community intervention trial using an innovative seniors-only outdoor exercise park. A unique purpose-built exercise park was established to provide a fun but physically challenging environment to support exercise in community settings, and to challenge key aspects of physical health for older people, including balance, mobility and function.

The initial exercise park was installed in Sunshine North, Victoria. As part of the study a qualified instructor was provided to supervise participants and provide an instructional exercise class. This was found to be an important enabler for women and older people.



The study found that the inclusion of outdoor equipment for older people in public spaces or urban parks is important and careful consideration needs to be taken by local/public authorities to provide access, amenities and safety for all as well as activities to suit all ages.

Levinger P, Sales M, Polman R, et al. (2018). Outdoor physical activity for older people – the senior exercise park: Current research, challenges and future directions. *Health Promot J Austral*.

Accountability

This strategy sets out bold ambitions that Council want to achieve over the next 10 years. Every year we will produce an implementation plan which will clearly set out the key actions, which Council departments will be supporting and how we measure success of that action. As each new annual implementation plan is produced a report will be developed to report on the progress of the prior years' actions. The strategy will be reviewed in 2025 considering the context and community at the time.

The strategy will be championed by the Council and key partners. Council will explore the formation of a City of Greater Dandenong Physical Activity and Healthy Eating Taskforce which will include representation from health, education, community and government agencies and groups. The inclusion of healthy eating as part of this taskforce is to allow for a collaborative approach to addressing chronic health conditions including obesity as there will be significant crossover with this area.

In addition to the above taskforce, we aim to establish a South-Eastern Local Government Physical Activity and Healthy Eating Network to allow collaboration regionally with the support of regional agencies and the State Government. It is hoped this will include our neighbouring Councils including City of Casey, Cardinia Shire Council, Frankston City Council, Knox City Council and Kingston City Council.

What does success look like?

Ultimately the aim is to increase participation in physical activity and improve the community's health. We have some evaluation tools currently in place to measure success however there are others we will develop and implement.

Established formal evaluation tools include:

Format	Audience	Frequency	Data Source/ Responsibility
Physical Activity Participation Survey	City of Greater Dandenong Residents	Every 3–5 years	Council – Sport and Recreation Team
State Sport Association Membership data*	Organised sport and recreation providers	Annual	State Sport Association
Leisure Centre Attendance data	City of Greater Dandenong Residents and visitors	Quarterly	Leisure Centre Management
Super Sunday Recreational Cycling Path Counts	Cyclists	Annual	Council – Transport Department
South East Melbourne Region Health Profile	South East Melbourne Resident (Greater Dandenong, Casey and Cardinia)	Annual	Department of Health and Human Services
Council Satisfaction Survey	City of Greater Dandenong Residents	Annual	Council – Governance

*Note: The accuracy and availability of membership data varies dependent on the association.

References

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