



Healthy Eating and Active Living Action Plan

2018-2021

Background

The Healthy Eating and Active Living Plan 2018-2021 addresses the impact that lifestyle risk factors, diet and physical activity, have on the health and wellbeing of residents by creating environments that support healthy choices.

Council Plan Commitment

In 2017 the Surf Coast Shire integrated the Municipal Public Health and Wellbeing into the 2017-2021 Council Plan. The Council Plan includes the strategic objective to 'support people to be healthy and active'. Within this objective the Council Plan commits to four strategies one of which is to 'develop and implement local programs to support healthy eating and active living'.

As per the Council Plan, research has been undertaken to determine the impact that lifestyle related risk factors, diet and physical activity, are having on Surf Coast Shire residents and to recommend a course of action.

Why healthy eating and active living?

Poor diet has overtaken smoking as the leading cause of preventable chronic disease and early death in Australia.

Poor diet and sedentary lifestyles are associated with range of preventable health conditions including; overweight

and obesity, coronary heart disease, dementia, stroke, high blood pressure, various cancers and type 2 diabetes. With coronary heart disease being the leading cause of preventable death in Australia, followed by Dementia.

Australia is currently experiencing unprecedented levels of overweight and obesity. The 2017-18 National Health Survey found that more than 2 in 3 (67 per cent) Australians aged 18 and over were overweight or obese. This was up from 63 per cent in 2015 and 56 per cent in 1995.

How do we create healthy environments?

Our everyday decisions are influenced by the environments in which we live, work, study and recreate. Therefore by making certain changes within these environments you can empower people to make healthier choices. This approach is proven to enhance disease prevention by addressing the cause of these behavioural risk factors.

Healthy Eating and Active Living in the Surf Coast Shire

The data indicates that Australians are suffering from preventable ill health and early death caused by poor diet and sedentary behaviour. Research was conducted to uncover if these issues have reached the Surf Coast Shire.

Surf Coast Shire compared to the Victorian average

The 2015 VicHealth Indicators Survey data suggests that Surf Coast Shire residents are doing comparatively better than the state against most healthy eating and active living indicators, see highlights below:

- Surf Coast residents eat an average of 2.6 serves of vegetables per day (Victoria, 2.2 serves)
- Surf Coast residents reported eating an average of 1.8 serves of fruit each day (Victoria, 1.6 serves)
- Surf Coast residents drink 5.1 cups of water per day (Victoria, 5.4 cups)
- 33.5% of Surf Coast residents participate in organised physical activity such as sport (Victoria, 28.7%).
- 12.5% of Surf Coast Shire residents don't do any physical activity (Victoria, 18.9%)
- 77.5% of Surf Coast Shire residents participate in non-organised physical activity such as walking or running (Victoria, 70.5%)

Although given the prevalence and severity of the issue, comparing local data to state data in this instance does not provide a clear picture of the health status of Surf Coast Shire residents.

Surf Coast Shire compared to the national guidelines

In contrast, the Victorian Population Health Survey 2014 measures indicators against the national guidelines for healthy eating and physical activity. Guidelines are supported by a rigorous evidence review process that considers how these risk factors interrelate and contribute to preventable chronic disease and early death. The results for the Surf Coast Shire were as follows:

- 7.1% of Surf Coast Shire residents met vegetable consumption guidelines
- 64% of Surf Coast Shire residents met fruit consumption guidelines
- 30.2% of Surf Coast Shire residents consume sugar-sweetened beverages daily, once or several times a week
- 41.6% of Surf Coast Shire residents do not meet physical activity guidelines
- 45% of adult Surf Coast Shire residents are classified as overweight or obese
- 46.1% of adult Surf Coast Shire residents have at least one preventable chronic disease

With almost 1 in 2 (46.1%) adults with a preventable chronic disease, it is clear that these major lifestyle risk factors are impacting both resident's length and quality of life. The action plan below aims to respond to these concerns by creating healthy environments that enable residents to make healthier choices for themselves and their families.

Healthy Eating and Active Living Action Plan 2018-2021 Summary

Council Plan Strategy	Healthy Environments		
Develop and implement local programs to support Healthy Eating and Active Living	Deliverables	Partners	Timeframe
	Surf Coast Shire Council Workplaces		
	Healthy Eating Policy Develop a policy that will enable Council to meet the national guidelines for healthy eating.	Cancer Council Barwon Health People and Culture Community Health and Development	March 2019 – October 2019
	Workplace Achievement Program Support the delivery of this best practice health promotion program which requires organisations to meet six benchmarks, including healthy eating and active living.	All Departments People and Culture Community Health and Development	March 2019 – June 2021
	Open Space		
	Health in All New Developments Utilising the latest guidelines to ensure that the built environment promotes healthy and active communities.	Heart Foundation Recreation and Open Space Planning Planning and Development Community Health and Development	March 2019 – June 2021
	Health in All Precinct Master Plan Developments Utilising the latest guidelines to ensure that the built environment promotes healthy and active communities.	Heart Foundation Recreation and Open Space Planning Planning and Development Community Health and Development	March 2019 – June 2021
	Water Fountain Audit Complete an audit to determine if there is sufficient access to quality water fountains across the shire and implement recommendations.	Barwon Water Recreation and Open Space Planning Facilities and Open Space Operations Planning and Development Community Health and Development	May 2019 – December 2019

<p>Be Smart Choose Tap Support the delivery of this integrated health promotion program that aims to increase water consumption and reduce plastic waste.</p>	<p>Barwon Water Recreation and Open Space Planning Community Health and Development</p>	<p>January 2020 – January 2021</p>
<p>Active Public Spaces Explore the promotion of active living through existing spaces and infrastructure.</p>	<p>Recreation and Open Space Planning Events Community Health and Development</p>	<p>November 2019 – November 2020</p>
Sport and Recreation		
<p>Good Sports ‘Junior’ Coordinate the delivery of this health promotion program will enable clubs to implement healthier options and promoting water as the drink of choice.</p>	<p>Australian Drug Foundation (ADF) Sports Clubs Recreation and Open Space Planning Community Health and Development</p>	<p>April 2019 – June 2021</p>
<p>Healthy Choices Framework – Winchelsea Pool Kiosk Implement the framework to increase the proportion of healthier options sold at the kiosk and promote water as the drink of choice.</p>	<p>Healthy Eating Advisory Service (HEAS) Deakin University Winchelsea Primary School Deans Marsh Primary School Facilities and Open Space Operations</p>	<p>July 2018 – November 2019</p>
Kindergartens		
<p>Early Years Achievement Program Support the delivery of this best practice health promotion program which requires organisations to meet six benchmarks, including healthy eating and active living.</p>	<p>Cancer Council Bellarine Community Health Service Early Years Community Health and Development</p>	<p>March 2019 – June 2021</p>
Schools		
<p>Stephanie Alexander Kitchen Garden Increase vegetable consumption through the development of the kitchen garden program in primary schools.</p>	<p>Stephanie Alexander Kitchen Garden Surf Coast Primary Schools Environmental Sustainability Community Health and Development</p>	<p>March 2019 – June 2021</p>
<p>Walk to School Increase the number families and children that use active transport methods to go to and from school.</p>	<p>VicHealth Surf Coast Primary Schools Community Health and Development</p>	<p>March 2019 – June 2021</p>