Creating heart healthy towns

A six step guide for community leaders
Introduction

A heart healthy town is a place where everyone has opportunities to be active, eat healthy foods, and breathe smoke-free air in their day-to-day lives.

The aim of this guide is to help you make this a reality in your town. It provides ideas, tips and potential sources for funding. The first section outlines how to work with your community to create change. The second section lists ideas you could try in your town. At the end you’ll find a list of resources to help you plan activities, and get people involved.

Why is this important?

Cardiovascular disease is the leading cause of death in Australia, and a major cause of disability¹. Cardiovascular disease includes diseases of the heart and blood vessels, and includes cerebrovascular disease or stroke. While some risk factors for cardiovascular disease can’t be changed, such as age and family history, there are many things you can do to reduce your risk. You can reduce your risk by quitting smoking, getting active, eating healthy foods, maintaining a healthy weight and controlling your blood pressure and cholesterol. These actions can also help reduce your risk for many other health conditions including cancer and diabetes. Most Australians have at least one risk factor for cardiovascular disease. For example, more than 90% do not eat the recommended daily intake of vegetables, and almost 60% do not get enough physical activity to provide health benefits². Even small changes can help you live a longer, healthier life so one way to do this is to work with your community to put in place supports that will make these healthy choices easier.

“Even small changes can help you live a longer, healthier life so one way to do this is to work with your community to put in place activities that will make these healthy choices easier.”
Who is this guide for?

This guide is for anybody who wants to make a heart healthy difference in their town. This could include, council employees, social workers, teachers, community members, health professionals or community groups.

In this guide, activities and actions you can take are divided into policy, the environment, and people. These activities could be across your whole community, in your local council, your workplace, your school, your neighbourhood centre, or any other community group or organisation.

Policy

A policy is a principle or guideline that an organisation or community follows. You can promote a healthier community by changing an existing policy, or creating a new one. Your role might be to push for decision makers to create a policy that will support heart health. Such policies could include creating a workplace health policy to encourage workers to be less sedentary at work, a healthy catering policy for school or community events, or a policy to make council events smoke-free.

Case study: Walkable neighbourhoods in Valentine

The Sustainable Neighbourhood Group in Valentine, Lake Macquarie, wanted to make walking easier, safer and more enjoyable for their whole community. They used a combination of policy, environment and people strategies to identify problems which needed to be fixed and gather support from the local community.

→ They inspected key areas to identify any safety concerns or gaps in infrastructure which would discourage people from walking and asked the relevant authorities to improve them.
→ They made submissions to their local Council’s Cycleway and Footpath Strategies. In particular, they asked Council to build more paths and make other changes to ensure that cyclists and pedestrians could safely use other transit routes.
→ They engaged the support of the local Primary School which encouraged parents and students to walk or cycle to and from school to reduce traffic congestion.

As a result of this action they were able to persuade the Council and Roads and Maritime Services (RMS) to:
→ Improve the footpath at the front of the school,
→ introduce a school 40 km/h zone on a busy main road beside the school, and
→ install flashing lights on other roads near the school to reduce traffic speeds.

The Group is now focused on persuading the Council to fill the gaps in the existing footpath network to link the primary school with the local shops, a large residential estate and nearby sporting facilities. Karen Thomas, an active member of the group, is an Accredited Practising Dietitian and a mother whose children attend the primary school and a local preschool.

“As a dietitian I can see the benefits of footpaths for the community to help people be more active and manage their weight,” she said. “As a mother it would be great to be able to walk or cycle with my kids to school, soccer training or to the shops.”

While the Group was disappointed that these improvements were not included in the Council’s most recent Cycleway or Footpath Strategies, due to the cost of construction, they haven’t given up. They’re building an argument for the Council to consider cheaper alternatives, such as working with the local Landcare Group to clear a track beside a busy road which will at least allow children to walk in safety.
Environment

The environment is the physical and social world we live in. By changing the environment, you can make it easier for people to be physically active every day and to eat healthier foods. To change the environment, your local council could create a network of walking and cycling paths, or your school could host a community kitchen garden, for example.

People

People focussed actions are aimed at raising awareness, building knowledge and skills, and increasing participation in healthy activities. People activities could include hosting a weekly yoga class at work, starting a Heart Foundation Walking group, or providing training for childcare workers on healthy eating. These can be reinforced by environmental changes and supportive policies. Even a one-off community event is a good way to gauge support and interest in the issue you’re working on, and can be a great way to kick off a longer campaign.
Developing a successful project

Here are six steps to help you identify what your community needs and make a change for the better.

This section has been adapted from the Building Stronger Communities resource with the permission of the NSW Premier’s Council for Active Living.  

1. Gather information about your community  
Gathering information helps you to find out what healthy activities will work best for your town. The information you collect will depend on what you want to get out of the project. There are several methods to gather information, including:  
→ Community surveys  
→ Community meetings  
→ Focus groups  
→ Local news articles, reports, and local government documents  
→ Interviews  
→ Project evaluation reports; and  
→ Observation (e.g. how many people use a cycle path on weekdays?)  
It is also important to find out what healthy programs and initiatives already exist in your town. There’s no need to reinvent the wheel. You may want to partner with similar projects in the area or learn from their experiences. Your local council may be a good place to start, as well as the website  
communitybuilders.nsw.gov.au

2. Report the results back to the community
Feedback to the community is crucial. Taking the results of your consultation back to the community will help to maintain trust. People value being listened to, and will be more likely to stay involved in the next step of planning the program. Examples of how you might do this include an article in the local newspaper, a two page summary of key findings sent out to key community groups in your town, a public meeting or an interview on local radio.
3. Work with the community

Community projects need community involvement. For any change to be successful you will need people on your side. One of the easiest ways to achieve this is to establish a committee that can work together to develop your project. A broad range of people involved in the project means that it will be more successful across the whole community. Here are some groups you might consider working with:

<table>
<thead>
<tr>
<th>Business and government</th>
<th>Health</th>
<th>Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>Local Council</td>
<td>Medicare Local</td>
<td>Childcare centres, schools, TAFE colleges and universities</td>
</tr>
<tr>
<td>Local MP</td>
<td>Local Health District</td>
<td>Environmental groups e.g. Landcare</td>
</tr>
<tr>
<td>State/Commonwealth</td>
<td>Aboriginal Community</td>
<td></td>
</tr>
<tr>
<td>Government agencies</td>
<td>Controlled Health Organisations or Aboriginal Medical Services</td>
<td></td>
</tr>
<tr>
<td>Chamber of commerce</td>
<td>Disability organisations</td>
<td>Walking groups</td>
</tr>
<tr>
<td>Local businesses – cafés, gyms and fitness providers, local GPs</td>
<td>Health charities such as the Heart Foundation</td>
<td>Cultural groups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Service clubs (e.g. Rotary)</td>
</tr>
</tbody>
</table>

Do it for Heart

Make your healthy activities go further by using the opportunity to fundraise for the Heart Foundation. Without you, we couldn’t support our lifesaving research, education and prevention programs. For more information about fundraising for the Heart Foundation visit doitforheart.org.au

Whatever you would like to do, however you like to do it, Do it for Heart and you’ll be helping to save lives.

If you need extra support setting up a community fundraising event, contact our NSW fundraising team on nswevents@heartfoundation.org.au or (02) 9219 2437.

4. Develop your project idea

Now it’s time to work together to identify what activities you want to introduce. See the list on page 8 for some ideas! For best results have a mix of policy, environment and people actions.

Think about your goal – what are you trying to achieve? What can you do to achieve your goal?

You may want to shortlist some solutions and ask the community to select the best one. Ask them to consider not only what they think is the best project, but how willing they are to work on it.

Making a plan

Once you have identified your actions, you need to create a plan. As you create your plan think about these questions:

→ What actions or changes will come about?
→ Who will be responsible for completing them?
→ When and where will your project occur?
→ What resources do you need? What are the up front and ongoing costs?
→ How will you tell people about the project? Who do you need to keep informed?

You can use the following template to create a project plan. Outline who is doing what, by when, and who needs to know about it?
**Project Plan template**

<table>
<thead>
<tr>
<th>Task (examples)</th>
<th>How</th>
<th>Due date</th>
<th>Who?</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop a healthy catering policy for the local netball club</td>
<td>Visit the Heart Foundation’s website and adapt their catering policy</td>
<td>26 Nov</td>
<td>Mary</td>
<td>A local catering policy is developed for sport celebrations and events</td>
</tr>
<tr>
<td>Assess whether local residents are interested in a farmers’ market once every three months</td>
<td>Contact local farmers to see if they would be interested. Develop a simple survey and ask people for their feedback. Identify a suitable area. Talk to the local council.</td>
<td>21 Sept</td>
<td>Small working group</td>
<td>Feasibility explored. Information presented to the large working group for further decision</td>
</tr>
<tr>
<td>Identify existing physical activity programs for older adults available locally</td>
<td>Contact the local council, YMCA, local neighbourhood houses</td>
<td>8 Feb</td>
<td>Sara</td>
<td>Develop and present a list of programs and contact details to the committee so that it can be used in promotional activities</td>
</tr>
<tr>
<td>Identify local walking, and cycling routes</td>
<td>Contact local council, Regional Tourism or the Regional Transport Office</td>
<td>2 June</td>
<td>Jim</td>
<td>Collate available information. Note where gaps or lack of signage occurs. Use this information to develop a plan on how your project can improve this</td>
</tr>
</tbody>
</table>

When you develop your project plan, think about how you can link these activities into existing services, facilities, and programs. This can include using parks, school facilities, pools, halls and walking tracks. Consider activities or events where your target group already gathers, e.g. new parents may regularly visit the GP or Community Health Centre, young people may congregate in shopping areas, parents at local schools, and retirees may gather at craft groups.

5. Implementing your project

Allocate tasks and spread the load. Have regular meetings to discuss your progress and to keep everyone informed. Take a note of any actions that come from the meeting so you know what to follow up. Develop a timeline to guide the program. This can include points for regular evaluation. For example, ask participants what they liked and what to change after an event to make sure your program is meeting the needs of the community.

6. Evaluation

Evaluation will help to assess how the project is going. This does not need to be a complex process. The most important thing to consider is the purpose of the evaluation. What is it that you want to know? Do you want participant feedback on the activities you have run? Or are you interested in knowing whether people’s knowledge or behaviour has changed? Answers to these questions will help determine whether to do a survey, interview a small number of people or ask people to take some basic measurements at the start of a program so that you can take them again at the end and assess any changes or differences.

**Funding**

You may need extra funding to get your healthy town project off the ground. Your local council, local businesses, or service organisations like the Lion’s Club or Rotary may be able to help. The Community Builders web site (communitybuilders.nsw.gov.au) has advice on grants and grant applications. Occasionally other sources of funding become available either through health department grants or through trusts and foundations. For more information visit fpmagazine.com.au/category/trusts-foundations/
Heart Healthy Town Activities

Below are some examples of actions and activities that could improve the “healthiness” of your town, workplace, school, or community group. Many of these activities can be applied at different scales and in different settings.

These activities are classified as low, medium or high according to the level of cost, resources and time it might take to achieve them. Low resource activities are activities and actions you may be able to do by yourself or with a few others. Medium resource activities are activities that you could do with the support of a group with a small amount of funding. High resource activities are more ambitious, require funding and will need the support of your local council or other community organisations over a longer period of time. These may be more or less challenging based on your town and what you want to achieve.

The table also indicates whether the actions or activities target organisational policy, the environment or people. It is a good idea to choose a range of actions or activities across these three areas.

There are plenty of online resources to help you set up your healthy activities – see our Resources section at the end for some ideas of where to start.
## Actions and activities

<table>
<thead>
<tr>
<th>Low resource activities</th>
<th>Policy</th>
<th>Environment</th>
<th>People</th>
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</thead>
<tbody>
<tr>
<td>Adopt a healthy catering policy for your organisation, community group or sports club using the Heart Foundation’s Healthy Catering resources</td>
<td>✔</td>
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<tr>
<td>Promote walking and cycling to community hubs by providing maps of local paths, trails and points of interest</td>
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<tr>
<td>Encourage people to walk, cycle or catch public transport to community events and festivals and provide information on how to do so</td>
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<tr>
<td>Start a Heart Foundation Walking group with your friends</td>
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<tr>
<td>Ask your community centre or YMCA to start a Heartmoves program</td>
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<tr>
<td>Promote local exercise programs through newsletters, community noticeboards, or community events</td>
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<tr>
<td>Support the organisers of community events to provide healthy food using Heart Foundation's Healthy Catering resources</td>
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<tr>
<td>Encourage school and community fundraisers to find healthy options to raise money, such as vegie boxes or healthy barbeques rather than chocolates or sausage sizzles</td>
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<tr>
<td>Ask your local burger joint or other fast food restaurants to use healthier frying oils, and give them a copy of the Heart Foundation’s Healthier Oils Kit</td>
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<tr>
<td>Ask for healthier options to be sold at a local café or kiosk</td>
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<tr>
<td>Incorporate fun food activities in playgroups and children’s events</td>
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<tr>
<td>Create a workplace health policy with your employer using the Heart Foundation’s Ten Step Healthy Workplace Guide</td>
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<tr>
<td>Encourage residents to make one month of the year a “sit less month” and hold a competition to list different ways a person can build more standing and walking time into their day</td>
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<tr>
<td>Map and promote walking, cycling and public transport routes near your town centre or other places of interest</td>
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<tr>
<td>Implement a healthy catering policy in your workplace or community group using the Heart Foundation’s Healthy Catering resources</td>
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<tr>
<td>Ask for corporate discounts for gym memberships or local sporting stores</td>
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<tr>
<td>Ask your local newspaper to include a healthy tip once a week in the community section of the paper</td>
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<tr>
<td>Organise a free group exercise class once a month at your local oval or recreation centre and encourage local residents to attend</td>
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<tr>
<td>Display the Heart Foundation’s posters and information about the warning signs of a heart attack around your workplace or health centre</td>
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<tr>
<td>Display the Heart Foundation’s posters about Sitting Less in your workplace</td>
<td>✔ ✔</td>
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<tr>
<td>Celebrate the Heart Foundation’s Heart Week in May with heart healthy activities</td>
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<tr>
<td>Celebrate the Heart Foundation’s Go Red for Women in June with a focus on heart health messages for women</td>
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<tr>
<td>Medium resource activities</td>
<td>Policy</td>
<td>Environment</td>
<td>People</td>
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<tr>
<td>→ Start a Ride to School or Walk to School program with parents at a primary school</td>
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<tr>
<td>→ Organise a new exercise class, sports program or walking group</td>
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<tr>
<td>→ Include healthy activities for children and families in community events such as healthy lunchbox demonstrations or active children’s games</td>
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<tr>
<td>→ Ask local childcare providers to sign up to the NSW Government’s Munch and Move program so that children in care have access to healthy food and activities</td>
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<tr>
<td>→ Start a community based physical activity program such as a pedometer challenge</td>
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<tr>
<td>→ Start a pedometer loan scheme in your local library</td>
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<tr>
<td>→ Lobby your local council for infrastructure to support walking, such as an accessible footpath on your street or a safe crossing near a local school</td>
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<tr>
<td>→ Use the Heart Foundation’s Healthier Oils Kit to ask for a council policy and program ensuring local food outlets use healthier frying oils in food preparation</td>
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<tr>
<td>→ Ask your council for a policy to support establishment of community gardens</td>
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<tr>
<td>→ Run workshops on growing your own fresh fruit and vegetables</td>
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<td>✔</td>
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<tr>
<td>→ Organise healthy cooking classes at a community hub</td>
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<tr>
<td>→ Create a healthy cookbook to raise funds with your school or community group using our healthier recipe guidelines, The Right Ingredient</td>
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<tr>
<td>→ Ask your local council for bubblers and drink bottle refill stations in your main street or a local playground</td>
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<tr>
<td>→ Start a staff health and wellbeing program using our Healthy Workplace Guide</td>
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<tr>
<td>→ Survey your local workplaces to see if they provide shower facilities, bike parking or lockers to enable staff to be active before and after work</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>→ Provide exercise classes or walking groups for your workplace or at a community hub</td>
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<tr>
<td>→ Organise healthy cooking demonstrations or tasting sessions for your workplace or community group</td>
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<tr>
<td>→ Start a meditation or yoga class at your workplace or community centre</td>
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<tr>
<td>→ Distribute copies of the Heart Foundation’s Neighbourhood Walkability Checklist to local residents and encourage them to provide feedback to Council on their common walking routes</td>
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<tr>
<td>→ Explore community interest in holding a farmers’ market once every three months in your local area</td>
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<tr>
<td>→ Advocate for a local council smoke-free policy for areas not covered by state laws, for instance council events</td>
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<tr>
<td>→ Advocate for smoke-free entries and exits to local schools</td>
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</tr>
<tr>
<td>→ Organise a community information session about the warning signs of a heart attack</td>
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<td>✔</td>
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</tr>
<tr>
<td>→ Make a short video about heart healthy activities people can do in your town and upload it to YouTube</td>
<td>✔</td>
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</tbody>
</table>
**High resource activities**

<table>
<thead>
<tr>
<th>Policy</th>
<th>Environment</th>
<th>People</th>
</tr>
</thead>
<tbody>
<tr>
<td>🔄 Advocate for a council walking and/or cycling strategy to be developed and funded</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>🔄 Ask your local council for facilities that make it easy for people of all ages to be active, such as outdoor gyms, playgrounds, wider footpaths or sports fields</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>🔄 Lobby council for walking and cycling trail networks that connect to local landmarks</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>🔄 Provide or upgrade a sports field, community gymnasium or outdoor equipment</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>🔄 Start a community event encouraging physical activity such as a fun run, sporting event or walkathon</td>
<td>✓ ✓</td>
<td></td>
</tr>
<tr>
<td>🔄 Provide ways for people with disabilities in your area to participate in physical activity</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>🔄 Provide better access to healthy food for families who struggle financially, for example by selling subsidised vegie boxes out of community centres or schools</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>🔄 Seek local sponsorship for a four week cooking skills program that teaches the basics of stir frying, grilling and steaming of foods</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>🔄 Start a community kitchen garden in an easily accessible location</td>
<td>✓ ✓</td>
<td></td>
</tr>
</tbody>
</table>

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## Resources to help build your community project

### Planning your project

From planning to evaluation, these websites provide tools and resources to help make your healthy town initiative successful.

**Community Health Action Pack – LiveLonger**

This Community Health Action Pack is about health promotion and can be used by anyone who wants to run a project to improve Aboriginal and Torres Strait Islander peoples’ health and wellbeing. The pack is designed to be flexible so that communities and organisations can use it to suit their own needs. The templates, examples, checklists and tips can be applied in many different contexts.

→ [livelonger.health.gov.au](livelonger.health.gov.au)

**Communitybuilders.nsw**

This site is an interactive storehouse for everyone involved in community level social, economic and environmental change.

→ [communitybuilders.nsw.gov.au](communitybuilders.nsw.gov.au)
Community Toolbox

The Community Tool Box is a free online resource from the University of Kansas for those working to build healthier communities and bring about social change. It offers thousands of pages of tips and tools for taking action in communities.

→ ctb.ku.edu/en

Community engagement

Effective Engagement

From the Victorian Department of Sustainability and the Environment, this toolkit provides tools and advice on engaging the community in your program.

→ dse.vic.gov.au/effective-engagement

Advocating for change

Advocacy in Action: a toolkit for Public Health Professionals

Need help getting decision makers on side? This toolkit from the Public Health Advocacy Institute of Western Australia has advice for changing systems and policies. While many of these examples are at a state or federal level, the same principles can be used no matter how big or small the campaign. The Advocacy in Action toolkit includes examples and case studies which show how advocacy strategies can be used for different issues. It offers practical tools to help you lobby for change.

→ phaiwa.org.au/your-voice-mainmenu-67/the-advocacy-toolkit

Further Resources

Heart Foundation Resources

Active Living

Heart Foundation Walking

Heart Foundation Walking Program is an established group based walking program that is easy to implement in council areas

→ heartfoundation.org.au/walking

Neighbourhood Walkability Checklist

The Neighbourhood Walkability Checklist is designed to help you survey your local walking environment. Complete the checklist and send it to your local council. This feedback can help your council identify where to make changes so that your local area is a great place to walk.

→ heartfoundation.org.au/active-living

Sitting Less – guidelines for adults and children

Fact sheets providing evidence on the negative effects of prolonged sitting in adults and children. These factsheets offer tips and practical strategies on how to decrease sitting time.

→ heartfoundation.org.au/active-living
The Heart Foundation has also produced a range of community planning and policy documents on active living that can provide evidence and ideas for your local campaign.

→ heartfoundation.org.au/active-living

**Nutrition**

**Healthier Oils Initiative**
The Healthier Oils Initiative helps to reduce the level of saturated fat in the local food supply. The Healthier Oils Kit contains free resources to support local council and/or health staff to encourage food outlets to swap to healthier oils.

→ heartfoundation.org.au/catering

**Healthy Catering**
Heart Foundation has a range of resources on healthy catering and creating healthier recipes.

→ heartfoundation.org.au/catering

**Workplace**

**Workplace wellness**
Here you’ll find a range of resources to help you start your own healthy workplace program, including a 10 step guide, activities at a glance, and case studies.

→ heartfoundation.org.au/active-living

**Heart Foundation Walking@Work**
An adapted version of the Heart Foundation Walking program specifically for workplaces, which offers a flexible approach to workplace physical activity.

→ heartfoundation.org.au/workplace-wellness

**Smoke-free**

**Smoke-free Outdoor Areas Resource Kit**
The Smoke-free Outdoor Areas Resource Kit was designed for NSW Councils considering making outdoor areas in their communities smoke-free. Many of the areas originally included are now covered by state legislation, but there are still areas not covered such as council sponsored or run events, in bushland, parks and reserves, and on beaches.

→ heartfoundation.org.au/driving-change/current-campaigns/local-campaigns/Pages/nsw-smoke-free-resources.aspx

**Heart Health**

**Heart Attack Facts**
Will you recognise your heart attack? Learn the warning signs and get your action plan today – now available in 11 languages.

→ heartattackfacts.org.au

**Go Red for Women**
Heart disease is the leading cause of death in Australia, a fact that only three in 10 women know. Help raise local awareness in your community by supporting this campaign.

→ goredforwomen.org.au
Fundraising
Do it for Heart
As a charity we rely on your donations to continue our lifesaving work. Consider including a fundraising opportunity in your healthy events, such as sponsorships for a walkathon.
→ doitforheart.org.au

Other Health campaigns and initiatives

Healthy Spaces and Places
Healthy Spaces and Places is a national guide to designing places for healthy living. It offers principles for good planning and design of sustainable communities for healthy living, as well as a range of case studies.
→ healthyplaces.org.au

NSW Premier’s Council for Active Living
The NSW Premier’s Council for Active Living (PCAL) aims to build and strengthen the physical and social environments in which communities engage in active living. PCAL provides a range of resources including planning and design guidelines, active living factsheets, monthly bulletins, presentations and evidence papers.
→ pcal.nsw.gov.au

8700
Did you know that the average Australian consumes 8700 kilojoules per day? What’s your ideal figure? Use these calculators to find out more about the energy in your food and how to stay healthy.
→ 8700.com.au

Get Healthy NSW
The Get Healthy Information and Coaching Service is a free, confidential telephone service that helps people make lifestyle changes in relation to healthy eating, being physically active, and achieving and maintaining a healthy weight. Qualified Get Healthy Coaches will provide information and ongoing health coaching and support to help you achieve your health goals.
→ gethealthynsw.com.au

Shape Up
Shape Up provides easy to follow tips and guidelines to help you reduce your risk of chronic disease through healthy eating and physical activity. Due to federal budget changes this program has ceased but the website and resources are still available.
→ shapeup.gov.au

Healthy Kids
The Healthy Kids website is a joint initiative of NSW Ministry of Health, NSW Department of Education and Communities and the Heart Foundation. It’s a one stop shop of information for parents and carers, teachers and childcare workers, health professionals, kids and teens about healthy eating and physical activity.
→ healthykids.nsw.gov.au
YHunger Resources
The YHunger resources, developed by NSW Health, are designed to help improve food access and physical activity options for young people, 12-24 years of age, who are experiencing or are at risk of homelessness.

→ healthykids.nsw.gov.au

Good Sports Healthy Eating
Want your sports club to provide healthier food? Find all the resources you need here to make a healthy change.

→ goodsports.com.au/programs/healthy-eating

Munch & Move Program
Munch & Move is a NSW Health initiative that supports the healthy development of children birth to five years. Munch & Move offers training and resources to educators working in NSW early childhood education and care services. The training aims to assist educators to implement a fun, play based approach to supporting healthy eating and physical activity habits in young children.

→ healthykids.nsw.gov.au

Live Life Well @ School
The Live Life Well @ School is a long-term program that aims to get more students, more active, more often, as well as focusing on healthy eating habits. The program aims to develop teachers’ knowledge, skills and confidence in teaching nutrition education and fundamental movement skills as part of the school syllabus.

→ healthykids.nsw.gov.au

Go4Fun® Program
Go4Fun® is a free healthy lifestyle program supporting children to become fitter, healthier and happier. The program is fun and interactive, supporting 7-13 year old children and their families to adopt a long lasting and healthy approach to life.

→ go4fun.com.au

Healthy Workers Initiative
The NSW Healthy Workers Initiative is a program that aims to improve the health of working adults by targeting workers at risk of lifestyle related chronic disease.

→ gethealthyatwork.com.au
New South Wales

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Level 3, 80 William Street
East Sydney NSW 2011
Tel: (02) 9219 2444

Newcastle
32 Brunker Road
Broadmeadow NSW 2289
Tel: (02) 4922 1546

Illawarra
Kiama Hospital and
Community Health Service
Bonaira Street
Kiama NSW 2533
Tel: (02) 4232 0130

Tamworth
Suite 9, First Floor
468-472 Peel Street
Tamworth NSW 2340
Tel: (02) 6766 9471
or (02) 6766 1394

References
   Canberra: 2010  Contract No.: Cat. no. AUS 122.
   Canberra: 2010  Contract No.: Cat. no. AUS 122.
3. NSW Premier’s Council for Active Living Building stronger communities
   through physical activity: a practitioner’s resource, 2008.