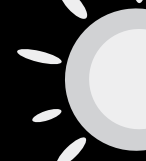


HEALTHY LIFESTYLES Issue: 1.2 Active Living



Objective(s):

- To increase physical activity participation levels
- To increase usage rates of sport and recreational facilities
- To support environments for active living

| | Strategy | Lead Agency and Key Partners | Timeframe | Performance Indicators/ Desired Outcomes |
|-------|---|---|-----------------|--|
| 1.2.1 | Raise community awareness of sporting and recreational facilities available in each suburb through the development and dissemination of a directory | <ul style="list-style-type: none"> • Townsville City Council Community and Cultural Services <u>Stakeholders</u> <ul style="list-style-type: none"> • Townsville City Council Public Relations • Townsville Enterprise • Sport & Recreation Qld • Disability Services Qld • Community Information Centre | Short | <ul style="list-style-type: none"> • Increased awareness and use of facilities • Information delivered by letterbox drop and fridge magnets promotions • Directory developed and updated annually • Notation of disability access in the directory |
| 1.2.2 | Develop 'supportive environments for active living' and implement a Queensland Physical Activity Strategy | <ul style="list-style-type: none"> • Tropical Public Health Unit Health Promotion | Short to Medium | <ul style="list-style-type: none"> • Local implementation of SEAL & Qld Physical Activity Strategy |
| 1.2.3 | Increase community input into planning processes for sport and recreational facilities | <ul style="list-style-type: none"> • Townsville City Council Parks Services • Townsville City Council Community and Cultural Services <u>Stakeholders</u> <ul style="list-style-type: none"> • Sporting groups • Queensland Cancer Fund • Townsville Skin Cancer Networking Group • James Cook University - School of Public Health and Tropical Medicine | Medium | <ul style="list-style-type: none"> • Increased community input into planning related to sport and recreational facilities |

| Strategy | Lead Agency and Key Partners | Timeframe | Performance Indicators/ Desired Outcomes |
|--------------|--|---|--|
| <p>1.2.4</p> | <p>Maintain Cardiac Rehabilitation Services in the community focusing on immediate post operative and ongoing programs including support for the following programs and groups: -</p> <ul style="list-style-type: none"> • stepping out programs for older persons – safe walking program for aged frail persons • hydrotherapy programs for persons with a disability following physical or mental trauma • stroke group – sharing ideas appropriate for persons recovering from stroke • Sunshine Group – activities appropriate for aged frail persons with disabilities • Lighten Up Program – encourages regular exercise for participants as part of their weight reduction program | <ul style="list-style-type: none"> • THSD Institute of Community Health Service and Ambulatory Care • Community Health Service • Respiratory Unit • Rehabilitation Unit • Cardiac Rehabilitation Outreach Program <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> • Senior Citizen Groups • Migrant Resource Centre • ECCLI • Northern Beaches Group • Community Centres • Urban Renewal Programs | <p>Ongoing</p> <ul style="list-style-type: none"> • Targeted groups receive exercise training |
| <p>1.2.5</p> | <p>Support an annual ‘Bike Fest’ event</p> | <ul style="list-style-type: none"> • Department of Transport • Townsville City Council | <p>Annual</p> <ul style="list-style-type: none"> • Annual ‘Bike Fest’ event supported |

