

## Priority 2 - Increasing Opportunities for Healthy Living, Healthy Eating and Being Active

The State Public Health Plan encourages Councils to 'include considerations for boosting opportunities for physical activity and access to healthy food in their public health planning'<sup>2</sup>. Excessive use of alcohol and the threat posed by tobacco are identified as a National and State public health priority. Local strategies for dealing with the impacts of alcohol and tobacco are therefore encouraged.

### *What are we already doing?*

The Cities of Unley and Mitcham support or provide a range of community activities and events through their community centres: Clarence Park, Fullarton, Goodwood and Unley in the Unley Council area and the Mitcham, Blackwood and Cumberland Park Community Centres in Mitcham Council. Programs and activities are currently provided through a range of stakeholders including: Council, community groups, non-government organisations and private organisations. Centre programs incorporate activities such as: exercise classes, cooking classes, arts and craft and music. Community centres are also venues for community meetings and social interaction with activities offered to a range of age-groups. Both Councils operate a community grants scheme for community-based organisations.

Unley Council enforces dry zones in certain reserves. Smoke-free environments are enforced at children's playgrounds and public transport shelters (as required by the *Tobacco Products Regulation Act 1997*). The City of Unley has an incentive scheme for venues to provide smoke-free outdoor dining areas. There is potential to review Council policies for alcohol and smoke free environments, including consideration of the State Government's proposal to introduce smoke-free outdoor eating and drinking areas.

The Cities of Unley and Mitcham provide various direct community services which are important to promoting health, including community transport, Home and Community Care (HACC) services, centre-based programs, youth development, immunisation services and support programs for residents in Supported Residential Facilities (SRFs).

The Council libraries are a venue for promoting access to health service information. In the past, the libraries have undertaken programs aimed at improving nutrition and physical activity such as the loaning of pedometers and the Mitcham Council libraries and the 'Unley Measures Up' initiative which targeted physical activity and healthy eating. There is opportunity to further explore the role of libraries in coordinating information provision on community health issues and programs.

Both Councils promote awareness of external community service providers operating in the region and have close partnerships with aged care service and accommodation providers in the region.

The region offers a wide range of quality open space and trail networks that invite the community to be active, meet others, experience nature and participate in sport and recreation activities. The City of Unley is in the process of reviewing its open space and recreation strategies. The City of Mitcham plans to review its Open Space Plan during 2014/15.

The City of Unley's Food Security Strategy supports local access to healthy food options. The Council actively supports Community Gardens and promotes the 'Local Farmers Markets' at the Adelaide Showground.

### State and Regional Strategy References

- South Australia: A Better Place to Live – Priority 2: Opportunity for Healthy Living, Healthy Eating and Being Active.
- South Australian Tobacco Control Strategy 2011-2016.
- South Australian Alcohol and Other Drug Strategy 2011-2016.
- Eat Well be Active Strategy 2011 – 2016.
- South Australia's Oral Health Plan 2010 – 2017.
- The People and Parks Strategy.

### Strategic Directions

Action	Our Role	Rating	Council Project/ Strategy	Partners
<b>Active and Healthy Lifestyles</b>				
2.1 - Plan open spaces and recreational facilities to encourage physical activity and wellbeing across all age groups and abilities and plan for open space to meet community needs.	Coordinate	★	Unley - Recreation and Sport Strategy (proposed) Unley – Open Space Strategy (proposed). Mitcham - Open Space Strategy (proposed).	DPTI Adelaide City Council
2.2 - Update Council reviews of community access to multi-functional open space at the local and regional level (incorporating the City of Mitcham, Unley and Adelaide City Council South Parklands) – <i>Note: Consider as a regional project across Unley and Mitcham.</i>	Coordinate	■	Unley - Recreation and Sport Strategy (proposed) Unley – Open Space Strategy (proposed). Mitcham - Open Space Strategy (proposed).	DPTI Adelaide City Council
2.3 - Consider age friendly design principles in planning for open space redevelopment	Coordinate	■	Unley – Open Space Strategy (proposed). Mitcham - Open Space Strategy (proposed).	DPTI SA Health
2.4 - Actively participate in the Adelaide Parklands Management Review Committee to influence redevelopment of the Adelaide Park Lands.	Advocate/ Facilitate	★	Unley - Recreation and Sport Strategy (proposed) Unley – Open Space Strategy (proposed).	DPTI Adelaide City Council

Action	Our Role	Rating	Council Project/ Strategy	Partners
2.5 - Promote regional open space, parks, trails and facilities and the benefits of these assets to physical and mental wellbeing in the region.	Facilitate	■	City of Mitcham – Trails Strategy and Sturt Linear Park Trail Project  City of Unley Glen Osmond Creek Linear Trail Strategy  Unley - Recreation and Sport Strategy.	DPTI  Southern Region Councils  DEWNR  Adelaide City Council
2.6 - Encourage community sporting clubs in the region to adopt the 'Good Sports' initiative and to discourage smoking at junior/family sports venues through Council leasing arrangements.	Facilitate	■	Unley - Recreation and Sport Strategy.  Mitcham - Open Space Strategy.	DPTI
2.7 - Support and promote appropriate outdoor recreation classes at Council reserves via a permitting scheme.	Facilitate	★	Council Permit Schemes	
2.8 - Encourage and prioritise accessible, pedestrian and cycle friendly environments through Council precinct, asset and local area traffic management projects.	Coordinate	★	City of Unley and Mitcham Local Area Traffic Management Studies  City of Unley Integrated Transport Strategy  City of Unley Pedestrian and Bicycle Plan  City of Mitcham Bikeway Plan	DPTI
2.9 - Integrate community health considerations into Council Animal Management Planning (recognising the benefits of dog ownership to increasing physical activity).	Coordinate	■	City of Unley Animal Management Plan  City of Mitcham Dog and Cat Management Plan	DCMB
2.10 - Establish a 'Living Well' theme to actively promote healthy activity programs offered in Council community facilities and explore funding opportunities for local programs.	Coordinate Facilitate	■		SA Health  MLs  NGOs
2.11 - Incorporate a 'community health' theme into the Council community grants schemes.	Coordinate	★	City of Unley and City of Mitcham Community Grants Programs	SA Health  SA LGA

Action	Our Role	Rating	Council Project/ Strategy	Partners
<b>Smoke Free Environments</b>				
2.12 - Address smoking at children's playgrounds and public transport shelters in accordance with the <i>Tobacco Products Regulation Act 1997</i>	Coordinate	★	Council Ranger Procedures	SA Health
2.13 - Advocate for the expansion of the <i>Tobacco Products Regulation Act 1997</i> to incorporate outdoor eating areas.	Advocate	■	City of Unley – Outdoor Dining Policy  City of Mitcham – Outdoor Dining Policy	SA Health
2.15 - Continue to raise awareness of the current outdoor dining incentive program.	Facilitate	★	City of Unley – Outdoor Dining Policy	
2.16 - Establish workplace health programs to: promote healthy eating at Council meetings, promote physical activity and discourage smoking on or near Council premises.	Coordinate	■		SA Health
2.17 - Encourage 'smoke free' events in the region and ensure that Council events are 'smoke-free'.	Facilitate	■		SA Health SA LGA
<b>Healthy Food Environments</b>				
2.18 - Promote the joint sustainability and community health benefits of local food production via community gardens and growing of food in private yards.	Facilitate	■	City of Unley – Food Security Strategy.  City of Unley Environment Sustainability Strategy	DEWNR SA Health
2.19 - Work with local schools and the SA Government to support and promote the Kitchen Gardens Initiative.	Facilitate	★	City of Unley – Food Security Strategy.  City of Unley Environment Sustainability Strategy	DECD DEWNR
2.20 - Advocate for the incorporation of food security objectives into regional Natural Resource Management Board Plans.	Advocate	★		DEWNR