



City of Belmont

Physical Activity and Healthy Eating Plan 2010-2014

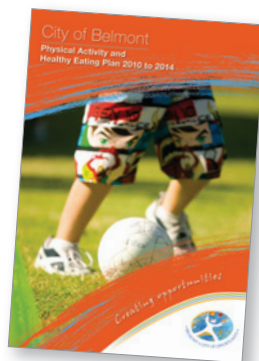


Background

The City of Belmont set out to develop a *Physical Activity and Healthy Eating Plan* to provide a framework and a set of objectives to assist the city to deliver services. The plan takes a whole of Local Government approach and aimed to incorporate physical activity and healthy eating within the strategic directions of the council and the operations of relevant departments and teams; Leisure and Culture Services, TravelSmart, Community Development, Occupational Health and Safety, Planning, Marketing and Media, Parks, Design and Assets, Economic Development, Building Services, Health and the Library. The plan aligns with the strategic plan which aims to create an environment that is attractive, safe, healthy and prosperous and fulfils the aspirations of the community.

Objectives

- Produce a *Physical Activity and Healthy Eating Plan* that meets the needs of the community.
- Improve awareness of health, social, safety and economic benefits of physical activity and nutrition.



What Happened

To develop the plan, the City established a project committee, audited all local facilities, plans and strategies, and conducted community-wide consultation. Key outcomes of the plan relate to improved physical health, social capital, mental health and wellbeing, social health and planning for environments that support physical activity and healthy eating. The plan advocates for the involvement of many different disciplines and settings including health, sport, education, community development, crime, community safety, transport and regeneration. The Plan has recently been endorsed by Council and implementation will begin in 2010.

Critical Success Factors

- A whole of Local Government approach –engaging and working with multiple internal departments.
- Development of an integrated strategic decision making framework to ensure a coordinated approach.
- Consultation and engagement with the community.

Where to From Here

The City of Belmont is now implementing priority strategies within the *Physical Activity and Healthy Eating Plan 2010-2014*.

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| Project cost: | \$29,100 (included \$13,000 Local Activity Grant funding) |
| Project date: | June 2008 – June 2009 |
| More information: | www.belmont.wa.gov.au |

This project has been supported by a Local Activity Grant provided by the Physical Activity Taskforce, the WA Local Government Association and Lotterywest. Information on Local Activity Grants and case studies can be found online at www.beactive.wa.gov.au