



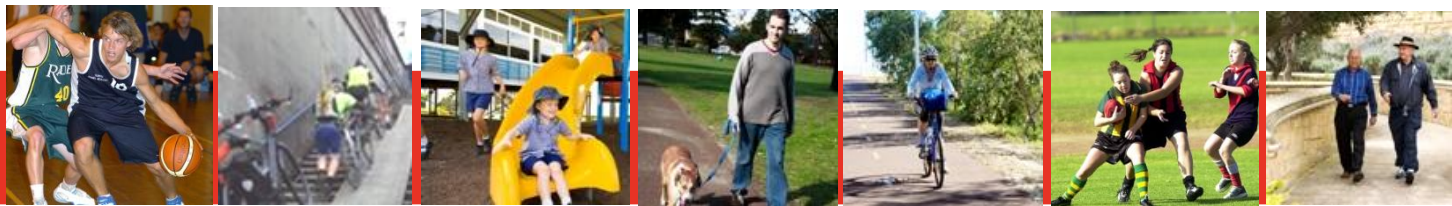
# Local Government Active Living Strategy



Department of  
Sport and Recreation

*A joint initiative of the Physical Activity Taskforce, WA Local Government Association and the Department of Sport and Recreation.*

**be active wa**  
Physical Activity Taskforce



# Introduction

## About Active Living and Physical Activity

### Active Living

Active living is a way of life that integrates physical activity into daily routines. The goal is to accumulate at least 30 minutes of activities each day. Individuals may do this in a variety of ways, such as walking or cycling for transport; exercise for pleasure and fitness; participating in sport (both organised and informal); playing in the park, working in the garden; taking the stairs; and using recreational facilities.

### Physical Activity

Physical activity is “any force exerted by skeletal muscles that results in energy expenditure above the rest”. This includes walking or cycling for transport, dance, traditional games and pastimes, gardening and housework as well as sport or deliberate exercise. Sport usually involves some form of competition, and exercise is usually deliberately taken to improve health. (World Health Organization Europe, *Promoting Physical Activity and Active Living in Urban Environments. The Role of Local Governments, 2006*).

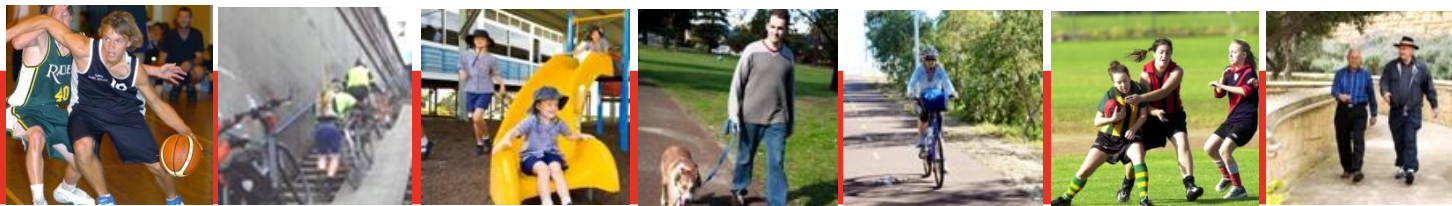
Physical activity is fundamental to active living and in turn the health and wellbeing of our community. In addition to the health benefits there are also significant social, economic and environmental benefits to be gained when members of the community are more physically active.

There has been some progress over the last 10 years in relation to increasing levels of physical activity, however more than 40% of the Western Australian adult population are not sufficiently active and less than half of WA schools students undertake the recommended 60 minutes of daily physical activity for good health. It is also concerning that every day, Perth residents make more than 250,000 private car trips that are less than one kilometre – which is equivalent to a 10 minute walk!

A collaborative effort must be continued to turn these trends around.

## Role of Local Government

Local Government plays a critical role in helping to achieve an active Western Australia. Mayors and Councillors as well as Local Government employees can provide the political legitimacy and technical support that is needed to integrate urban planning and public health policies in a way that supports active living for all citizens. Every day, planning, transport, health, housing, recreation and economic development officers and officials make decisions that affect opportunities for active living. Neighbourhood design, the location of schools and businesses and how local leaders assign priority to cars, cyclists and pedestrians all affect people’s ability to engage in physical activity and active living. Accessible and affordable services and programs to the local community and the provision of footpaths, public open space, playgrounds and facilities are also important to support a more active community.



## The Local Government Active Living Strategy

A collective approach to achieving an active WA is vital. To achieve this goal, Local Government needs to be supported, as well as work in partnership with State Government and the non-government sector. With this in mind, the Physical Activity Taskforce (PATF) has developed a *Local Government Active Living Strategy* which aims to support Local Government through a coordinated and collaborative approach to key issues that impact on opportunities for active living within the community.

The Strategy is informed by the new five year framework for physical activity which represents the strategic direction for improve the overall health, wellbeing and quality of life of individuals and communities in Western Australia through increasing active living opportunities for all. The Framework builds on the existing work of others in bringing about multiple economic, environmental, health and social outcomes provided by the active living agenda.

### About the Local Government Active Living Strategy

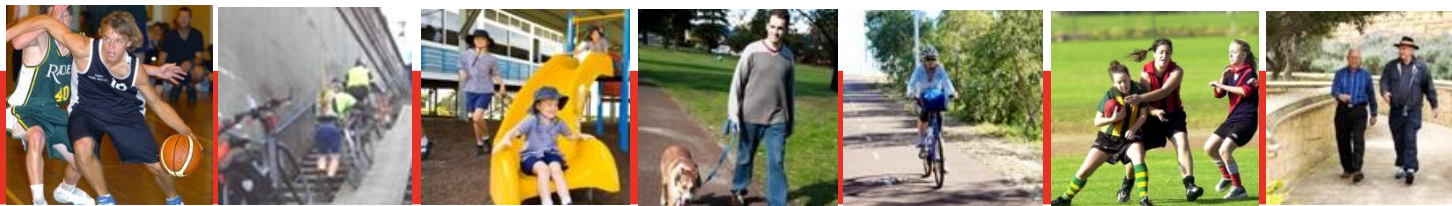
The foundation of the Local Government Active Living Strategy is based on strong Local Government engagement and the provision of guidance, models of best practice and professional development support. The key focus areas of the strategy have been identified as:

- Policy and Planning,
- Coordination and Consultation
- Resourcing
- Training and Development
- Communication and Advocacy
- Research and Evaluation.

The Strategy will be facilitated by the Taskforce Secretariat in partnership with the WA Local Government Association and the Department of Sport and Recreation. The Strategy will be refined and adjusted based on need and Local Government input.

### Local Government Active Living Network

A major component of the Strategy is the formation of a Local Government Active Living Network. Local Government professionals across a range of disciplines and stakeholders from State Government and non-government agencies, are invited to register with the Network. Members of the Network will have access to information, best practice, idea sharing and discussion of issues. Members will also have the opportunity to provide input and feedback on key strategic issues and policies that affect Local Government and the active living agenda. The Network aims to enhance the work of current Local Government peak bodies, committees and associations and to increase the reach and breadth of engagement with Local Government professionals across the state, from a range of disciplines.



## Key Considerations

A number of key considerations were taken into account in the development of the Local Government Active Living Strategy.

These are as follows:

1. Lessons learnt from previous Local Government physical activity committees and groups have been considered when developing the strategy. The Strategy builds upon the work of committees such as the Local Government Active Advisory Panel (LGAAP), the PATF Local Government Working Group, the WALGA Recreation and Leisure Technical Reference Group and various Department of Sport and Recreation project groups. This approach will aim to facilitate greater collaboration and better place Local Government and State Government to respond to issues that impact on active living.
2. It is recognised that there are existing Local Government Networks, Committees and Associations addressing physical activity, sport and recreation and this strategy will aim to complement the work being done through these forums.
3. It is recognised that councils differ in size, structure and capacity. Therefore a range of approaches will be adopted to cater for these differences.
4. This Strategy will continue to be refined and developed through implementation and consultation with Local Government professionals and State Government agencies.



*Local Government plays a critical role in helping to achieve an active WA.*

# Physical Activity Taskforce Local Government Strategy

Supporting Local Government through a coordinated and collaborative approach to key issues that impact on opportunities for active living within the community.

KEY FOCUS AREAS	Policy and Planning	Coordination and Consultation	Resourcing	Training and Development	Communication and Advocacy	Research and Evaluation
OUTCOMES	Active living principles embedded in Local Government Strategic Community Planning	Local Government policy and strategy that reflects active living principles	Easily accessible, relevant and contemporary active living information disseminated	Skilled and informed Local Government professionals that value active living	Increased awareness of, and commitment to the active living agenda	Strengthened evidence base relevant to local need
KEY FOCUS STRATEGY	Provide support for local governments to ensure planning for active living is aligned to current policy and reform including the Department of Local Government Integrated Planning Framework.	Monitor and respond to Local Government issues and garner technical expertise through strategic engagement with Local Government representatives. <i>(Utilising the new Local Government Active Living Network and other existing committees and associations).</i>	Provide access to resources, guidelines, templates and case studies relevant to the provision of active living opportunities at community level.	Facilitate training and development opportunities relevant to local governments and active living.	Advocate for the active living agenda and promote the role local governments can play to Elected Members, senior officers and other key stakeholders.	Assist local governments in accessing and interpreting data and research relevant to active living, to inform local policy and strategy.

# Key Focus Actions

## Policy and Planning

- Review current Local Government active living planning processes to identify best practice models.
- Monitor and influence policy that impacts on Local Government projects with active living outcomes.
- Align active living principles and strategies to the Department of Local Government Integrated Planning Framework and other legislation and policy contexts.
- Encourage a whole of Local Government approach to physical activity, with physical activity integrated into existing Local Government planning and decision making.
- Provide assistance to local governments in planning for active living through professional development and policy template documents.
- Work in partnership with key agencies to support the development of plans for Active Living, Physical Activity, Health and Wellbeing, Active Transport and other areas related to active living.

## Coordination and Consultation

- Ensure a coordinated collaborative approach to key issues that impact on active living across Local Government.
- Monitor new and emerging issues relevant to Local Government and active living.
- Establish the Local Government Active Living Network to provide a formal mechanism for feedback and input to policy issues and initiatives.
- Engage with existing Local Government, committees, associations and peak bodies to complement the work of this strategy.
- Liaise with State Government agencies to identify their issues and opportunities for local governments in relation to active living.
- Facilitate increased interaction between State Government agencies and the Local Government sector.
- Provide State Government agencies and PATF partners access to the Local Government Active Living Network for consultation on relevant projects.

## Resources

- Manage the Physical Activity Taskforce website portal to:
- Provide information about funding opportunities.
  - Promote the role local governments play in relation to active living.
  - Collect and promote case studies outlining best practice in identified topic areas.
  - Provide access to tools and resources related to planning for active living.
  - Facilitate the development of tools and resources for areas where gaps are identified.

# Key Focus Actions

## Training and Development

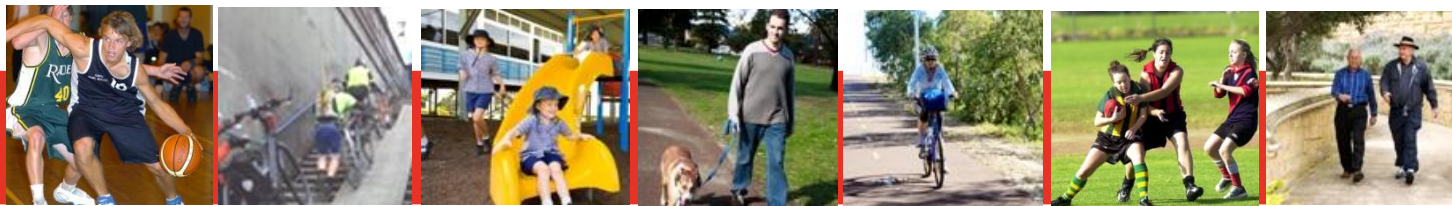
- Conduct ongoing theme and issue based professional development events for targeted Local Government professionals.
- Facilitate State Government agency lead professional development opportunities through cross-sectoral seminars.
- Enhance relations and synergies between state, local and non-government sectors.
- Provide formal and informal networking opportunities for Local Government officers across a range of disciplines.
- Build and enhance relationships with targeted Local Government professions.

## Communication and Advocacy

- Assist Local Government active living advocates to convey the importance of active living to others in their organisation.
- Regularly disseminate information via the PATF Local Government e-newsletter and other sources.
- Advocate for physical activity to be embedded in Local Government strategic plans.
- Continue to increase the number of professionals registered with the Local Government Active Living Network.
- Identify opportunities to host and present at Local Government events to educate elected members and other decision makers about the principles of active living.
- Advocate to decision makers the importance of investment in active living opportunities.
- Attend and present at peak Local Government network meetings to provide information and identify emerging issues.
- Provide comment to external agencies on strategies which impact on active living in Local Government.

## Research and Evaluation

- Monitor and communicate research and data sources relevant to Local Government.
- Assist Local Government with research interpretation to help inform policy and practice.
- Identify and communicate formal and informal research tools and data collection processes being utilised by local governments in relation to physical activity and active living.
- Provide guidance to Local Government to plan for active living through community profiling and community consultation.



# About the Local Government Active Living Network

## Aims of the Network

- Provide access to relevant and contemporary active living information for Local Government professionals.
- Facilitate opportunities for Local Government professionals to provide input into policy and practice relating to active living.
- Foster relations and identify synergies between Local Government and State Government, and the non-government sector.

## Who the Network is for

- Local Government professionals from across the state and from multiple disciplines including Sport, Leisure and Recreation, Leisure Planning and Facility Development, Town and Urban Planning, Active Transport, Engineering, Community Development, Public Health and Policy.
- Local Government Elected Members with an interest in the Active Living agenda.
- State Government and non-government organisation representatives across a range of portfolios whose work is relevant to Local Government.

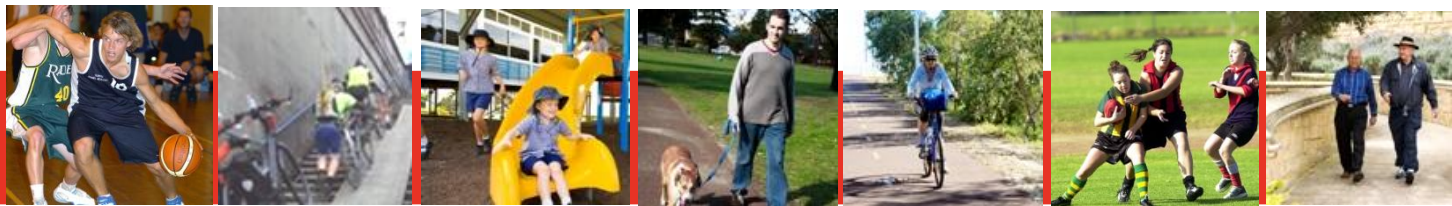
## Active Engagement

Strategic issues are often addressed through existing relationships or networks with the state and local government sectors, however there is often advantage in seeking input from a broader and diverse network of professionals. The Local Government Active Living Network aims to provide this opportunity.

From time to time expressions of interest will be sought from Network members to contribute to working groups or consultation processes relevant to the active living agenda. The level of commitment to these groups or processes may vary from email feedback to one off meetings or a working group who meet for a defined period of time. The Expressions of Interest process will be managed by the Physical Activity Taskforce.

Physical Activity Taskforce member organisations and aligned agencies will also have the opportunity to access the Network, through the Taskforce, for consultation purposes.





## About the Local Government Active Living Network

### Registering With The Network

- Nomination forms are available from the Physical Activity Taskforce website and e-newsletter.
- All Network members will receive information through the Physical Activity Taskforce Local Government e-newsletter and be invited to professional development events.
- From time to time Network members will also be invited to express an interest in providing feedback and advice on projects, policies or strategies or to simply debate or discuss a particular issue relevant to Local Government and the Active Living agenda. Input may be required via email, group meetings or for a finite time period as part of a project reference group.
- The Physical Activity Taskforce website secure network access will be utilised to help facilitate interaction with and between network members.
- Thoughts on current issues and challenges will be welcomed from all network members on an ongoing basis.
- A diverse cross section of interest and expertise from the Local Government sector will be drawn upon.

***Further information is provided in the Local Government Active Living Network Registration Form.***



*Local Government Active Living Network members will assist in the progression of the active living agenda within Western Australia through sharing their expertise, knowledge and experience.*

# Local Government Strategy Governance

